

TRANSFORMATION OF COGNITIVE BEHAVIOUR THERAPY AS A PSYCHOTHERAPEUTIC INTERVENTION: A REVIEW

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Abstract - Cognitive behavior therapy is an evidence-based psychotherapeutic intervention in contemporary clinical psychological practice. It's an effective intervention for mental and behavioral health challenges. The cognitive behavior therapy approach has been introduced by Aaron T. Beck. This therapeutic intervention has transformed several perspectives in its sixty years of existence. As an effective and holistic psychotherapeutic intervention, it has changed its original therapeutic form and expanded in various cognitive behavioral therapeutic approaches. Therefore this study mainly focuses on recognizing the development and transformation of cognitive behavior therapy. To explore this transformation of cognitive behavior therapy objectives of the study are to identify the limitation and strengths of CBT. To recognize the various therapeutic methods applied on overcoming the weakness of CBT. To recognize the future directions of the CBT intervention. This study is qualitative. A total number of 14 index studies and secondary resources have been examined. Studies are selected through the keywords of limitations, weaknesses, strengths, effectiveness, and future directions of cognitive behavior therapy. A single study may be discussed above mentioned single point or many points of criteria. However, studies that have been studied about the effectiveness of cognitive behavior therapy based on clinical interventions are ignored in this study. Mainly focused on studies that emphasize the theoretical concepts interrelated with the study. The collected data was analyzed according to the objectives of the study. In the early stage of cognitive behavior therapy, it's less oriented on the individual emotions interpersonal factors and the therapeutic alliance in the intervention. The therapeutic foundation of CBT is not developed based on the knowledge of cognitive psychology and neuroscience. Therapeutically CBT involves longer follow-ups. The intervention was time-consuming. CBT was inadequate in relapse prevention and management of the comorbid condition. CBT was not an effective intervention for all life stages. However, empirical research and 3rd wave of CBT able to strengthen these weaknesses. Contemporary CBT transforms as an effective evidence base clinical intervention. In the Future cognitive behavior therapies will transform into transdiagnostic psychotherapy. Also, CBT will be clinically able to perform as a short-term intervention and cost-effective psychotherapy. Health seekers will be able to receive individualized cognitive behavior therapy. Therefore in the future cognitive behavior therapy will be an evidence-based and effective intervention that transformed from its traditional model. CBT will be the major clinical psychotherapeutic intervention in future healthcare services.

Keywords: Cognitive Behavior Therapy; CBT; Psychotherapy; Clinical; Intervention