

Student's name

Professor's name

Course

Date

ASSIGNMENT 1

Importance of a theoretical basis for CBT skills practice

CBT stands for cognitive behavioral therapy which helps to change one's behavior and the way of thinking through a talking therapy. This therapy can be used in the treatment of physical health, depressions, and anxieties. The therapy aims at assisting one to cope up with difficult issues by breaking them down into small and manageable tasks and solve them positively. The issues that are dealt with are the present ones rather than the past issues thus helps one in improving their state of mind as opposed to other forms of treatments. The concept behind this therapy is that one's actions, physical sensations, thoughts, and feelings are all interconnected and can, therefore, work hand in hand.

CBT therapy can be used in various areas which include: sleeping problems, eating disorders, panic disorder, phobias and problems related to alcohol among many other problems. The therapy is more of a way of coping with different disorders rather than a way to cure them. When undergoing a CBT session, one has to undergo treatment that may range from 5-20 sessions (Jessica Kingsley Publishers 34). The main goal of the CBT skills is to enable one to be in a position to know how the client's ideas affect their physical conditions mood as well as their behavior. Also, the skills are important in teaching the victims on ways to cope with the

challenges that they may be facing such as scheduling pleasurable encounters as well as problems solving. It is also the aim of the therapist to ensure that victims learn their patterns in recognizing any form of negative thoughts and replacing them with positive thoughts and much healthier ones.

My client base is professional. In my day to day activities as a nurse as well as a counselor, I encounter a good number of clients with different disorders. Many of my clients are mostly the older adults who often suffer from depressions out of the many challenges they may have faced during their lifetime (Lodge et al. 45). A tiny percentage of the young people are victims of peer influence and drug abuse (Jessica Kingsley Publishers 84). When carrying out the CBT therapy to my clients, I use some approaches to maximize effectiveness. They include self-monitoring where the clients and the therapist engage in measuring the degree and the extent of the client's negative affirmations (Beck, Aaron 45). Secondly, use of homework where the clients are assigned work to help them review what they covered in the previous session of learning. Socratic questioning is also another approach where the therapist asks questions to the victim to determine their awareness, determine the challenges surrounding them and finally, examining behavioral practices of the client which are carried out through testing observation or discovery activity.

