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Cognitive behavioral therapy (CBT) is a form of short-term psychological treatment that is based on the premise that yes, how we feel and behave can affect our thoughts, but also our thoughts can affect how we feel and behave. Thus, by studying ways to change our thinking, we can learn to change our feel and act. CBT is not a single strategy, but rather an umbrella name for a group of therapeutic methods that are often used in combination, including relaxation training, journaling, mindfulness, and acceptance and commitment therapy (ACT), a form of act that aims to help people accept their feelings as they are, and to commit to take helpful action in accordance with their personal values. CBT is a purposeful, problem-solving therapeutic approach that has been shown to be beneficial for people whose quality of life suffers because they have chronic diseases, and it has specifically been found to be beneficial for people with fibromyalgia. As CBT and the ACT can help those with fibromyalgiaV study published in April 2013 in the European Journal of Pain, researchers found that the ACT had a positive effect on performance associated with pain, quality of life associated with mental health, self-reeffiveness, depression and anxiety in 40 women with fibromyalgia. Participants participated in 12 weekly ACT group sessions. A study first published in October 2011 in Arthritis Research and Therapy found CBT helpful in reducing the pain of disaster in people with fibromyalgia. Catastrophe usually believes that something - or will be - is much worse than it really is. In pain, a person increases the actual or expected pain he experiences. However, other studies have provided evidence that TOS can improve sleep and daily functioning and reduce fatigue, anxiety and depression. In addition, studies show that TSS, and especially the ACT, can be effective in reducing leading symptoms of fibromyalgia, which include pain, brain fog, and fatigue, and can help minimize feelings and experiences that contribute to symptoms such as stress and loss of control. Beth Kane, a licensed clinical social worker and life coach in Point Pleasant, N.J., who often works with people with chronic diseases, explains how CBT can help you manage some of the symptoms of fibromyalgia. CBT Strategies for managing the brain's brain fog fog fog is thought to be associated with fatigue, chronic pain, and a lack of restorative sleep the fibromyalgia patient may experience, Kane said. Using CBT, including the ACT, she says therapists can help clients develop survival strategies and support them in making the necessary changes to better manage unpleasant episodes. Mindfulness, which is a component of the ACT (and is now often used in conjunction with TSS), is one of these strategies. When we remember, we are now in the center of the center. In this regard, using all Five senses or bringing our awareness to the fullest point, instead of thinking or worrying about tomorrow or a month from now, we can more firmly access our awareness at this very moment, right here, right now, says Kane. Instead of staying stuck in your thoughts, practicing mindfulness allows you to fully participate in what you are doing. Journaling is another tool she uses with clients to help them focus, noting that visually processing and recording feelings or experiences in a journal deals with different areas of the brain and allows you to take concrete action. Working around fatigue with CBTCBT can help solve fatigue in a number of ways. Using sheets and logs, we can help clients identify tasks that are priority, repetitive, or require high energy, and then plan a graph around this by teaching them how best to use both their energy and time. In this way, therapy can support the client in managing such tasks while minimizing stress, which can contribute to fatigue. Another way therapists can use CBT to combat fatigue, says Kane, is to help them learn and use skills such as relaxation, acceptance and mindfulness, and recognize that they may be able to let go in order to make better use of their energy. Reframing Thoughts Around PainPain is another symptom that is targeted by TSS. Therapy is used to help rethink thoughts about pain, so it doesn't become like consumption, says Kane.She offers this example: The thought around pain can be: This pain is unbearable and will never end. A reformulate thought may be more like this: This pain is very bad right now, but it will break soon. I'll get some relief and I can get through it. Or you might think, This pain prevents me from living my life. Reword what the thought might be: I'm in pain, but I can still do x-g-z. If you experience chronic pain, you know that it can be both worn and tired. The ACT, says Kane, can help you learn to take, at the moment, what you're experiencing, that reduces expectation and takes some of your attention away from pain. Weakening the sense of loss of controlPeople experiencing the effects of chronic diseases may feel that they have no control over their body, feeling that it is both scary and stressful. We can easily get caught up in that if the script or become so focused on our limitations that we can really start inserting even more restrictions in an attempt to get back into control, which can lead to worsening symptoms, anxiety and depression, says Kane. In addition to helping you take where you are in any The ACT can also be empowering by helping you question and see more clearly your own story, challenge any limiting beliefs, and learn to accept things as they really are, rather than how you imagine them them How not to catastrophic the use of CBTBoth pain and perception of loss of control, which are part of the experience of chronic diseases can contribute to a disaster that Kane describes as all or nothing, the worst possible-case-scenario thinking. Again, she uses an example of what she describes as a very disastrous thought: This pain prevents me from living my life. It's easy enough from time to time, she says, to get into such ways of thinking, even if you've had times in which you're in minimal pain and have been able to perform certain activities, even