Cognitive Brain Therapy in Human Services

[Institutional Affiliation(s)]

Author Note

# Introduction

Therapy with the help of common one-to-one talk is referred to as cognitive brain therapy. A mental fitness counselor speaks in an organized way, and attends a specific quantity of sessions. Cognitive brain therapy requires specific sessions for specific clients. Cognitive brain therapy aids the patients to be alert of wrong or harmful attitude so the patient can see situations more visibly and react to it more effectively. Mental conditions in which cognitive brain therapy can help are depression, sleep disorders, phobias, bipolar disorders, eating disorders, substance use disorders, obsessive-compulsive disorder, sexual disorders, and Schizophrenia and anxiety disorders. The disorders need special attention from therapists for prompt recovery (Reddy & Omkarappa, 2019). Cognitive brain therapy (CBT) has consequently recognized its significance in approximately all stages of the justice system, commonly improving or relocating numerous programs and interventions. Cognitive brain therapy is a psychological branch of management which comprises of therapeutic mediations in preserving association between opinions, approaches and behavior.

# Client-Centered Approach

Carl Rogers was one of the renowned psychologists of the twentieth century. He believed that the word ‘client’ is a more appropriate replacement for the term ‘patient’ because patient implies that the person is sick. By using the word client instead, states that the person is looking for assistance, self-control, and strength for their difficulties. This self-direction plays an important role in client-centered therapy. Carl Rogers and cognitive brain therapy have many features in common for example, both reflect the circumstances that shape selections, behavior and events. If imperfect or maladaptive attitudes, methods and ideologies lead to inappropriate and even destructive behavior, then modifying these attitudes can lead to new appropriate, pro-social behavior.

Carl Rogers stated that client-centered professionals must follow three key features such as genuineness, non-directive approach and unconditional positive setting. Social work system theory has some aspects that are related to cognitive brain therapy. Cognitive brain consultants claim they can adopt methods that can help them to deal with challenging behavior and generate cleverer behavioral choices (Hall, Kellett, Berrios, Bains, & Scott, 2016). An inspiring organization setting can be a noteworthy motivational component in the learning process. The scholars and children who receive care from teachers and peers in the institute mostly exhibit positive behaviors.

# Theoretical Approaches

Applying the theoretical approaches of human service professionals, therapist professionals use this practice try to develop a therapeutic environment that is contented, non-directive, relaxed, non-judgmental and sympathetic. The client feels relaxed when professionals provide them a nondirective environment because the client can discuss everything openly. The non-judgmental environment in a health care facility offers the client the ability to express their feeling because they know that professionals would not judge them. It has been observed that family protective aspects of focused parental direction and contribution in domestic activities also help children in adaptation of constructive behaviors. Cognitive brain therapy at home would contribute to the development of adults to adopt a problem-solving behavior (Huang, Zhao, Qiang, & Fan, 2018).

The therapists usually recommend these clients to attend regular sessions without gaps. For children and youth, counselors usually recommend short-term treatments that emphasize on teaching children and their guardians specific skills (Endrejat, Baumgarten, & Kauffeld, 2017). Cognitive brain therapy varies from other therapy tactics by concentrating on the habits that a child or adolescent’s judgments, feelings and activities are interrelated, and how they respectively disturb one another. Because feelings, judgments and activities are all linked therefore, cognitive brain therapy tactics permit therapists to interfere at several points in the sequence.

## Cognitive Brain Therapy in Human Services

Professional cognitive brain therapists should be honest. Through this approach, the therapist can help the client learn this significant capability. The cognitive brain therapist should appear as a mirror and behave like a reflection; this will help the client to better understand his own inner emotions, feelings and perceptions (Huang et al., 2018). The professional therapist should embrace the client for who he is and offer support according to the client's feelings and experiences. With the help of client-centered therapy, Roger said that individuals could learn to adjust their self-concept to attain more accurate vision of themselves and the outer world. For instance, visualize a young female who thinks about herself as boring and a poor communicator but other folks find her charming and quite pleasing. Because her thinking is not congruent with truth, she may experience poor confidence as an outcome. The client-centered method and cognitive brain therapy emphasizes on giving unconditional positive esteem, sympathy and genuine care to aid the client in adopting healthy behaviors.

