

Significance of Clinical Social Work Intervention in Cognitive Behavioural Therapy: A Review Article

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ABSTRACT

The collaboration of cognitive behavioural therapy in the field of clinical social work intervention, is a dynamic theoretical framework, whether clinical social work intervention happening in the area of community setting, institutional setting, medical setting or mental health setting. CBT is the backbone of every social work practitioner. CBT emphasizes that this is neither the natural stage nor natural circumstance that causes individual or client distress; it is how the individual interprets or views a specific type of event that will also cause internal distress. It states thoughts, emotion and the behavioural pattern are intertwined and it can affect one another. Consonant maladjusted thinking or behaviour can present problems for clients. CBT in social work helps to identify negative thought patterns as well as train a client how to re-organize corrupt behaviour and to help reprogramme their subconscious mind. This research article aims to identify the significance of CBT application in clinical social work intervention. We will focus on finding out the utility of CBT in clinical social work intervention, and will highlight the connection of CBT with clinical social worker and its importance.

Keywords: *Significance; Cognitive Behaviour therapy, social work, Clinical Social work intervention*

Cognitive-behavioural therapy (CBT) refers to a class of interventions that share the basic premise that mental disorders and psychological distress are maintained by cognitive factors. According to Beck's model, these maladaptive cognitions include general beliefs, or schemas, about the world, the self, and the future, giving rise to specific and automatic thoughts in particular situations. The basic model posits that therapeutic strategies to change these maladaptive cognitions lead to changes in emotional distress and problematic behaviours.

Cognitive theory is a very effective and useful method in social work practice, community organizing setting, social casework process, and non-profit management setting, as well as clinical social work and mental health well-being. While it has emerged as a popular form of

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intervention at the level of social work practice with individuals and families, it also has immense potential for social work practice with groups, communities, and organizations. Numerous regulations have contributed to the ways in which cognitive theory is used to understand individual thoughts and its subsequent reactions, and have sustained the evolution of interventions in the field of clinical social work. The early phenomenon of computer transformation and logic, the anthropological and sociological consideration of culture and society, and the psychological understanding of cognitive development and intervention, have all contributed to the person-in-environment perspective, encouraging the use of cognitive theory at multiple levels.

Objectives

The review of this study will explore the key concepts related to the significance of Cognitive behavioural therapy in social work intervention. This reviews research article is going to experiment on every part of cognitive behavioural therapy that could be connected with social work, the role of CBT in social work setting, also we will find out how CBT is affected in the field of social work intervention. This review article will also find out the overall relevance of CBT in social work setting. We are fully familiar with the fact that CBT is itself a very broad topic, lots of studies have already been done on CBT.

This literature review will cover a wide variety of CBT usage in the social work setting.

- 1) To find Cognitive behavioural therapy application in social work Intervention.
- 2) To explore the areas covered by CBT in social work intervention.
- 3) To examine the effectiveness of cognitive-behavioural therapy in Social Work intervention.

METHODOLOGY

The research article significance of cognitive behavioral therapy in social work intervention this study will be fully based on secondary data. That includes Government and World Health Organization reports and studies, Previous Studies on the subject, seminar and Conference, documents, precious books, Journal, Articles, the research scholar made extensive use of the material available central library of Delhi University, Library of Delhi school of social work and Library of ICSSR (NASSDOC) as well as books available of personal collection, Digital Reservoir Shodhaganga, Shodhgangotri for Ph.D. thesis. Online references were made for Journal articles, JSTOR, Electronic databases Google. Scholar, NIMH, PubMed, NCBI Medline, PsycINFO and EMBASE as well Proquest and Google search.

CBT Application in Clinical Social work intervention

Cognitive behavioural therapy is a short term for psycho-therapy techniques that can help individuals in searching for new ways to act by changing their thinking patterns. Engagement or assessment with CBT can assist individuals in a way by reducing stress, coping with complicated relationships, dealing with grief, and facing various other customary life challenges. Cognitive behaviour therapy works on the basis that the approach we carry and interpret life's events impacts how individuals behave and, eventually, how we think.

Researches have shown that it is useful in many more specified circumstances, CBT is a problem-specific, goal-oriented approach that requires circumstances and the individual's agile participation to succeed. It focuses on their current-day provocation, reflection, and behaviours. CBT is the time-limited and collaborative therapy, requiring the individual and

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counsellor or therapist to deal together. Sessions are included with individual and group sessions. According to the American Psychological Association (APA), when the therapy takes an end, the person usually learns to become their own therapy provider.

