

Critically Evaluate the Role of Brief Approaches to Counseling and Helping Can Play on an
Issue Relating to Health

Name

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Abstract

Anxiety disorders are medical conditions that affect individual's emotional well-being. They are cognitive diseases often associated with emotions of fearfulness and anxiousness. This article aimed at evaluating the use of Cognitive behavioral therapy (CBT). A library approach was used to conduct a comprehensive literature review on the use of CBT in offering counseling services to patients with social anxiety disorders. The researcher selected current experiments conducted on the approaches and discussed the effects of the methods. Findings indicated that the CBT was efficient in treating and managing social disorders. The researcher also discovered that the use of CBT contributed to sustainable outcome among the patients. The study concludes that CBT suitable in managing and assisting people suffering from social anxiety disorder. Future research should be conducted on the challenges therapist experience while using CBT as a form of treatment.

Keywords: Cognitive Behavioral Therapy and Anxiety Disorders

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Introduction

Anxiety is a multidimensional expressive condition demonstrated as an experiential, somatic, and relational experience (Farlex, 2015). It is an emotion of discomfort, uneasiness, or fear. The feeling is usually conveyed by feelings like agitation, breathlessness, muscular nervousness, trembling, and tension in the body produced by the autonomic nervous system. Anxiety disorders are cognitive challenges characterized by an increase in stress as the leading cause of these problems (Menzies et al., 2009). Use of cognitive behavioral therapy is connected with improved conditions of life among patients (Choudhury, 2013). Researchers have indicated that CBT therapy as the most effective short-term treatment for patients with anxiety disorder. CBT is a skilled, focused therapy that aims at changing the patient's behavior. Therefore, the article will critically evaluate the role of CBT in counseling and helping patients with anxiety disorder (Menzies et al., 2009).

Literature Review

Brief therapy involves offering direct interventions for a particular medical problem. The approach creates a solution by concentrating on the structure of the current medical problem (Dallos, 2006). The method encourages both the therapist and the client to focus on a strategic plan that will solve the medical condition affecting the patients (Taylor, 1996). Brief approaches to counseling like Cognitive behavioral therapy (CBT) can be used for helping people with an anxiety disorder (Dryden & Feltham, 2006).

The Process/Framework on How CBT Is Done with Clients

Cognitive Behavioral Therapy is a combination of treatment procedures guided by scientific principles that aim at changing individual behavior (Feltham, 2010). The approach

consists of Behavioral therapy, which is mainly concerned with mood related anxiety such as depression. Cognitive therapy, which is concerned with how an individual thinks and investigating irrational thoughts. It aims at to recognizing imperfect appearances of intelligent and cut arbitrary opinions (Hofmann, 2011).

Cognitive behavioral therapy occurs between six to twelve weeks. After the patient gets significant relief and acquired skills, he or she needs to manage anxiety. The treatment procedures can then be stopped. However, treatment might take longer in patients with long-lasting emotional problems. CBT only focuses on current issues and present distressing situations in an individual (Egan, 2010).

Cognitive behavioral therapy is constructed on the idea that an individual's feelings, physical sensations, outlooks, and actions are all connected. The negative thoughts of a person can trap him or her in numerous cycles (Egan, 2010). Cognitive behavioral therapy was developed to help people manage their overwhelming problems by breaking them into smaller pieces, and people showed how to change the negative thoughts into positives thoughts (Okajima Komada & Inoue, 2011). Cognitive behavioral therapy mainly deals with an individual's current problems and not their previous experiences. Finally, Cognitive behavioral therapy is goal oriented, patients are usually asked to define their goals for every therapeutic session, and the therapist uses structured learning to help patients to monitor and identify their negative thoughts (Cooper & McLeod, 2011).

Cognitive-behavioral therapy (CBT) is the most suitable treatment approach for treating social anxiety. CBT helps the patient reduce anxiety levels in relationships and gives the person with anxiety disorder control of their anxiety in social situations. CBT mainly targets automatic negative feeling because people with anxiety disorder have unhelpful ways of reasoning, which leads to negative thoughts that affect their modes of life, increase levels of anxiety, as well as

reduce their ability to cope with others in the society. Furthermore, these feelings usually occur when one thinks of a terrifying social situation (Menziés et al., 2009). Therefore, the objective of CBT is replacing these unconstructive manners of feeling with realistic interpretations.

The success of CBT only depends on the patients' expectations, ability to complete assignments, and the capacity to confront the negative thoughts. CBT helps people to learn different ways of reacting to ideas and emotions, as well as learn to use different conducts that reduce fear. It can also make people realize and use social abilities in case of fear. CBT is an active treatment approach that uses skills guidance and interactive assignment. After learning these interactive skills people became their own therapist, and this explains why CBT is a brief form of treatment (Hoifodt et al., 2011).

