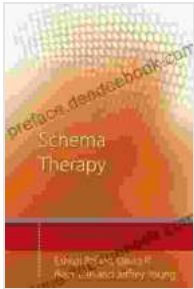


Cognitive Behavioural Chairwork: A Comprehensive Guide to its Distinctive Features



Cognitive Behavioural Chairwork: Distinctive Features (CBT Distinctive Features) by Matthew Pugh

★★★★☆ 4.9 out of 5

Language : English
File size : 2911 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Print length : 226 pages
Screen Reader : Supported



Cognitive Behavioural Chairwork (CBC) is a therapeutic approach that combines cognitive behavioural therapy (CBT) with chairwork, a technique that uses empty chairs to represent different parts of oneself or others.

CBC was developed by Dr. David Burns in the 1980s and has since been used to treat a variety of mental health conditions, including depression, anxiety, and eating disorders.

Distinctive Features of CBC

CBC has several distinctive features that set it apart from other CBT approaches:

- **Use of empty chairs:** Chairs are used to represent different parts of oneself or others. This can help clients to externalize their thoughts and feelings and to see them from a different perspective.
- **Focus on the present:** CBC focuses on the present moment, rather than dwelling on the past or worrying about the future. This helps clients to identify and challenge negative thoughts and behaviours that are contributing to their current difficulties.
- **Emphasis on collaboration:** CBC is a collaborative process, in which the therapist and client work together to identify and address the client's problems.
- **Use of homework:** Clients are given homework assignments to help them practice the skills they learn in therapy.

How CBC Works

CBC works by helping clients to identify and challenge negative thoughts and behaviours. This is done through a variety of techniques, including:

- **Cognitive restructuring:** This involves identifying and challenging negative thoughts and replacing them with more positive ones.
- **Behavioural activation:** This involves helping clients to engage in more positive and fulfilling activities.
- **Exposure therapy:** This involves gradually exposing clients to feared situations or objects.
- **Mindfulness:** This involves teaching clients to pay attention to their thoughts and feelings without judgment.

Applications of CBC

CBC can be used to treat a variety of mental health conditions, including:

- Depression
- Anxiety
- Eating disorders
- Obsessive-compulsive disorder
- Post-traumatic stress disorder

Research Findings

Research has shown that CBC is an effective treatment for a variety of mental health conditions. A meta-analysis of studies found that CBT was effective in reducing symptoms of depression, anxiety, and eating disorders.

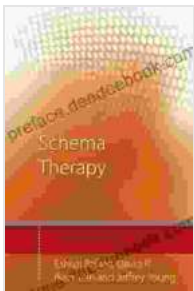
Another study found that CBC was effective in reducing symptoms of post-traumatic stress disorder in veterans.

CBC is a versatile and effective therapeutic approach that can be used to treat a variety of mental health conditions. It is a collaborative process that focuses on the present moment and emphasizes the importance of homework. Research has shown that CBC is an effective treatment for depression, anxiety, eating disorders, and post-traumatic stress disorder.

References

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