CBT is a form of psychotherapy that focuses on how a person's thoughts, beliefs, and attitudes affect their feelings and behaviours. The APA notes that CBT is based on numerals of optimism, including with the injurious ways that people think can lead to psychological irrational problems. When a person learns harmful behaviour, this also can turn up in psychological proceedings. People also could learn more advantageous techniques of thinking and behaving. New practices of habits can relieve symptoms of mental wellbeing and physical conditions and allow a person to behave in better ways. Therapists based CBT on the theory that problems arise from the significance people give to events, as well as the events himself. Unorganized thoughts can make it challenging for a person to behave confidently in various kinds of situations.

CBT can have a pragmatic impact on the person's experience and act and provide them with managing techniques that help them deal with more difficulties. Various researches have shown that the CBT can provide assistance to people who are facing chronic health conditions such as depression, panic disorder and various mental health conditions. There is much evidence that it helps people to relieve their chronic pain. CBT is a very broad therapy that also addresses specified difficulties for example, like social challenges and emotional imbalance.

The CBT therapy covers all areas in brain development, recognize complications in a more clear way, expansion of awareness of impulsive thought pattern, difficulties underlying hypothetically that may be wrong, difference between facts and groundless thoughts, awareness about how previous experience can impact current beliefs and feelings, end up with the feeling that cause fearing worst, start seeing circumstances from another perspective, develop better understanding about other people's exertion and inspiration, evolution of more dynamic and positive thinking seeing circumstances, become clearer about establishing goals and develop awareness about their own mood, ignore generalization and all or nothing thinking and also stop doing complaint on everything, focus on what you are and how things are with you rather than think what people should do or they are thinking, face their fear rather than avoid the situation, narrate, accept, and understand the reality rather than judging others or himself.

CBT seems a natural fit for the Clinical social work setting when it works related to human behaviour. CBT does the same work on human behaviour using the technical expertise or technical method. When social work does the work on human behaviour it comes under the general connectivity to knowing the problem of an individual. Knowing the problem is as important as the resolution of the problem.

We can describe now that CBT application revolve around clinical social work and clinical social work revolves around CBT. Cognitive behavioural therapy is the most appropriate technique of social work that always helps social workers with coordinating of Cognitive behavioural therapists utilizing a combination of cognitive and behavioural intervention strategies to address clients' present problems. When Social workers intervene with behavioural issues, they select appropriate intervention strategies after conducting a thorough initial assessment to clarify how thoughts, emotions, and behaviours are interrelated.

Key areas covered by clinical social worker in CBT

Clinical Social work has a very broad and recognized history in the field of mental health intervention and research. When we address the issue of common people living in the community segment then the part of social work or social worker plays the major role. The social part of the term Clinical social worker is very much essential and vital than dealing with the client's concern with coping with different types of deficits. It is well known that we live within social contexts, the problems of groups and families seem obvious areas for social work practice. The bilateral interactions of couples and multilevel interaction between family members and the tri-, quad- or penta-directional interactions that only see within groups and families make this area of medicament far more compound than it might appear on the facets.

Clinical Social workers always make sure that the treatment of an individual via cognitive behavioural therapy must be treated within their family, school, cultural, and religious systems. The systems are the social work agencies that help CBT therapists to identify the cases that are eligible for the treatment via CBT. When the social work intervention applied in the field of not paying necessary recognition to the well strong and taking care mother of a 16-year-old abnormal child leading to the gradual destruction of the therapy, this condition leads to withdrawal of the client from therapy. Then the client comes to the return of the presenting as usual symptoms. It is very unnatural that our client may be a child or adolescent seeking therapy but the lack of coordination it's hard to achieve.

Clinical School social workers, by the integrity of their workplace, are more expected to push in those who have had a personal or social difficulty, are experiencing overwhelming emotions, or have acknowledged the need to speak with a non-judgmental adult. Clinical social workers in community or institutional private practice settings get these same referral cases. When the CBT work directly with children and adolescents is more than complicated by the requirement in various milieu for guardian approval and all of the treatment beyond an initial criterion screening. A clue additive stressed throughout this segment of therapy is how we can build the client's active coordination and participation in therapy. During the period Of CBT or to start CBT, clients should have motivation to adopt the things accordingly, the therapy throughout the procedure Clinical Social worker has the ability to make the client cheerful in all possible ways. Social workers identify the needs of clients and try to make their therapy session with motivation or excitement by the client side. Clinical Social worker makes the point that the therapist needs to identify areas and issues that the client is willing and able to work toward their betterment.