The Role of Cognitive Behavioral Therapy to Counseling and Helping Patients with Anxiety Disorder

The Acute stress disorder is one of the illnesses categorized by the collection of apprehension and dissociative signs that happen in a one month of agonizing problems. The condition may be diagnosed in patients who experienced a traumatic event, which causes fear, helplessness, or hopelessness. Using four placebo-controlled value experiments of CBT, Stewart & Chambless (2009) discovered an effect size of 1.31 demonstrating a significant result of the approach in helping patients with the disorder. Moreover, a current Cochrane meta-analysis deduced an indication of discrete trauma-focused CBT as successful in patients suffering from acute traumatic stress. However, these researchers discovered that no information was obtained in the analysis of CBT medication of the disorder.

Similarly, another study was conducted on the use of Cognitive Behavioral Therapy (CBT) in treating the Obsessive-compulsive disorder. The disorder is the occurrence of recurrent obsessions, which includes impulses, persistent thoughts, or hallucinations. Some incidents occur

as compulsions like thought patterns or repetitive behavior used to control anxiety. The components of CBT used in handling the disorder involve experience and reaction avoidance as well as cognitive involvements. A randomized research design was used to examine the usage of CBT in treatment Obsessive-compulsive disorder. The controlled size effect was 1.37 was discovered indicating a significant outcome of the approach. However, these researchers found a 95% confidence level indicating a larger interval that resulted from the small number of studies used in the study experiment. The findings in this trial were verified by a Cochrane examination of eight other research studies, which indicated a positive effect of cognitive behavioral treatment among patients receiving the treatment (Gava et al., 2005).

Paunovic & Ost (2001) assessed the consequence of using CBT and exposure treatment in treating post-traumatic stress disorder in refugees. The researchers used sixteen randomized sample, and they administered the individual report degrees of post-traumatic stress disorder indications, assessor, general anxiety, improved life, and mental schemas. The findings indicate that both therapies resulted in great developments on all the procedures used in the sample, and they conclude that CBT was efficient in treating post-traumatic stress disorder among the refugees.

The Generalized anxiety disorder (GAD) is a prolonged medical condition that can be treated using some therapies. CBT is the most appropriate therapy for managing and helping the discord. Researchers indicate the long lasting effect of CBT in treating GAD. CBT is useful because it helps the patient understand his problems, feelings, feelings, and behavior. Furthermore, it helps the patient question his anxiety and anxious reflections (Borkovec, et al., 2004). Thus, the focus of CBT is treatment as individual with generalized anxiety disorder to interact and reduce the negative thoughts, which leads to depression.

GAD is usually associated with decision predispositions and attention impartialities. For example, the tendency of interpreting circumstances in a threatening way. GAD is also related with avoidance behaviors like life-threatening preparation, checking behaviors, and these conducts increase anxiety in an individual. CBT has been used to address the various features of GAD like perceptive, behavior, and physical features of GAD. Findings indicate that personalities with GAD who use CBT form of treatment increase their motivation. Finally, CBT usually requires an individual to learn self-observation skills, develop cognitive skills, develop interactive skills, and frequently put in practice the abilities in anxiety contexts (Craske, 2009).

Meta-analyses quantitatively evaluate the evidence of CBT for anxiety disorders. An effect size is used to quantify the treatment efficacy in meta-analyses. The results specify the importance of an experiential outcome in a typical unit of dimension (Butler et al., 2006). The findings reveal that the CBT reduces maladaptive actions and enlarge adaptive conducts by adjusting their backgrounds and significances. It also promotes behavioral exercises that contribute to behavior change. It concludes that CBT aims at modifying the maladaptive behaviors beliefs and self-statements. Finally, they explained that main feature of CBT is developing problem-focused strategies obtained from learning theory (Butler et al., 2006),

An experiment was used to evaluate the efficacy of CBT in panic disorder. The effect size in this study was 95%, which indicated a small, medium effect. These evaluations described consequence size of 1.53 for Cognitive behavioral therapy in fear disorder. However, different meta-analysis can be used to determine the magnitude of the effect in the approach among the patients. These researchers performed an electronic search for treatment results and research of anxiety disorders. Search was carried out on PsycINFO, MEDLINE, Scopus, PubMed, Dissertation Abstracts, and the Institute for Scientific Information (Hofmann & Smits, 2008).

