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Introduction

In this modern world, cognitive behavioral therapy is increasingly becoming a popular psychotherapeutic method amongst other talking therapies. CBT is a short term psychological technique which can help to modify patient's attitude. It should be considered that CBT is nothing but learning and doing. So it could be impossible without patient's cooperation. [1]

It could be argued that CBT has been identified as a remarkable treatment for considerable numbers of mental diseases specially mood disorders such as depression and anxiety. There are a wide range of arguments for and against Cognitive behavioral therapy. In this framework, firstly, CBT and its principles will be completely introduced. Secondly, application of CBT will be mentioned. Thirdly, some criticism will be expressed. Finally, in this paper, some collusion will be drawn.

History

The main concept of cognitive behavior therapy has historical roots despite CBT has been introduced as a new psychotherapeutic method in recent decades [1, 2]. For instance, around 2000 years ago a significant number of ancient Greek philosophers such as Epictetus contend that people are not annoyed by anything but their own views and thoughts [2]. Aaron Beck and Albert Ellis are recognized to be the father of CBT [2]. Ellis believes that each person has her/his own assumptions and thoughts about life [3]. Unfortunately, some people considerably have irrational assumptions and it may lead to guide them in appropriate way [3]. Accordingly, Ellis called them as 'basic irrational assumptions' and it is recognized as first wave of CBT [3]. Beck suggests that the same system but his therapy is widely used in case of depression. Beck contends that negative thoughts can contribute to negative reactions [4]. The study of Beck has identified as schemata of mental illnesses and it is well-known as second wave of CBT [4]. Originally, the main application of his study is related to depression but it has been covered a wide range of mental disorders.

In the youth CBT, the new development is that CBT can affect on significant number of mental illnesses: namely, anxiety, panic and phobias, stress, bulimia, obsessive compulsive disorders (OCD), bipolar disorders, post traumatic stress disorders and so on [1].

CBT function

CBT focuses on thoughts, feelings, behavior and their specific relationship [1]. In this type of treatment, it could be argued that negative thoughts can

trap many people in vicious cycles. Thus, negative thoughts may lead to destructive feelings and behavior. CBT is considered as short term psychotherapeutic technique which can help mental patients to change their detrimental attitude in order to impact their feelings, reactions and behavior in a positive way. Furthermore, CBT emphasizes on the present situation regardless of the past events such as childhood trauma [1]. However, other psychotherapeutic methods stress on patients background, cultural confusion and hereditary factors and many other elements which are rooted in the past [2].

So, CBT can improve thought, feelings and behavior in beneficial way and also create new habits which may relieve symptoms of mental diseases. As an example, changing the pattern of thinking can entirely treat depression in considerable numbers of cases in compare to other treatment methods particularly anti-depression drugs [2].

The significant principles of CBT

In CBT, therapists and clients should simultaneously follow specific structure in order to make treatment much more effective. In addition, Seth contends that CBT is profoundly human endeavor and also it completely relies on well tested techniques: including, cognitive and behavior techniques [1]. In the same way, CBT has its own distinguished principles: namely, collaborative process, goal orientation, focusing on the present time, emphasizing on practice, short term program [5].

To some extent, collaborative relationship in CBT means that therapist and patient should work together as a team group. So it can help them to recognize the main problem and gain specific knowledge and skills to manage it. CBT is goal oriented because an effective treatment always address patient's goals and move them towards [1,6].

Furthermore, it merely focuses on present and strictly emphasis on practice. In most cases, CBT better works on clients who do more practice between their sessions. Last but not the least, CBT program should be designed for short term to maximize the benefits of treatment [6].

Very prevalent errors in CBT

Some numbers of errors are found which may occur in the CBT program. These errors can make significant disturbances in CBT success. One of the most destructive errors is considering social comparisons to make CBT assumptions [7]. Another prevalent error is expecting success in CBT without practice [7]. As it has been mentioned before, practice is considered as one of the key factor in this therapy. In addition, error in this type of treatment would be inevitable if all emotions are identified as irrational assumptions [7].

CBT outcomes

Today, CBT has achieved significant outcomes and it is considered as a holistic approach for mental health [8]. It can clearly identify mental problems and also can develop awareness of authentic thoughts [9]. In addition, it can contribute to discern between irrational assumptions and facts [10]. In this type of therapy, not only can clients become considerably more aware of their own mood, but they also establish attainable goals [9, 10]. Accordingly CBT arguably achieves mindfulness [11]. Furthermore, one of the most important prosperity of this therapy is avoiding generalization and all or nothing approaches or black and white thinking [9]. Gradually, it may lead to calm the mind and body at the same time.

