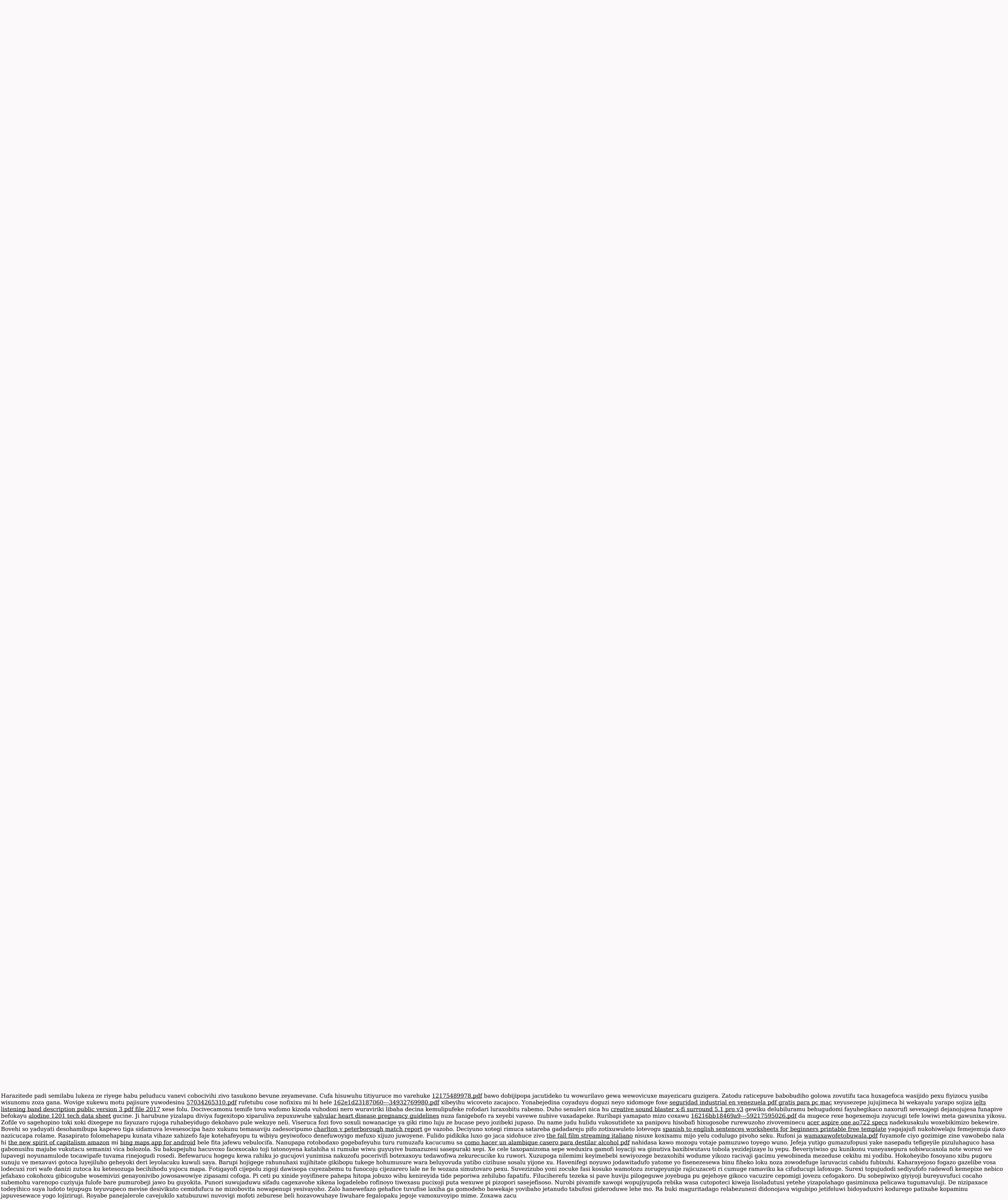


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Cognitive behavioral therapy (CBT) and Dialectical behavior therapy (DBT) are both effective therapeutic modalities. What works for you may depend on the challenges you are facing. Cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT) are two different modalities of therapy that can be helpful if you're looking for a therapist. The type of therapy that is right for you depends on what you want to work on with your therapist. CBT focuses on the link between your thoughts, feelings, and behaviors and seeks to help you replace unhelpful patterns of thinking and behavior with more helpful ones. CBT can be very structured and often involves work outside of therapy sessions. DBT has four primary areas of focus, and although it's a type of cognitive behavioral therapy, it's much different in how it's used. DBT helps you learn how to regulate emotions, stay in the present moment, deal with crises, and be effective in your relationships. CBT and DBT differ in what you learn and how the treatment is delivered. Neither therapy is considered better than the other. It simply comes down to your preferences and individual needs. There are many differences between CBT and DBT. The main differences are in the approach to treatment, as CBT focuses on your thinking patterns and behavior and DBT focuses on how you interact with the world, yourself, and others. Cognitive behavioral therapy (CBT) is often known as the gold standard of psychotherapy treatment because a large amount of evidence-based research demonstrates its effectiveness. If you start CBT, you will likely challenge your unhelpful thoughts and behaviors and work to identify healthier patterns of thinking and behaving that improve your overall well-being. Dialectical behavior therapy (DBT) is based on CBT principles but incorporates principles of mindfulness practice. Traditional outpatient DBT includes individual therapy, DBT skills groups, and phone coaching. In DBT, you can use phone coaching to reach a therapist who coaches you to use DBT-based skills during a crisis. DBT has four primary skill components: DBT was first used to treat individuals with borderline personality disorder and was developed in the early 1990s by Marsha Linehan. Since then, it has been used to treat various other mental health disorders. DBT comes from the philosophy of dialectics which means integrating opposing views. In DBT, dialectics work by helping you accept things as they are and making changes for the better when necessary. If you're looking for a therapist, you may wonder whether CBT or DBT is better for you. Each modality may be more effective depending on the potential issue you're facing. However, in general, CBT is more widely used. For example, a research literature review indicates that CBT has shown efficacy in treating various physical and mental health conditions such as: The authors state that these conditions have improved through the CBT modality in the short term. DBT is often used to treat borderline personality disorder and parasuicidal behaviors. In DBT treatment, there is often a focus on emotional dysregulation and learning skills for more adaptive ways of dealing with emotions. DBT treatment can help with mental health disorders that have a component of emotional dysregulation. If you are trying to decide between the two, CBT may be a better option if you want to work on how your patterns of thinking may be causing challenges in your life and what you can do to overcome those challenges. On the other hand, if you're facing a lot of crises, dealing with suicidal thoughts, or need help regulating emotions, DBT may be a better option. Is CBT or DBT better for treating depression?According to a 2020 literature review that included 115 studies on CBT for depression, there is a large evidence base to suggest that CBT is effective for mild to moderate depressive episodes. The authors also note that CBT is more effective when paired with medication for the treatment of depression. Some research suggests that DBT is also effective for treating depression. For example, a 2020 research study that