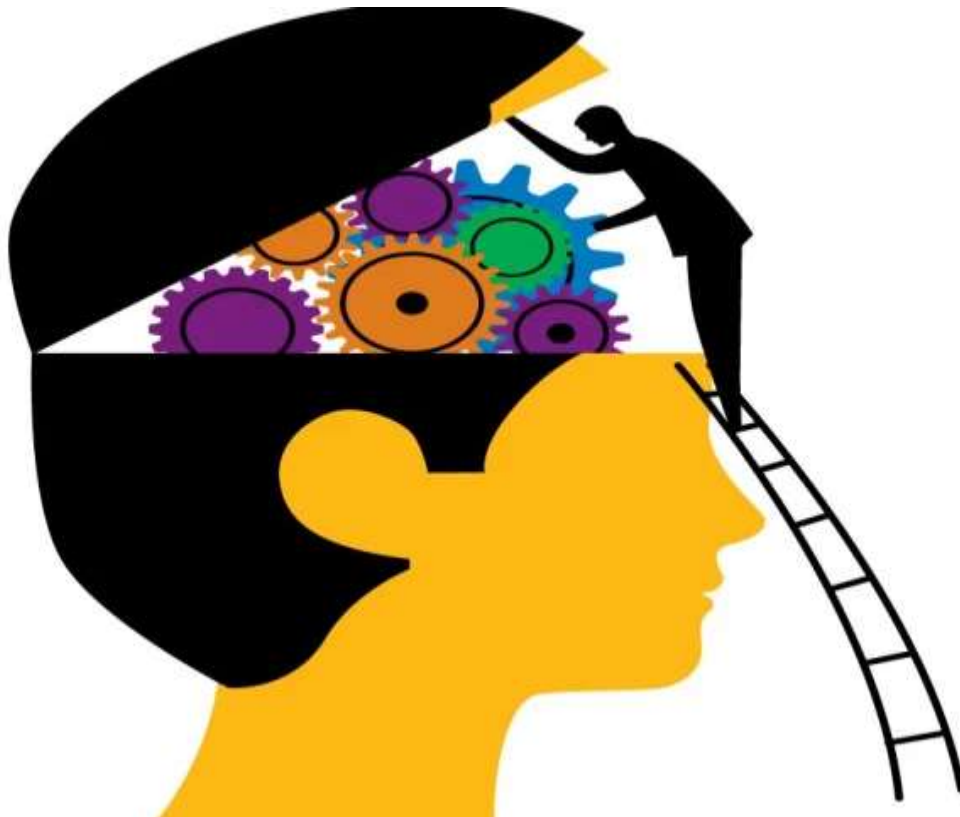


COGNITIVE THERAPY



TECHNIQUE OF COGNITIVE THERAPY

- ▶ There are four main groups of cognitive techniques.

