

TABLE 4-2

| SUBTYPES OF COGNITIVE BEHAVIORAL THERAPY AND CONDITIONS TREATABLE BY COGNITIVE BEHAVIORAL THERAPY | |
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| SUBTYPES OF COGNITIVE BEHAVIORAL THERAPY | CONDITIONS TREATABLE BY COGNITIVE BEHAVIORAL THERAPY |
| <ul style="list-style-type: none"> • Problem-solving therapy (PST) • Rational emotive behavior therapy (REBT) • Cognitive therapy (CT) • Schema therapy (ST) • Dialectical behavior therapy (DBT) • Mindfulness interventions | <ul style="list-style-type: none"> • Depression • Bipolar disorder • Phobias • Social anxiety • Obsessive-compulsive disorder • Panic disorder • Chronic posttraumatic stress disorder (PTSD) • Generalized anxiety disorder • Schizophrenia • Borderline personality disorder (BPD) |

PST, one subtype of CBT, trains attitudes and skills, especially in the maintenance stage of behavior change. Persons with many stressors and poor coping skills can benefit from PST. The following is a list of general sequential steps of the therapy:

- Development of rapport
- Therapist assessment of the patient's stressors
- Identification of obstacles
- Changing the idea of a problem to that of a challenge
- Channeling of the patient's emotions
- Proposing of alternate solutions
- Instruction in real-time decision making
- Implementation and checking of solutions
- Guided practice for speed and automaticity

The therapist also focuses on the patient's self-efficacy, recognition of problems, definition of problems, and the use of the STOP & THINK technique.⁴⁴ Visser et al⁴⁵ applied PST clinically in a study protocol for stroke rehabilitation, where patients learned 4 basic problem-solving steps to decrease their stress related to the stroke's impact on their lives:

- Problem and goal definition
- Solution brainstorming
- Analysis of potential consequences to choose the best solution
- Attempt the solution and repeat the cycle if choosing a better solution is needed

REBT, another subtype of CBT, "opposes ... a dogmatic and rigid belief in faith ... [but] shares [with] the philosophy of Christianity the view that we would do better to condemn the sin but