Apart from this, the Hofmann & Smits (2008) included studies that selected grown-up patients of the age between eighteen years and sixty-five years by chance. The participants met the selection criteria used in the analysis. These researchers selected comprehensible inquiry and choose information for every study using the unremitting procedures of anxiety severity. Data analysis indicated no meaningful changes in attrition degrees between placebo and CBT. Results show that CBT is efficient for treating anxiety disorders in an adult. Although, there were chances for improvement and current studies need to include the intention-to-treat analysis to bring out a comprehensive investigation. Similarly, Stewart & Chambless (2009) conducted an examination to determine the effectiveness of CBT in anxiety disorder. These researchers carried experiments on the pre- to a post-treatment effect size of 95% of panic attackers and another 95% for avoidance. The researcher concluded that CBT was effective in managing patients with panic attackers.

CBT used for anxiety disorder is depicted by fear of demonstration, an extreme anxiety of inspection, as well as the distress of performing in an uncomfortable way. Most of the time, CBT characteristically stresses on cognitive rearrangement and in individual experience to dreaded social circumstances. Using randomized placebo-controlled therapy research studies, researchers determined the consequence of CBT in treating anxiety disorder and discovered that 0.62% indicated an average effect. Similarly, in another uncontrolled of pre- to post-treatment acute treatment, the researchers determined an effect of 1.27 of CBT in treating anxiety disorder (Norton & Price, 2007).

Norton & Price (2007) also conducted a six randomized experiments of CBT in treating Post-traumatic stress disorder. They discovered a result size of 0.62, which illustrated an average effect. Currently, a Cochrane examination of psychological therapy was conducted in Post-traumatic stress disorder, and the researchers discovered that CBT was an effective treatment.

Moreover, they realized uncontrolled effect size of 1.86 of CBT when used among anxiety disorder patients.

In another study by Norton & Price (2007), the CBT effects were identified in the review of adults' CBT of anxiety disorder. These researchers examined the effectiveness of CBT in helping patients with anxiety disorder. They used one hundred trials of the Cognitive behavioral therapy approach used in a set criterion. These criteria were exposure therapy, Cognitive therapy in combination or used with rest training. However, the researchers discovered that results for general posttraumatic stress disorder and anxiety disorder were larger compared to individuals with anxiety disorder. Nevertheless, no other adjustments emerged from the experiment.

Olatunji et al. (2010) conducted a review of findings on the usefulness of CBT for anxiety disorders. These researchers evaluated the proof verifying the efficiency of CBT for anxiety disorders. Precisely, they reviewed current meta-analytic reports on the usage of CBT. The exact constituents of CBT changed depending on the study strategy employed in the experiment, as well as the anxiety disorder treated. These researchers suggested that the CBT exposure-based methods are extremely effective. They further discovered that CBT was efficient compared to other placebo controls. Therefore, Cognitive Behavioral Therapy is effective in treating these disorders, and some anxiety disorder cannot tend to outperform other psychosocial therapy modalities. Finally, these researchers discussed the consequences of open results in additional setting the efficiency and diffusion of CBT for anxiety disorders.

Spielmanns et al. (2007) conducted a study to determine the active ingredients of CBT in handling social anxiety disorder. They conducted a meta-analytic review of the approach. Previous Meta-analytic analyses have indicated the efficiency of CBT in curing anxiety disorder among children. Further investigations have shown that behavioral therapies are higher to non-behavioral medications for handling anxiety and desolation in childhood. The previous meta-

analysis did not scrutinize direct evaluations between behavioral and cognitive treatments as well as other treatments making the findings more artificial. The Meta-analysis conducted by these researchers combined outcomes of studies in which Cognitive Behavioral Therapy behaviors (CBT) were associated with the improved performances, which include the use of CBT for anxiety disorder treatments. The scholars examined the heterogeneity of the circulation of changes among a CBT and Parent training as well as the other actions. Findings of the study indicated that the CBT was effective compared to the other treatments. The study concluded that the hypothetically made constituents of CBT are not exactly suitable for youth as well as teenage anxiety disorder.

Stewart & Chambless (2009) conducted a study to determine whether cognitive behavioral therapy was effective in a well-controlled situation that results to less-controlled, physical circumstances. These researchers used fifty-six efficiency research of CBT for treating adult anxiety disorders. The effects of the findings resulted from randomized controlled experiments. The researchers discovered that all the pretest-posttest size effect for particular illness symptom trials were significant, signifying that Cognitive behavioral therapy used in handling adult anxiety disorders was applicable in clinically standard conditions. Six of the trials used a control group and between groups indicated a considerable effect of the approach. Finally, the study concluded that an antithetical connection between scientific representativeness and consequence, but the significance of the relationship is very minute.

