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Citations:

Andra L. Teten, Jeffery A. Cully and. "Sorry to Interrupt." *Kami*, 2008,

[web.kamihq.com/web/viewer.html?state=%7B%22ids%22%3A%5B%221boq2rgMadUv\\_TJ5OQrfGQOcnjXdpMdl%22%5D%2C%22action%22%3A%22open%22%2C%22userId%22%3A%22111713265603112148884%22%7D&filename=null&kami\\_user\\_id=11662533](http://web.kamihq.com/web/viewer.html?state=%7B%22ids%22%3A%5B%221boq2rgMadUv_TJ5OQrfGQOcnjXdpMdl%22%5D%2C%22action%22%3A%22open%22%2C%22userId%22%3A%22111713265603112148884%22%7D&filename=null&kami_user_id=11662533).

### CBT Therapy

For this ISM assessment, I decided to look into *A Therapist's Guide To Brief Cognitive Behavioral Therapy* written by Jeffery A. Cully, PH.D., and Andra L. Teten, PH.D. There are over 100 pages to this behavioral therapy guide, so I decided to break them up and analyze each chapter. Therefore, starting on page 4, this page was a basic informational page and just some overall insight into what CBT therapy is. The manual states that it was "designed for mental health practitioners who want to establish a solid foundation of cognitive-behavioral therapy (CBT) skills" ( Jeffery A. Cully and Andra L. Teten pg 4). It goes on to say that this "instructional material in this program is designed to be used within the context of a psychotherapy supervisory relationship to ensure appropriate application of the training materials and timely feedback, which are viewed as critical to the development of CBT skills" ( Jeffery A. Cully and Andra L. Teten pg 4). Near the end of page 4, it also declares that "Judith Beck's (1995) Cognitive Therapy: Basics and beyond, with the addition of key skills needed for developing CBT

therapist” [and with this] “information is condensed and packaged to be highly applicable for use in a brief therapy model and to aid in rapid training” (Jeffery A. Cully and Andra L. Teten pg 4). Overall the whole course of the manual indicates that there are many different chapters, each one helping bring together a whole picture of Essential Psychitheraoy Skills, such as page 13 will be talking about some “Nonspecific Factors in Psychotherapy”; page 18 “Case Conceptualization and Treatment Planning”; page 28 “Orienting the Patient to Brief Cognitive Behavioral Therapy”; page 32 “Goal Setting” and so on. In this assignment, I will be analyzing module 1, the “ESsential Psychotherapy Skills.” Chapter 7 starts with the module’s main objectives, titled “Module 1: Introduction to Brief Cognitive Behavioral Therapy (CBT)”. The objectives start with “To understand CBT and the process of Brief CBT” [then leading to the next objective which is] “To identify key treatment considerations and problems most suitable for Brief CBT” [Lastly leading to] “... learn how to access the patient’s suitability for Brief CBT” (Jeffery A. Cully and Andra L. Teten pg 7). CBT for those that do not know what it is, the manual states that “CBT combines cognitive and behavioral therapies and has strong empirical support for treating mood and anxiety disorders (Chambless & Ollendick, 2001; DeRubeis & Crits-Christoph, 1998). The basic premise of CBT is that emotions are difficult to change direction, so CBT targets emotions by changing thoughts and behaviors that are contributing to the distressing emotions” (Jeffery A. Cully and Andra L. Teten pg 7). “CBT builds a set of skills that enables an individual to be aware of thoughts and emotions; identify how situations, thoughts, and behaviors influence emotions; and improve feelings by changing dysfunctional thoughts and behaviors. The process of CBT skill acquisition is collaborative. Skill acquisition and homework assignments are what set CBT apart from “talk therapies.” You should use session time to teach skills to address the presenting problem and not merely to discuss the issue with the patient or offer advice” (Jeffery A. Cully and Andra L. Teten pg 7). Therefore, CBT is just a skill to help individuals with their emotions, as Jeffery and Andra state. Next assessment, I will be going over modules 2 and 3, but overall, I feel as if I have a more in-depth insight into psychotherapy as a whole.

