

Innovations in Cognitive Behavioral Therapy: Digital Approaches

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Abstract. This article explores the integration of digital technology with cognitive behavioral therapy (CBT) to enhance treatment outcomes. The digital approach includes using apps, online platforms, and virtual reality to make CBT more accessible and adaptable to individual needs. The study evaluates current digital tools and their effectiveness in improving mental health, especially for those unable to access traditional therapy settings. The results suggest that digital CBT holds promise for increasing therapy accessibility, patient engagement, and overall treatment success. Future directions for integrating AI and personalized feedback systems in digital CBT are discussed.

Keywords: digital, therapy, cbt, technology, innovation

Introduction: The rise of digital technology presents new opportunities for advancing cognitive behavioral therapy (CBT) and addressing mental health challenges. As the demand for mental health services grows, innovative approaches are essential to make therapy more accessible and effective. This article examines the potential of digital tools to revolutionize CBT, focusing on applications that offer remote therapy options and customizable experiences. By reviewing the latest digital platforms and interventions, the study highlights how technology can expand the reach and efficacy of CBT. Digital innovations are poised to transform traditional therapy by providing flexible, scalable solutions.

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