Additionally, Stewart & Chambless (2009) discovered evidence for using Cognitive Behavioral Therapy (CBT) in treating anxiety disorder. These studies illustrated considerable variations using measurement methods. Cognitive Behavioral Therapy also produced a medium effect when treating patients with anxiety disorder. However, these studies needed a good number of organized controlled research studies adequately illustrate the outcome of cognitive

behavioral therapy as contrasted with the other forms of treatments. Furthermore, more studies should be conducted to demonstrate the consequence of Cognitive Behavioral Therapy in treating other anxiety disorder.

Smits et al. (2008) conducted a meta-analytically assessment of the effectiveness of Cognitive behavioral therapy against the control circumstances in the decrease of anxiety sensitivity. These researchers directed a computerized to recognize Cognitive Behavioral Therapy result reports that comprised of the Anxiety Understanding Guide as a dependent study variable. The researchers used 989 research studies, twenty-four randomized-controlled experiments using 1851-research participant. Information in the study was obtained from treatment-seeking participants in sixteen studies and participants who are at a risk of social anxiety disorder in eight research studies. Research findings illustrate significant effect sizes for therapy seeking respondents. Moreover, both the amount of psychotherapist interaction and self-control modality manipulated the size effect of the analysis. The review concluded that the Cognitive behavioral therapy is efficient in reducing anxiety disorder. However, research should be conducted to determine the mechanisms used by Cognitive behavioral therapy to manage anxiety sensitivity.

The scholars used the appropriate randomized controlled tests from the World Health Organization's trials as well as ClinicalTrials.gov in this study. The researchers also included past meta-analyses and accounts of randomized controlled studies. The selection criteria included all randomized controlled studies of the dynamic condylar screw of cognitive and behavioral approach in contrast to placebo expansion of Cognitive behavioral therapy cognitive therapies for treating anxiety as well as other associated disorders. The results indicated that there was a high efficiency of experience on the Cognitive behavioral therapy based treatments in the trials.

The findings specified that Cognitive behavioral therapy was effective in helping and treating social anxiety disorder (Spurgeon & Wright, 2010).

Research studies conducted responded to social anxiety disorders and these researchers discovered that CBT was effective in handling panic disorder in children and adult patients. These eleven research studies compared the reaction rate of CBT and other types of medications and discovered that CBT was the best approach in treating and helping this anxiety disorders (Spurgeon & Wright, 2010).

Macdonald, Higgins, Ramchandani (2006) conducted a study to measure the usefulness of Cognitive Behavioral Therapy (CBT) in supporting the instant and prolonged anxiety disorder in teenagers who have been abused sexually. The study included randomized or quasi-randomized controlled experiments using children and adolescents who had been sexually abused. Research findings illustrate the effectiveness of Cognitive Behavioral Therapy in treating and helping these children. The ten trials conducted using 847 research participants were all included in this study and information collected indicate positive impact of CBT.

Ost (2008) performed an analysis centering on the middle level of transformation realized by the CBT therapies within 40 years in handling anxiety disorders. The researchers carried out a database search for randomized controlled studies for the anxiety disorders. The result indicates that there was a positive effect of CBT anxiety disorder for the last forty years. In another review conducted by Peng Huang, Chen & Lu (2009), the researchers discovered that Cognitive Behavioral Therapy as effective in treating children with anxiety disorder. They deduced that the use of cognitive behavioral therapy was effective in treating patients suffering from anxiety disorder related to depression.

Leichsenring & Leibing (2003) conducted a study to assess the efficiency of CBT in the management of anxiety disorder. These researchers collected studies that were conducted

between 1974 and 2001 on psychodynamic treatment and cognitive behavior physiotherapy. The also used standardized methods for personality disorder diagnoses. Reliable instruments were used to obtain information in this study, and they incorporated fourteen studies on psychodynamic treatment and eleven reports of cognitive behavioral therapy. Findings in his study revealed a positive effect of CBT in helping children with anxiety disorder. Therefore, the researchers conclude that there was evidence of psychodynamic therapy and CBT in the treatment of personality disorder.

Hans and Hiller (2013) assessed the efficiency of Cognitive Behavioral Therapy among grown-ups suffering from an initial anxiety disorder in regular medical exercise. The researchers performed randomized tests on 71 studies between the outpatient individual and group CBT for anxiety disorders. The use of CBT as effective among the outpatient adults and the researchers concluded that Cognitive Behavioral Therapy was effective in treating social anxiety in adults.