Some large-scale lessons have revealed that the three characteristics that Rogers highlighted include cognitive brain therapy concepts and social work system theory that are all valuable for children. Particularly, genuineness, non-directive approach and unconditional positive setting are necessary for the clients and healthcare facilities. The client centered approach helps the therapists to deliver sessions which can help them improve the client’s impaired behaviors.

## Cognitive Brain Therapy and Motivational Interviewing

Motivational interviewing is a counseling method developed by psychologists William R. Miller and Stephen Rollnick. It is quite similar to, client-centered counseling and cognitive brain therapy for provoking behavior modification by assisting clients to discover and resolve uncertainty (Endrejat et al., 2017). Associated with non-directive way counseling, it is extra motivated and goal-directed, proceed with traditional Rogerian client-centered therapy, in which professional counselors attempt to stimulate clients to ponder on making adjustments, rather than pleasing in non-directive counseling consideration. The analysis and resolution of uncertainty is a central goal, and the counselor intentionally commands to pursue this goal. Motivational Interviewing is far clear not by method but by its essence as an assistive style for interpersonal bonds (Endrejat et al., 2017). Motivational interview along with cognitive brain therapy that has been thoroughly evaluated are operative at discouraging delinquency, supporting fatalities, and preventing violence (Endrejat et al., 2017). Researches have recommended that pliability, defensive effects are abstracted as a wider set of features and ecological provisions that validate the aptitude of children and adults to prosper or flourish, even in skies of threat.

Unlike clinical involvements and usage, Motivational Interviewing is a technique where the questioner (clinician) helps the interviewee (client) in adjusting a behavior by uttering their recognition of the interviewee. Through this, Motivational Interviewing combines the impression that every client may be in differing stages of willingness levels and may want to act consequently to the client's levels and existing needs. Modification may occur rapidly or may take extensive time, it depends on the client. Awareness alone is commonly not enough to motivate modification within an individual (Reddy & Omkarappa, 2019). It requires to be combined with cognitive brain therapy to deal with the challenges in keeping the change (Endrejat et al., 2017). The integration of Motivational Interviewing can aid clients to adjust their uncertainties and reluctances that may block them from their essential need for transformation about positive behavior or habit. Simultaneously, it can be observed that Motivational Interviewing confirms that the suppliers are observed more as team fellows to resolve a problem rather than a client and clinician. Therefore, this practice in the profession can be recognized as a collaboration that admires a sense of character and sovereignty.

To be more operational at motivational interviewing, a professional counselor must have solid wisdom of purpose, perfect strategies, and abilities for such purposes. This confirms that the counselor knows what objectives they need to achieve before entering into motivational interviewing (Endrejat et al., 2017). Also, Counsellors need to have mature and reputable interaction abilities which contain; probing with open-ended queries, thoughtful listening, affirming and repeating speeches back to the client. These abilities are useful in an energetic environment where the counselor energetically listens to the client then repackages the speeches back to them and emphasizing what they have completed fine (Hall et al., 2016). Through this course, it will increase their self-confidence for transformation.

## Cognitive Brain Therapy in Family Preservation Services

Family preservation philosophies are usually short-term, family-focused facilities considered to help families in disaster by improving childcare and household functioning while taking care of children. Family preservation philosophy developed because children want a safe and firm family and that splitting children from their loved ones is shocking for them and leave long-lasting negative effects. Family preservation services are also a part of cognitive brain therapy which endorse modifications in behaviors. The facilities build upon the opinion that many children can be securely protected and preserved inside their own houses when parents received services and backing that sanction them to adjust their lives (Endrejat et al., 2017). Cognitive brain therapy describes policy and program that approaches to family preservation philosophy and delivers state and native specimens of such services. This also addresses demanding family preservation philosophy, a more serious and crisis-focused form of preservation facilities (Reddy & Omkarappa, 2019). Cognitive brain therapy, client-centered approach, theoretical strategies and family preservation philosophies by a professional can modify behaviors of children and adults that will be preserved throughout their lives.

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