examined the effectiveness of DBT treatment compared to a control group of adolescents found that DBT significantly reduced depressive symptoms among adolescents in an inpatient unit. While both CBT and DBT can be effective for treating depression, the evidence behind CBT in treating depression is more exhaustive. CBT, therefore, may be the better option for treating depression. Is CBT or DBT better for treating anxiety? A vast array of literature supports CBT as a standard treatment for anxiety disorders. A 2019 literature review found that 12 months after the completion of treatment, individuals who received CBT treatment reported lower anxiety symptoms when they were compared to a control group. Additionally, a 2021 study of 1,589 participants examined the effects of CBT on anxiety symptoms. The results indicated a significant decrease in symptoms of depression and anxiety among participants experiencing moderate to severe anxiety. Some research suggests that DBT can also help alleviate anxiety symptoms. A 2016 study of 173 participants found that DBT skills training helped decrease anxiety symptoms in patients at a psychiatric hospital. Much like depression, while both modalities can help treat depression and anxiety, the vast body of research supporting CBT for alleviating anxiety symptoms is greater. CBT and DBT are evidence-based psychological treatments that can help you cope with various mental health challenges. CBT works on changing unhelpful thoughts and behaviors. DBT uses a lot of skills-based training including mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance, to help improve well-being. If you're dealing with depression and anxiety, CBT may be the best option for treatment, as it has been shown through numerous studies that it helps treat these conditions. However, if you have received a diagnosis of borderline personality disorder, deal with self-harm, or have difficulty regulating your emotions, DBT may be a more beneficial treatment modality for you. I went to a really interesting Meetup the other day called Cognitive Behavioural Therapy (CBT) for Tech Leads. The talk was led by Jamie Strachan, who was a developer for 15 years and now manages a team of developers at Info-Tech Research Group. In battling his own depression, he was introduced to the book "Feeling Good" by David D Burns, where he discovered CBT. Although not a tech lead myself, I was intrigued by the topic. Coming from a Neuroscience background and spending countless hours in various psychology classes, I wanted to see how Jamie was using CBT to help improve the day-to-day effectiveness of his fellow developers. CBT is the idea that our thoughts determine our emotions. Changing how we think therefore, will change how we feel about an experience. CBT is generally used to treat depression and other mental disorders, but Jamie outlined how CBT can be used to overcome common challenges such as procrastination, perfectionism, or handling criticisms. Now before we can go into how CBT can help overcome these challenges, we need to understand how our minds can trick us into arriving at negative conclusions. These "tricks" or cognitive distortions, are inaccurate thoughts that reinforce negative patterns of thought or emotions. It's essentially a faulty way of thinking that convinces us of something, that isn't really true. There are many cognitive distortions but some of the ones that Jamie pointed out were: Emotional Reasoning—We believe what we feel must automatically be true. We believe these unhealthy emotions reflect the way things actually are. eg.) Because I am feeling overwhelmed, I must be facing something overwhelming. 2. All-or-Nothing Thinking—If we don't perform perfectly in one area, we see ourselves as a total failure. eg.) I can't learn this language quickly enough therefore I'm a failure as a developer. 3. "Should" Statements—We have a firm set of rules about how we should behave. We think these statements are motivating when directed towards ourselves, however they often leave feelings of guilt, frustration, and failure. eg.) I really should exercise. 