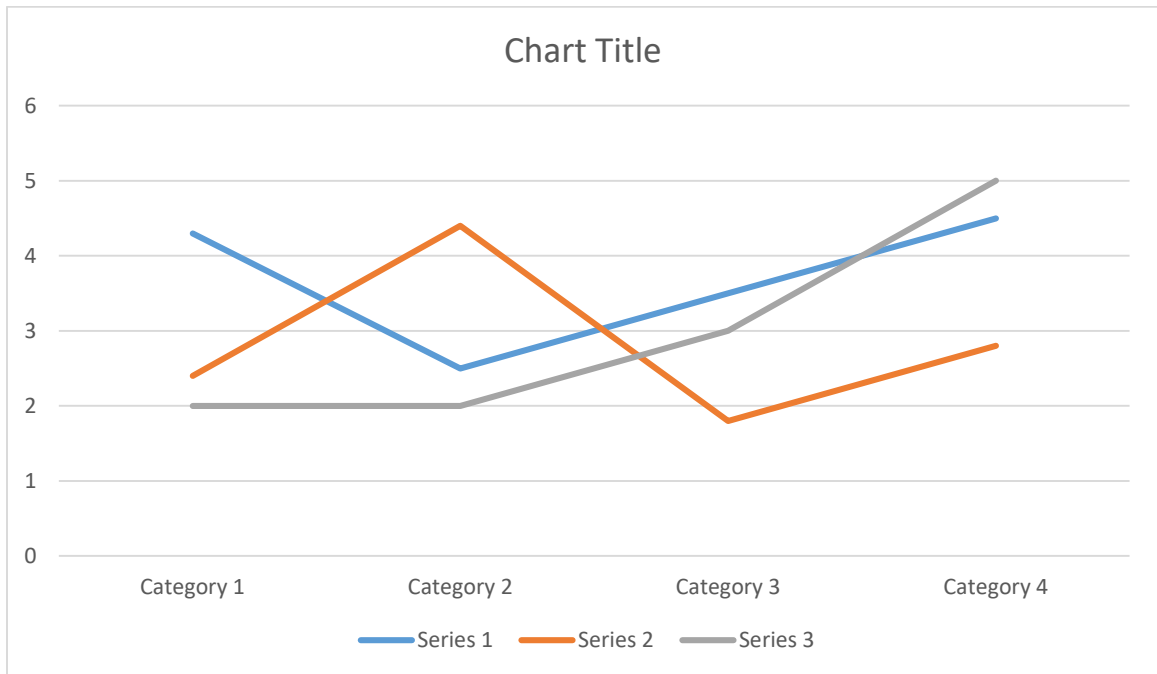
ASSIGNMENT 2

Part 1

Series 3 represents time spent with family

Series 1 represents time spent on studies

Series 2 represents time spent on his job.



Graph of ideal time versus actual time spent on activities.

Working as a full-time student, a family man, and a waiter, Rob needs assistance in accomplishing his goal which is spending much more time at home and at the same time be productive. To help him in this, various activities have to be done to enable him to be a good time manager for himself (Lodge et al. 47). There are different approaches on this, which include: problem-solving, decision making, use of a pie chart, grading task performance, activity monitoring and scheduling, functional comparisons and use of distractions. When put into practice, the highest probability is that Rob will achieve his goal of staying away from home and the same time be productive in his day to day activities.

To start with, Rob has to be good in decision making. He must prioritize the most important activity that requires his attention. Since he is a family man, he needs time to spend with his family since both his wife and children require his attention. At the same time, he needs to channel his energy into books since he is a student at the same time and lastly, to earn a source of income, he must make sure he attends his duties as a waiter (Jessica Kingsley Publishers 32). Secondly, he has to come up with the concept of using the pie chart where he outlines all the activities he requires to attend to, with the time within which he ought to have finished the tasks. By doing so, Rob will be in a position to adjust his time to best suit his goal. This is rather an easy method.

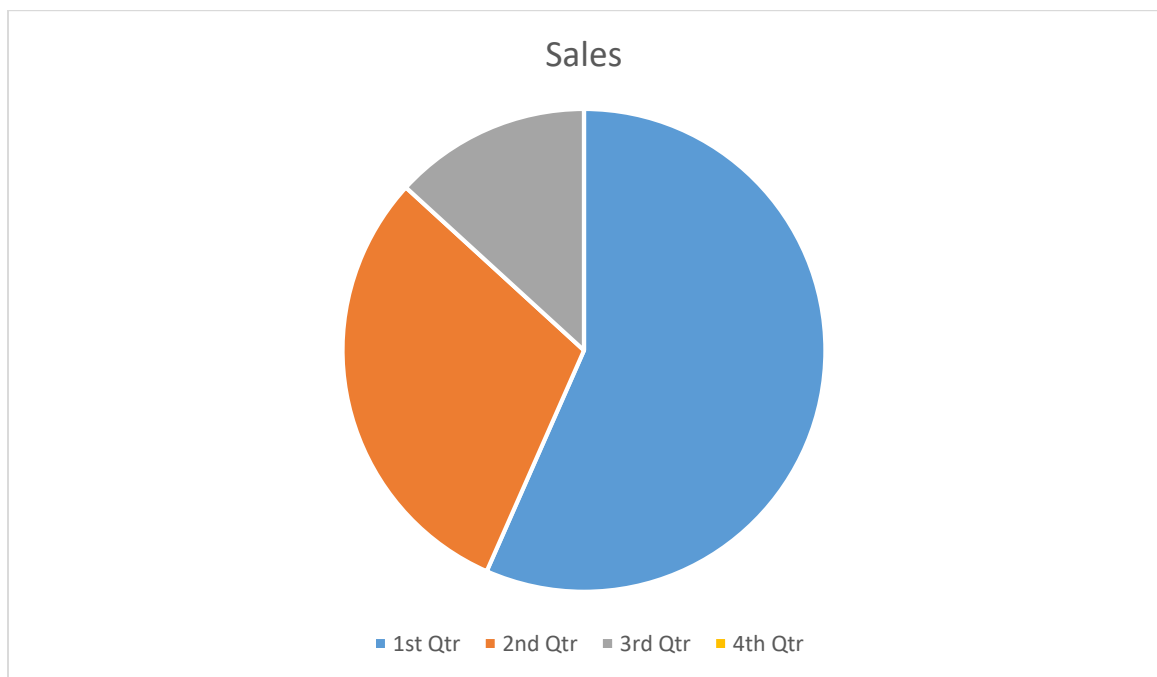
By grading his performance activity, Rob will be in a position to analyze his activities based on their order of importance and performance also, then come up with a way of spending more time to the activities that are not so much productive so that at the end of the day, he can be productive. To achieve his goal, he has to focus his mind on activities that keep him at home and how important they are to him (Seiler, Laurie 93). Next, Rob has to come up with a problem that he is trying to solve, in this case, Rob is trying to engage himself in activities that keep him at home. By this, he has to keep his mind off. He needs to indulge himself in activities that go against his goal which is rather spending time away from home. If all these activities are put into practice by Rob, he stands a better chance of achieving his goal of staying away from home but at the same time be engaged and more productive.

