Title page

Peer review

The article explores the effectiveness of cognitive behavior therapeutic skills of therapists in practice settings. It determines the practical implications of cognitive behavior therapeutic skills in case of multiple sclerosis by relying on the experiences of patients. The article assumes that adopting this behavioral technique can control symptoms of depression. Depression is common among people who are suffering from multiple sclerosis that can be cured by adopting the right therapy. The article uses qualitative approach for determining the relationship between CBT skills and depression. Semi-structured interviews are conducted with the patients who had undergone CBT. The study targeted 15 participants having practical exposure with cognitive behavior therapy. Their responses were recorded and content analysis was conducted for evaluating them (Ytterberg, Charlotte Chruzander, Kierkegaard, Ahlström, & Gottberg, 2017). Face-to-face interviews are performed for recording views of the patients. The sample included 12 females having mean age of 38 years. The study conducted 15-20 individual sessions with the patients. Patients were asked about their experience with the cognitive therapy and also determined how it improved their behaviors.

A qualitative content analysis was conducted for examining the role of CBT skills on the behaviors of patients and its impact on depression. The findings of the study confirm positive correlation between cognitive behavior therapy and reduced depression. The patients who had undergone the therapy expressed that they felt better. The findings also suggests that therapists who possess better skills managed to offer client-centered services that allowed patients to feel better. This had positive impact on encouraging patients to change their thought patterns and replace with positive ones.

Therapists who are responsible for offering counseling must possess cognitive behavior therapeutic skills because it improves the likelihood of enhancing mental and psychological condition of the patients (Ytterberg, Charlotte Chruzander, Kierkegaard, Ahlström, & Gottberg, 2017). Patients who trust expertise of therapists are more willing follow their directions and build goals under their supervision. Cognitive behavior therapeutic skills allow therapists to identify cognitive difficulties that a patient might encounter in social settings. These skills also allow therapists to confirm patients that is useful in reducing the level of depression. Lack of knowledge about the mental state of the patients causes delay in treatment (Malone, Liu, Vaillant, & Dorene M. Rentz, 2016). It also depicts that therapists have practical role in helping patients in learning about the outcomes of CBT and how they can take maximum benefits.

Empirical evidence also supports the hypothesis that skilled therapists can make better use of CBT compared to non-skilled psychologists. This is because therapists can understand the reasons of the traumatic episodes and also address the needs of the patients in timely manner. Without knowledge and expertise in CBT the therapists are unable to offer effective services to the patients. Relying in experiences, therapists also determines the number of sessions that are appropriate in helping patients and promoting behavioral development. It us thus important to enhance professional skills of the therapists for providing maximum benefits to the patients.

References

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