1. TECHNIQUES FOR STOPPING INTRUSIVE COGNITIONS

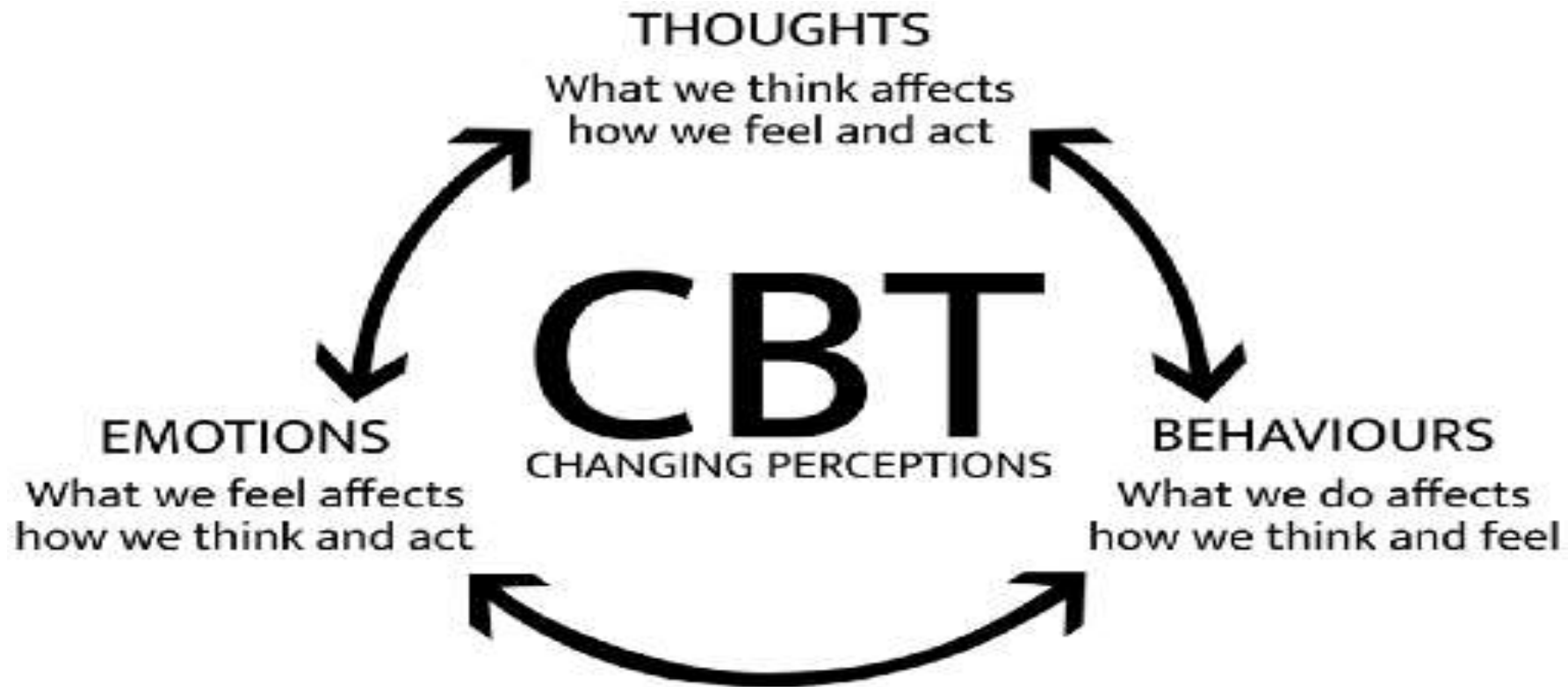
2. TECHNIQUES TO COUNTERBALANCE FAULTY COGNITION

3. TECHNIQUE FOR ALTERING COGNITIONS

- ▶ Faulty inference
- ▶ Overgeneralization
- ▶ Magnification or Minimization
- ▶ Unrealistic assumption

4. TECHNIQUES TO RESOLVE PROBLEMS DIRECTLY

THERAPY PROCESS



INDICATION

- ▶ Anxiety, eating disorder
- ▶ Personality disorder
- ▶ Suicidal thoughts or attempts
- ▶ sexual disorder

SUPPORTIVE *PSYCHOTHERAPY*



VARIOUS TECHNIQUE

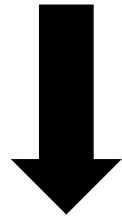
- ▶ **VENTILATION**
- ▶ **ENVIROMENTAL
MODIFICATION/MANIPULATION**
- ▶ **PERSUASION**
- ▶ **RE-EDUCATION**

CONT.....

- ▶ **REASSURANCE**
- ▶ **EXPLANATION**
- ▶ **GUIDANCE**

PHASES OF THERAPY

INITIAL PHASE



WORKING PHASE



TERMINAL PHASE

References

- ▶ <https://www.cognitivetherapynyc.com/What-Is-Cognitive-Therapy.aspx>
- ▶ <https://www.simplypsychology.org/cognitive-therapy.html>
- ▶ R sreevani textbook for psychiatry edition 7th