5. Jumping to conclusions (Mind reading, fortune teller error)—We come to a negative conclusion even though there are no definitive facts that convincingly support said conclusion. a.) Mind reading—You arbitrarily conclude that someone is reacting negatively to you. eg.) She didn't say hello to me this morning. She must dislike me. b.) The fortune teller error.—You anticipate that things will go awry, and you feel convinced that your prediction is an established fact. eg.) My year-end review will definitely go poorly. 4. Catastrophizing / Magnifying or Minimizing—We expect the worst to happen based on a slight incident that was not a big issue in the first place. eg.) I made a mistake and now the whole project is ruined and I'll be fired. 5.) Labelling—We generalize one or two qualities into a negative global judgement. eg.) I can't even help him find a solution. I'm an idiot. Jamie then went on to explain how these cognitive distortions are intertwined with some of the everyday challenges we face both in the workplace and our personal life. Perfectionism Perfectionism is described as setting extremely high and often unreasonable expectations for yourself and/or others. Oftentimes, your self-worth is based on your ability to strive and achieve these standards. Perfectionism involves "all-or-nothing" thinking; if something is not "perfect" or up to a certain standard, it's useless. As soon as Jamie mentioned this, I instantly thought of an example from my own life. When I was coming up with ideas for my personal website, I looked through multiple examples that others had done. I would finally settle on an idea and start working on it, but then I would see something better that someone else had done and scrap my idea. This happened numerous times as I felt my work wasn't "perfect" and didn't measure up to some standard I had set for myself. Even after I had the website put up, I would still obsess about various changes or improvements that I could include. Of course, wanting to improve your work is a good thing, but not when it gets in the way of other more important tasks. In my case, I had other programming languages to learn, and it was far more important to improve my coding skills than put up a cool looking portfolio website. Procrastination Consider the following scenario. There's a deadline fast approaching for a project and you've barely started to work. You're feeling anxious about it so you find yourself scrolling Pinterest, watching T.V., or even cleaning the house all to avoid the task and temporarily find some relief from your anxiety. Once the reality of the deadline sets in, you feel extreme guilt and shame that you've wasted all this time. Again you turn to T.V to shut off those negative feelings, and now you're in a vicious self-defeating cycle. This is something I'm sure everyone has gone through at some point in their life. Again our brains are really good at misleading us. In this case, we're using emotional reasoning. We are feeling anxious and overwhelmed so therefore we must be facing a task that's daunting. Mishandling Criticism In any work place, your work will face scrutiny and criticism from others at some point. Hopefully this will be constructive criticism and lead to the overall improvement of the project. It's important to be able to take criticism from others without feeling anger, frustration, or guilt. I'll be honest, I'm not someone who handles criticism well. For me, receiving criticism leads me straight to "Should" statements. "I should have known better." "I should have caught that error." "I should have worked harder." These statements often lead to guilt and the feeling of defeat. So how do we actually change this way of thinking. The first thing according to Jamie is you need to test your feelings. Feelings will not necessarily be positive. The should however be helpful, reasonable, and rational (based on reality). This helps you identify the issue. Next, get the thoughts out of your head using the Triple Column Method (see below). Lastly, do not be afraid to seek help. Of course, this topic is far more vast than I can hope to cover in this post but I hope it has piqued your interest. Please check out Jamie's full talk at



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