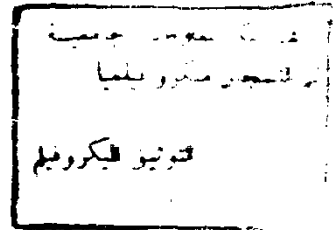
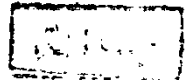


# COGNITIVE THERAPY

Essay



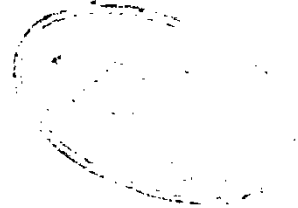
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بسم الله الرحمن الرحيم

ان الله يدخل الذين آمنوا و عملوا الصالحات جنات تجري من تحتها الأنهار ان الله يفعل ما يريد . من كان يظن ان لن ينصره الله في شيء فليست له اثرة فليمدد يده الى السماء ثم يقطع فلينظر من يذهب كيد ما يغيظ .

الحج : آية ١٤ و ١٥



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## INTRODUCTION

## INTRODUCTION

Most psychologists now agree that our science has indeed undergone a "cognitive revolution". For the experimental psychologists this began in the 1950s and involved adopting information processing models of the brain and developing paradigms capable of testing resulting predictions. The "revolution" has occurred more recently within clinical psychology, primarily reflecting the recognition that behaviors and feelings may be mediated by thought, and the development of clinical techniques to modify maladaptive thinking patterns (MacLeod, 1987).

In the past few years, cognitive therapy has emerged as one of the more powerful models of psychotherapy (Smith, 1982). There are two interactive reasons for its emergence and popularity, first, cognitive therapy has been demonstrated to be an efficacious model of treatment. Second, a number of practitioners, impressed by the available outcome studies, have learned more about cognitive therapy and have been impressed by the results in their own practice (Freeman, 1983).

The term cognitive therapy describes a group of psychological treatments which share the aim of bringing about improvement in psychiatric disorders by altering maladaptive thinking. The word cognition is often used in a special way which is more restricted than its general use in psychology. The general meaning of cognition is "all forms of knowing", that is attending, perceiving, thinking and remembering. It will be used as if it



is synonymous with thinking (Gelder, 1985).

Cognitive therapy is a system of psychotherapy based on a theory of psychopathology, a set of therapeutic principles and techniques and a body of knowledge derived primarily from empirical investigations. The therapy is active, structured and time limited and has been used successfully in the treatment of a variety of disorders, such as depression, anxiety, phobias and pain disorder (Beck, 1985).

The precise role of thoughts, beliefs, expectancies and other cognitive activities in human being, is a contentious philosophical issue. Translated within the field of psychology and psychiatry, the negative factors are seen as very important mediators for human feelings and behavior. Thus, maladaptive cognitive factors may be a crucial aspects of all psychological disorders and any psychological treatment should concentrate on direct modification of cognitions (Peck and McGuire, 1988.).

**AIM OF THE WORK :**  

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Review of the literatures about cognitive therapy including : definition, history, main contributors and its position among other type of therapy including drug therapy and other types of psychotherapies. This review will try to clear up the techniques, the indications, the contraindications, the limitations of cognitive therapy and its future in the realm of psychiatric therapies.

## DEFINITION

#### DEFINITION OF COGNITIVE THERAPY .

Cognitive therapy is a relatively short-term form of psychotherapy which is active, directive and in which the therapist and the patient work collaboratively (Freeman, 1983). It is based on an underlying theoretical rationale that an individual's affect and behavior are largely determined by the way in which he structures the world (Beck, 1967). The term "cognitive therapy" and "cognitive behavioral therapy" are used interchangeably to refer to a combination of cognitive and behavioral techniques (Gelder, 1985). These techniques aim to help patients uncover and modify specific cognitions (thoughts and images) and schemata (the deeper silent assumptions) which supposed to account for the onset and persistence of psychiatric symptoms (Ursana and Hales, 1986). Cognitive therapy is a coping model of psychotherapy as opposed to mastery model. The goal is not to "cure" but rather to help the patient to develop better coping strategies to deal with his life and work (Freeman, 1983).

# HISTORY

## HISTORY .

Clinician always searched for efficient, effective, economical forms of psychotherapy. This was true of Breuer and Freud's early work that led to the creation of psychoanalysis. Freud came to believe, however, that significant therapeutic change was unlikely if the patient was suffering from a serious and chronic neurotic condition. Thus, he felt that 9 to 12 months of intensive treatment were needed. He himself was continually aware of the need to shorten the length of therapy (Stewart, 1983).

The theoretical underpinning of cognitive therapy, as formulated by Beck were derived from a variety of sources :

A major stream has been the phenomenological approach of psychology, which assigns a central role to one's view of oneself and one's personal world in the determination of behavior, a notion originally propounded by the Greek Stoic philosophers (Beck, 1985).

Edmund Husserl (1859-1938), the founder of modern phenomenology, employed a descriptive method that proposed to make psychological inquiry more complete through a consideration of the essential structure of experience and its objects. Each individual lives subjectively in a world composed of his own meanings. The existence of the person is best understood by studying the meanings he gives to his experiences (Forgus and Shulman, 1979).

Contemporary elaboration of this philosophy, found in the writing of Adler, Rank and Horney, have made operational some of

the fundamental concepts of cognitive therapy (Beck, 1985). By Adler's key construct, life style is defined as a cognitive blueprint for behavior. Furthermore, Adler is a constructionist, for whom the individual plays a creative role in the formation of his own personality. Biosocial agents are clearly operative but in no way determinative (Fergus and Shulman, 1979).

Adler stressed three other factors :

- 1- Cooperation was more important than competition in human welfare and progress (Dreikurs, 1971).
- 2- The human individual is capable of greater control over his own behavior and motives than the mechanistic theories would have us to believe. The concept of the unified personality implies that perceptions, emotions and other parts processes are all under the influence of the final endpoint. Thus, all behavior is under cognitive direction.
- 3- Humans do pretty much what they want. Conflict arises from the fact that one choice may preclude another (Fergus and Shulman, 1979).

A second major stream has been the structural theory and depth psychology of Kant and Freud, particularly Freud's concept of the hierarchical structuring of cognition into primary and secondary processes (Beck, 1985). Actually, Sigmund Freud (1856-1939) postulated an attentional mechanism as early as 1895, but his ideas on the subject were not published until long after his death and his other writings don't show any reference to or explicit use of it (Fergus and Shulman, 1979).