

The Role of Cognitive Behavioral Therapy in Child and Adolescent Psychiatry

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Abstract. This study investigates the application of cognitive behavioral therapy (CBT) in the treatment of psychiatric disorders among children and adolescents. By adapting CBT techniques to suit younger populations, the research highlights the potential benefits and challenges of implementation. Findings indicate that CBT effectively reduces symptoms in conditions such as ADHD, depression, and anxiety. The article discusses adaptations necessary for successful therapy with young patients and the importance of involving family in the treatment process. The research underscores the significance of early intervention and tailored therapy to foster better mental health outcomes in youth.

Keywords: children, adolescents, cbt, psychiatry, therapy

Introduction: Child and adolescent psychiatric disorders present unique challenges that require specialized therapeutic approaches. Cognitive behavioral therapy (CBT) has emerged as a successful modality for addressing these issues, offering structured, evidence-based interventions. This article explores the role of CBT in treating young populations, adapting traditional methods to meet the needs of children and adolescents. By reviewing current research, the study illustrates how early implementation of CBT can significantly improve psychiatric symptoms. It also emphasizes the importance of involving family members in the therapeutic process to enhance outcomes. Understanding these dynamics is crucial for developing effective treatment strategies for younger

patients.

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References

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