Importance of clinical Social Worker Applying CBT

CLINICAL SOCIAL WORKER BRIDGING THE GAP BETWEEN CLIENT AND CBT

The foundation of CBT is developing a knowledge of the client before intervening in how that client anticipates events by developing an intervention targeted to that specific individual. Clinical researchers have paid close attention to the design of the intervention process since such therapy is a planned, deliberate activity Gambrill's 12 steps are the most well-known set of instructions for carrying out the intervention process (Gambrill, Thomas, & Carter, 1971). Gambrill is a well-known social worker in addition to being one of the pioneers of behaviour therapy. Despite the fact that, she first proposed her intervention approaches in the 1970s, which is a very long time ago, and I strongly advise all of my social work students to learn how to utilise them.

These 12 structured phases enable clinical social workers to check and recheck the intervention process, identify their current stage, and clarify what is missing.

- 1. Inventory of problem:** Clinical social worker goal is to gather the history of patient all of the concerns that are currently being presented.
- 2. Problem selection and contract.** Raises clients' motivation by collaborating with them and achieving their agreement on problem areas selected for change.
- 3. Dedication to coordinate.** Goal to coordinate, compliance and motivation with the aid of using acquiring the client's settlement with the process.
- 4. Characterization of target behaviour.** clinical social worker determined to kept defining and analysing the problem root causes and every conduct based to determine what keeps and reinforce the problem.
- 5. Baseline evaluation of behaviour goal.** Collects records approximately the frequency and length of the problem, to offer a concrete basis on which to assess change.
- 6. Identification of problem-controlling conditions.** Identifies the circumstances before and after the problem occurrence.
- 7. Assessment of client favourable environment.** Identifies potential sources inside the client's environment.
- 8. Definition of behavioural objectives.** provide more details on the behavioural objectives of the amendment plan and obtains the client's final behavioural toolbox.
- 9. Creation of an amendment strategy.** chooses the best strategy for utilising the most environmentally friendly software possible.
- 10. Execution of the revised plan.** To focus on changes behaviour and concentrates on trying to change.
- 11. Monitoring of conclusion and outcomes.** To gathers data regarding the success of the intervention.
- 12. Perpetuation of change.** Works to achieve recovery and stabilisation to prevent relapses.

Intermingle CBT Into Clinical Social work:

Looking Forward the Future

Clinical Only after providing assistance to clients in high-risk, urgent situations can social workers free up their time to focus on preventive programmes. CBT is a treatment of choice for reducing urgent, dangerous issues as well as for averting future ones. Practitioners educated in CBT techniques should be able to produce and generalise skills for future use in addition to using the newly acquired abilities directly. Therefore, one intervention may perhaps make primary, secondary, and tertiary prevention goals easier to attain. In order to impact change, social workers must look for efficient techniques.

CBT techniques show great promise in this regard. Although CBT is not the only effective change management strategy, it does provide a well-supported theory, well-defined procedures, and recommendations for assessing and evaluating the change process. CBT has been shown to be successful in addressing both immediate issues and long-term objectives. Furthermore, because CBT is rooted in skill development and learning, it can be seen as a non- stigmatizing tool to assist average, everyday individuals.

Commonalities Between Clinical Social Work and CBT 19 As educators, teachers, and practitioners, social workers' primary responsibilities may include teaching clients the necessary skills, guiding them as they practise and put those abilities to use, and then supervising them as they apply those skills to new situations and issues. By imparting clients

with skills and methods through such interventions, social workers can help clients to become their own change agents who are in charge of their self-help processes and who improve the quality of their own lives.

CBT training should therefore be recommended as a helpful, effective, and empowering method both for social workers and for their clients. Social workers practice interventions with different problems spanning a large range of social classes and cultures. Interventions must be created with an understanding of the client's socioeconomic status, cultural background, and way of life. Only when the intervention has been modified to meet the client's usual behaviour should an attempt be made to gradually effect change.

The Clinical social worker should practise meeting the ball wherever it comes from and attempting to lift it up, just like in a competitive game of tennis. Only in this way can CBT training be customised for various issue domains and cultural contexts. Concepts and methods should be developed with the customer in order to fit their preferred vocabulary, worldview, and way of life. Clinical Everyone involved in social work—social workers, schools, agencies, and clients—needs to be convinced that the profession has something worthwhile to give. It's time to go back to our fundamental purposes and objectives. Social workers must assist individuals in achieving self-sufficiency, achieving their goals, and enhancing their own quality of life.

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Conflict of Interest

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