Findings and Discussion

The efficiency of Cognitive behavioral therapy (CBT) seems to be indicated by the recent meta-analysis conducted by most researchers (Ozabaci, 2011). Using randomized trials researchers explain the importance of Cognitive Behavioral Therapy in managing social anxiety disorders. Different Cochrane analyses of psychological therapies for various nervousness disorders also support these findings (O'Connell, 2012).

Research indicates that behavioral therapy and cognitive therapy can be very effective in treating and helping patients with an anxiety disorder (Resick et al., 2008). These treatments can be provided in combination or as an individual but are very powerful when used with cognitive challenges. Similarly, the literature review indicated a positive effect of CBT when managing anxiety disorder (Resick et al., 2008).

The analysis also shows how CBT is effective in different anxiety disorders. For example, findings reveal positive outcome in treating Obsessive-compulsive and panic disorder, Post-traumatic stress disorder (PTSD), Obsessive-compulsive disorder (OCD), Social phobia, as well as other anxiety disorders (Resick et al., 2008).

Scholars like Borkovec et al. (2002) explain that CBT is an amalgamation of different social and cognitive methods used to manage and train anxiety in people. In the same way, the literature review has presented some of the clinical trials conducted to evaluate the efficiency of CBT in managing and helping anxiety disorder. For example, in fifty-six studies used to analysis the effectiveness of CBT in a naturalistic context, the researchers discovered the uncontrolled effect of 0.92 in the pre-traumatic disorder investigated. Findings illustrate that the post-traumatic and pre-traumatic social disorder cannot be compared to the controlled with the effect size. These results also portray that Cognitive behavioral therapy can be used in real-world contexts when treating or helping patients with social anxiety disorder.

Some current meta-analysis also reveals mindfulness treatment in people with apprehension disorders was linked to considerable consequence size, which intern improved anxiety among individuals. Therefore, researchers conclude that the mindfulness-based therapy can be used to treat social anxiety disorder (Williams, 2001).

Additionally, other recent studies like the glucocorticoids conducted one hour before therapy can be used to improve extinction-based psychoanalysis in social anxiety disorders. The d-cycloserine which is a drug used in treatment tuberculosis has caused fear in several clinical trials and trials of patients with social anxiety disorder (Arntz, 2003).

In stress management interventions, researchers discovered the CBT was effective in managing stress disorders associated with anxiety disorders (Clark, Ehlers & Hackmann 2006). Cognitive behavioral therapy has proved to be more applicable that organizational therapies used

to manage stress. However, researchers should focus on the durable outcome of CBT in handling stress (Williams, 2001).

The combination of cognitive behavioral therapy and other treatment approaches promotes long lasting treatment for patients with social anxiety disorder (Fancher, 1995). Researchers from the Ryerson University have proved the positive effect of the combined approaches. These researchers conducted a randomized experiment to determine the effect of combining the two modes of treatment. The results indicated major reductions in the different levels of anxiety.

Conclusion

Cognitive Behavioral Therapy (CBT) is the most established mode of managing social anxiety disorder and the most recommended approach in psychoanalysis. Numerous studies from the review have supported the efficiency of the approach in treating anxiety disorder. The literature review illustrates efficiency in the use of CBT in assisting people with anxiety disorder. The randomized placebo-controlled experiments and experiments in realistic treatment backdrops indicate efficiency and effectiveness of CBT treatment approach. These findings also signify that there can still be some improvement in future research. Whereby, researchers can improve study modes as well as the different methods of analysis.

Current research on Cognitive Behavioral Therapy proofs the effectiveness and efficiency of the approach in treating anxiety disorder. Most of the research findings indicating the value of offering experience therapy in the managing of anxiety disorders. These studies also reveal that the basic principles of Cognitive Behavioral Therapy assist in managing and deal with anxiety disorders among patients. Additionally, this approach is problem focused and researchers use it to focus on the problem affecting the patient. Researchers use it to motivate patients with disorders to change and improve their ways of life.

The review also indicates that Cognitive Behavioral Therapy is linked to improved ways of life among anxiety patients, and the approach is the most successful brief therapy for patients with anxiety disorder. Cognitive Behavioral Therapy is also a practiced focused therapy that aims at changing the patient's behavior. There is positive influence of psychological therapies that use Cognitive Behavioral Therapy compared to post-treatment procedures. Furthermore, review findings did not expose a significant transformation in a clinical reaction between Cognitive Behavioral Therapy and efficient treatment at post-treatment.

Finally, in adults, cognitive behavioral therapy has proved in treating and helping patients with anxiety disorder. Similarly, the therapy is effective in treating and helping children and adolescents suffering from anxiety as well as other social anxiety disorders of people in different settings.

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