



## **Cognitive Behavioural Therapy (CBT)**

### **Course Manual**

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**Module 4:**  
**CBT variations**

## **Objectives**

The objectives of this module are to examine the forms which CBT can take in terms of practice, including variations in practitioner approach dependent upon the target client group or individual. An exploration of these variations will include an in-depth look at: 1:1 therapy; Group therapy; Self-help books and the more recently emerging variation of CBT: Computerised CBT (CCBT).

### **1:1 therapy**

One to one therapy is one of the most commonly used methods of CBT, as it allows the therapist and client relationship to develop in a rapid manner, promoting active participation on the part of the client and allowing the therapist to best tailor the therapeutic intervention to meet the needs of the individual.

### **Group therapy**

Aside from 1:1 intervention, group therapy is also a commonly used technique amongst CBT practitioners, often utilised alongside 1:1 therapy for the majority of clients.

### **Self-help books**

As discussed in other modules, homework is of vital importance to the success of CBT therapy as it promotes problem-solving and coping strategies in the client and reaffirms the lessons and techniques learnt in CBT sessions. Often, homework will consist of the therapist recommending a self-help book to the client such as *After the Affair* by Julia Cole and *Better Relationships* by Sarah Litvinoff. This method is promoted by the National Health Service (NHS) as an intervention for clients to implement independently.

### **Computerised CBT (CCBT)**

A recently developed form of CBT, evidence-based, computer-aided CBT guides clients through accredited CBT intervention relative to their main areas of concern. Such programmes include *The Fear Fighter™* Treatment for anxiety disorder and including programmes targeting Substance Abuse and Depression, Insomnia, OCD and Low Mood and Depression (CCBT, 2015).

## Multiple Choice Questions

1. *What is the most common form of CBT?*
  - a) *1:1 therapy*
  - b) *Group therapy*
  - c) *Computerised CBT*
  
2. *The advantages of 1:1 therapy*
  - a) *Allows rapport to be built between client and therapist*
  - b) *Allows for in-depth discussion with the client*
  - c) *Is advantageous to the practitioner*
  
3. *Group therapy is most often used*
  - a) *As a stand-alone treatment*
  - b) *In addition to 1:1 therapy*
  
4. *A vital component of self-help is:*
  - a) *Homework*
  - b) *Certified courses*
  - c) *Facing your fears*
  
5. *Computerised CBT can be defined as*
  - a) *Self-help research online*
  - b) *Evidence-based computer-aided CBT*
  
6. *The Fear Fighter Treatment is a form of*
  - a) *1:1 intervention*
  - b) *Group therapy*
  - c) *CCBT*