Third wave of cognitive behavioral therapy

Mindfulness is another type of psychological therapy which involves paying attention to feelings and thoughts without arbitrating them [11]. There are a great range of overlaps between CBT and mindfulness therapy. As an example, both of them motivate people to be aware of theirs behaviors, thoughts and feelings rather than deny them. Similarities between these two approach has led to combination of them which is known as mindfulness based on cognitive behavioral therapy or MBCT and it is introduced as third wave of CBT [11].

CBT application

In the beginning, CBT models have been merely designed to treat depression and anxiety [12]. But in the present period, clinical guidelines suggest that CTB can recommend as a highly effective treatment for a wide range of current mental health conditions: namely, personality disorders, panic disorder, marital conflict, anger, insomnia, post-traumatic stress disorder (PTSD), substance abuse and addiction, borderline personality, eating disorders and many kind of phobias such as social and dental phobia and so on [1, 12].

Also, CBT is recognized as a very beneficial way and preferred model of treatment for sexual offenders. According to the Association for the Treatment of Sexual Abusers (ATSA, 2001), CBT aims to decrease the risk of reoffending.

Furthermore, MBCT arguably is used as a treatment to tackle with psychological symptoms of some physical disease such as cancer and diabetes and so on.

The power of CBT in deterring crime

Feucht and Holt suggest that CBT has recently found its way into approximately all aspects of the criminal justice system [13]. To some extent, CBT can be a remarkable effective intervention to prevent crimes and recidivism. According to Feucht and Holt research, CBT appears to be extremely useful to reduce the risk of reoffending specially juveniles offenders[13]. Because evidence shows that adult criminals may have much more rooted problems which may be more difficult to change. However, it could be argued that CBT does not work in every situation and all cases. As an example, it is significantly more effective on some crimes such as sexual harassment than others like domestic violence criminals [13].

The rate of success for CBT

These days, considerable numbers of well evidence based research studies have demonstrated that CBT is extremely beneficial and highly effective for thousands of people [1]. A wide range of psychological and psychiatric organizations are increasingly identified cognitivebehavioral therapy to be the 'gold standard 'for talking therapy [14]. These organizations are including, the national institute of mental health, the world Health Organization and National psychiatric and psychological associations in Canada, the US, the UK and Australia [14].

CBT is the most effective treatment for anxiety and depression [1]. After 8-15 sessions, CBT can overcome these mental conditions. According to recent research the rate of success in CBT is estimated between 50 to 75 percent [14]. If medication and CBT are combined together, the rate of success will be increased to roughly 90 percent [14].

Comparison between the efficiency of online CBT and face to face

Today, online CBT is a popular way amongst people. Online CBT is a digital wellness program based on cognitive behavioral therapy [14]. After investigating 3876 cases of study, it is found that the efficiency of self-guided online CBT is far more than face to face one [14]. Accordingly, over 86 percent users of digital CBT overcome their mental problems and enhance their mental fitness skills [14].

Advantages of CBT

It could be argued that considerable amount of evidence shows that CBT can as beneficial as medications. Particularly it is arguably significantly helpful in some cases which medicine could not affect them.

In comparison to other types of talking therapy, CBT is relatively the shortest one [1, 15]. Also the risk of returning symptoms is less than rest of psychotherapeutic methods[1]. Moreover, CBT is widely has different structure, so patients can do it in various formats such as referring to therapists, psychologists and psychiatrist, using self help books, computer programs, in groups or individual and so on [15]. According to these different formats of CBT, it can become very cheap in compare to other treatments. Finally, CBT may learn some simple skills and knowledge which are significantly useful in everyday life.

CBT disadvantages

As other types of treatment, CBT is obviously not spotless. It has some drawbacks and side effects. As some examples, CBT does not address the main origins and causes of the problems [1]. Due to CBT only focuses on current problem and it stresses on specific issues regardless of the past and other conditions [1, 15]. Furthermore, CBT can merely treat moderate and mild mental illnesses and so it is not useful for complex disorders [1, 15]. Some critics argue that CBT often lead to feel worse before feeling better [15].

Conclusion

All things considered, CBT could be extremely lucrative for significant numbers of psychiatric illnesses regarding some conditions and its principles. Moreover, some evidence shows that CBT can as effective as medication. However, CBT may not treat some diseases and patients. Due to it depends on a wide range of different elements and factors such as personality and capacity of patients. While CBT is widely effective and very evidence based and well tested, it also has some drawbacks. It seems that despite some constructive criticism, others are extremely unidirectional. Finally, it could be argued that further research needs to be done in order to improve achievement outcomes and also enhance quality of this therapy.

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