

# Cognitive Behavioral Therapy Insights

By Dr. John Simms, PhD.

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**Here are some of my Cognitive Behavioral Therapy Insights down below: (1-5)**

- 1). Cognitive Behavioral Therapy is a short term approach that treats a variety of mental health issues.
- 2). Many licensed counselors and therapists will use Cognitive Behavioral Therapy for insurance billing purposes.
- 3). Personally, I'm not a fan of Cognitive Behavioral Therapy due to a number of reasons in my opinion such as but not limited to the following down below: (A-G)
  - A). Has questionable and flawed studies even though it's considered evidence based.
  - B). It lacks positive outcomes and results longevity even though it may have some short term benefits.
  - C). Has a once size fits all approach which isn't suitable for every person and/or situation.
  - D). It focuses only on the present.
  - E). It deals with the symptoms and not the causes of problems.
  - F). Doesn't properly address various underlining issues.
  - G). Relies too much on the client/patient involvement and so on.

I can give you several more reasons why I don't care for Cognitive Behavioral Therapy, but this should be enough. For those of you who want to know, I use approaches that are more effective in both the short and long term.

4). Even though Cognitive Behavioral Therapy is secular, many Christian Counselors and Therapists use it along with Gestalt Therapy and other approaches.

5). Many people who are into Self Help and use the Law of Attraction, Spiritual Bypassing, Cognitive Behavioral Therapy, etc still suffer from depression and have difficulties with truth and reality among other things.

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