while in pain. To rethink the idea with the ACT, she says, you can ask yourself two questions: Is that completely true? Is this going to help you live your life the way you want? If the answer to one or both of these questions is not, she says, you need to ask what is true and what would be helpful. These answers can help to rethink this disastrous thought. As you find a therapist for CBTIf you would like to study cognitive behavioral therapy, look for a therapist who has experience with clients who have chronic diseases and who can address your specific needs. Ask your doctor for a referral to a qualified therapist, or use a find therapist search function on the Association's website for behavioral and cognitive therapy or on the Psychology Website today. Imagine that you are at a party and you suddenly have to use the bathroom, but there is a line, or you experience irritable bowel syndrome (IBS) outbreak during a long flight. For IBS sufferers, these situations are the norm. IBS symptoms like diarrhea or gas can be embarrassing, which can make communication and travel stressful and anxious. What's more, simply anticipating an IBS outbreak can cause stress, causing associated anxiety symptoms to exacerbate bowel sensitivity, which can then worsen GI symptoms, creating a vicious cycle. One way to manage through Cognitive Behavioral Therapy (CBT), a form of psychotherapy that focuses on symptom-related worry. CBT targets brain gut pathways, which are believed to be a key contributor to IBS, says Sarah Kinsinger, Ph.D., clinical health psychologist and director of behavioral medicine for the digestive health program at Loyola University Health System in Chicago.People with IBS tend to have a super sensitive gut, so stress and anxiety can exacerbate what happens in a person's abdomen. For example, anxiety can cause the brain to misinterpret pain signals from the intestines, causing more abdominal pain. The study, published in the journal Brain, Behavior and Immunity, investigated how stress is associated with IBS symptoms, and researchers found that people with IBS may have a modified physical response to which causes their immune system to activate during stress, which causes inflammation and IBS symptoms. With CBT, we can directly directly symptoms because we use the brain to communicate more effectively with the gut, says Dr. Kinsinger. We don't have a cure, but we can help people cope with this disorder. What does science say about cognitive behavioral therapy? While there have been no studies that directly compare psychological therapy with medications, studies show that treatments like CBT can help with IBS symptoms. Cognitive behavioral therapy as an IBS treatment has been supported by more than 30 years of research, Kinsinger said. Studies have consistently found that most patients experience a significant reduction in symptoms of IBS - less pain, more regular bowel movements - after a course of treatment. According to Kinsinger's research, which appeared in a July 2017 paper in the journal Psychology Research and Behavior Management, studies consistently show that CBT can be effective in alleviating IBS symptoms for at least one year after treatment. In fact, there were studies like the review, published in July 2016 in the Journal of Clinical Gastroenterology and Hepatology, which showed that people who received TOS supported a reduction in G.I. symptoms for both short- and long-term follow-up. But CBT isn't for everyone with IBS, warns Christine Frissora, MD, gastroenterologist and associate professor of clinical medicine at Joan and Sanford I. Vale Medical College cornell University in New York. If you think stress or anxiety is the trigger for your IBS, cognitive therapy can be beneficial, she says. But for people who develop IBS after a bout of severe food poisoning or intestinal infection, the trigger is most likely due to a change in the balance of bacteria in the gastrointestinal tract. Cognitive therapy can't change the bacterial environment in the gut, says Dr Frissora.But she thinks it can provide coping strategies and help people be more aware of their symptoms. For IBS, you have to treat everything, so I would use CBT, medication, exercise, diet, and even physiotherapy to help, she says. How does this type of therapy work and why is it effective? First, TOC is not the same as traditional psychotherapy. CBT is a form of treatment for a medical condition - it involves focusing on factors like anxiety that play a role in symptoms, says Kinsinger.It are usually designed for the short term, requiring as little as four to five sessions. In addition, many patients find it attractive because it is a non-medical approach to treatment, she says. CBT teaches people to better regulate the body's physical response to stress. Some of the survival skills work: Dispel the myths about IBS, teach people how the mind and body are related and the reasons why therapy can help. Help people learn relaxation skills such as deep breathing (diaphragm breathing), which can have a calming effect on bowel and reduce the symptoms at the moment. There are many free applications that can be useful for understanding and practicing this technique. Reduce negative thinking patterns that can worsen symptoms. Using methods such as cognitive restructuring, Kinsinger teaches people to recognize when their thoughts are distorted and replace them with more positive conversations about themselves. If a person starts with cramps or their IBS acts at a social event, we help them change their thinking about their symptoms, how to convince themselves the symptoms will go away, or find distraction so they don't get hung up on anxiety all night, she says. So, how do you find a therapist who practices TOS? Unfortunately, there aren't many psychologists who specialize in GI-related anxiety, Kinsinger notes. You have to find a psychologist who specializes in health psychology - someone who has worked with patients in hospital settings, she says. But resources such as the Behavioral and Cognitive Therapy Association and the Roman Foundation can help you find the right practitioner. Practitioner.

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