To help Rob predict the outcomes of his behavioral change, he must be ready to undertake some following approaches (Beck, Aaron 41). Rob ought to keep the records of his goals and the steps he has to take to ensure he is in line with the goal. Counterchecking his guidelines with his new way of life will help him assess progress in his life. Secondly, having

drawn the initial pie chart graph of how he spends his time, Rob will be required to draw yet another new pie chart graph at the end of the day, with the aim of assessing any progress in his journey to accomplishing his goal.

Part B.

A plan to help Rob from not going back to his previous behavior but rather maintain closeness with his family. He ought to give more priority to his family rather than any other activity.



1st quarter represents time spent with family.

2nd quarter represents time spent in studies

3rd quarter represents time spent in work.

A relapse reduction action plans are structured by both the client and the therapists with the aim of helping the client identify any potential setback that might affect the client after the therapy. As a therapist, I can try and encourage Rob and assure him that all is possible once he decides to be heed to the advice given to him by the therapist. During this session, he ought to be open-minded, honest and be ready to be in line with any advice given.

ASSIGNMENT 3

John, a workmate, faces anxiety crisis at home with his wife, as a therapist, certain approach methods ought to be taken to help John from the anxiety crisis. It is good to encourage john that all is well and assure him that all is not lost (Beck, Aaron 32). In his road to recovery, certain short term and long term goals need to be applied. One goal is helping John to accept that he has a responsibility to play in the family and challenging him that he must work hand in hand with his wife to ensure that all ends up well in the family (Jessica Kingsley Publishers 74). If this does not improve his behavior of being too bitter, then John can be subjected to some rehabilitation. Here he will be taught on ways to manage his anger, ways to avoid such negative thoughts, he will be taught how to live peacefully with his wife as well as other people.

A goal plan is an essential tool that the therapist and John can use to improve his emotions. Here John writes down some of the goals he will work on to make sure that he is not being controlled by his anger (Seiler, Laurie 23). This should be inclusive of a Daily Records of Dysfunctional Thoughts (DRDT) to evaluate any improvement. Also, the therapist ought to have a problem-solving sheet to help monitor john's challenges goals and progress. John needs to be

thoroughly familiarized about the negative cycle of shame, guilt, anger, and hostility (Beck, Aaron 45). Once he gets to understand how this concept works, he will have to change his mind for the better and look at the better part of life due to the many negative effects the vices have on the life of a victim. “If you live in peace with your wife, then you will be successful in all you do.” Such inferences should be taught to John so that he plays his part for him to enjoy the positive effects of peaceful living.

In conclusion, as discussed above, CBT form of therapy is of great importance in the lives of many who suffer from various disorders. Though it is not curative, the therapy helps the victim to a great extent to cope with the problems that they encounter. When the best attention is given to a victim as well as a better-administrated therapy, a lot of improvement is noted in the life of the victim (Seiler, Laurie 54). The therapy entails practical ways and strategies for the victims with disorders such as depression, phobia, and anxiety among others. It is advisable to recommend someone with such disorders to this type of therapy for the betterment of their health.

Works cited

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