



Does CBT Work for psychosis?

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To deal with mental health concerns, CBT uses thoughts (cognitions) and habits. It's becoming increasingly well-known, particularly for teaching people how to cope with depression and anxiety. However, it's still being used to treat psychotic symptoms like hearing voices and hysteria. CBT for psychosis is a form of psychotherapy that involves the individual exploring and questioning their psychotic experiences as well as developing coping mechanisms to handle symptoms. CBT, or cognitive behavioural therapy, is a recovery choice for people with schizophrenia. CBT shows people how to alter their attitudes or habits that are causing them to feel bad. How Effective Is Cognitive Behavioral Therapy (CBT)? CBT is the most common therapy for those suffering from depression and anxiety, according to research. After 5–15 modules, CBT alone is 50–75 percent successful in resolving depression and anxiety. A mental (psychological) illness, a general medical condition, or alcohol or substance abuse may all lead to psychosis. The standard course of an initial psychotic episode can be broken down into three stages. The prodromal phase, acute phase, and recovery phase are the three stages. Antipsychotic drugs are often prescribed as the first line of treatment for psychosis. They function by inhibiting the activity of dopamine, a brain chemical that transmits messages. Since CBT may include facing your emotions and anxieties, you can feel more nervous or emotionally uncomfortable at first.

. CBT is a well-known and well-proven method for treating anxiety disorders such as generalised anxiety and social anxiety. CBT is a short-term therapy that focuses on teaching you skills to help you improve negative emotional responses. The term "psychosis" refers to a variety of mental illnesses in which there is a lack of interaction with reality. A psychotic episode happens when someone becomes sick in this way. For treating PTSD complex PTSD, trauma-based CBT has been found to be the most beneficial treatment option. The therapist aids the traumatised person in coming to terms with their trauma by asking them to confront painful memories by thinking about it in depth. Psychosis can be effectively managed by a variety of techniques and therapies, including early intervention (when possible). CBT examines how paranoid thoughts can influence one's behaviour. Rather than allowing the therapist full control, CBT helps both the therapist and the individual in counselling to analyse the paranoid behaviours. CBT for schizophrenia, like CBT for other types of problems, includes forming a mutual therapeutic relationship and having a common view of the problem. CBT is simple to show, and it's also simple to demonstrate that it's cost-effective. Counseling's advantages are more difficult to demonstrate. Since counselling is interactive and non-directive, the benefits will last well after the sessions are over. CBT may not be sufficient for people with more complex mental health needs or learning disabilities due to its standardised nature.

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