

LITERATURE REVIEW ON COGNITIVE BEHAVIORAL THERAPY

Márcia Cristina Oliveira de Simoni

Universidad Europea del Atlántico

Dr. Murillo de Oliveira Dias

Fundação Getulio Vargas, Brazil

Faculty of Education

Praia de Botafogo 190, Rio de Janeiro, Brazil, ZIP Code 22250900

Corresponding author: agenda.murillo@gmail.com

ABSTRACT: *A comprehensive literature review on Cognitive Behavioral Therapy (CBT) is discussed in the present article. CBT has been one of the most appropriate treatment methods for people with anxiety and depression and is an effective treatment for depressive disorder in adults of all ages and is associated with continuous improvement over time. Key findings on the archival research pointed about Cognitive Behavioral Therapy as one of the most systematically researched and updated psychosocial treatments for depression in adulthood under investigation. Discussion and recommendations for future research compile the present work.*

KEYWORDS: Cognitive Behavioral Therapy, depression, treatment, adulthood

INTRODUCTION

In the present paper, we reviewed the current epistemology of Cognitive Behavioral Therapy (CBT). We conducted extensive archival research on the subject under review, aiming to organize sparse data in a single study, providing scholars and practitioners, among other professionals, with a consolidated up-to-date perspective on CBT.

CBT has been one of the most appropriate treatment methods for people with anxiety and depression, according to Serfaty et al. (2009), is an effective treatment that is recommended for depressive disorder in adults of all ages and is associated with continuous improvement over time; It is one of the most systematically researched psychosocial treatments for depression in adulthood.

Cognitive-behavioral therapy is a type of psychotherapy that modifies one's thinking patterns. In a nutshell, the therapist helps identify dysfunctional thought patterns and their behavioral responses to stressful and challenging situations. On the subject, Paloski and Christ (2014, p. 222) describe:

Cognitive behavioral therapy is one of the therapeutic approaches for the treatment of mild and moderate depression, whether offered independently or in combination with psychotropic drugs. However, in the case of depression with psychotic symptoms, psychotherapy is only possible with the drug consortium. This combination has studies that point to a reduction in beck inventory scores that measure the levels of depression, anxiety, hopelessness and suicidal ideation, the frequency and strength of negative automatic thoughts, with consequent flexibilization of dysfunctional nuclear beliefs

and remission of depressive symptoms, producing better biopsychosocial functioning of the patient.

Driessen and Hollon (2010) explain that cognitive-behavioral therapy is useful in the acute treatment of depression and can provide a viable alternative to antidepressant medications for even more depressed unipolar patients when implemented competently. CBT may also be useful as a complement to medication treatment for bipolar patients, although studies are few and not entirely consistent.

CBT is based on the assumption that inaccurate beliefs and processing of inappropriate information (which form the basis for repetitive negative thinking) play a causal role in the etiology and maintenance of depression. This "cognitive model" postulates that when unfit thinking is corrected, both acute suffering and the risk of subsequent return of symptoms will be reduced (Driessen and Hollon, 2010).

From this, it is understood that CBT is useful in the treatment of depression, presenting itself as one of the main alternatives to drug treatment, and can also, for the most severe cases such as psychotic depression, be added to the drug treatment, bringing significant results in the short and long term.

METHODS AND RESEARCH LIMITATIONS

The present research is a qualitative study on the subject of Cognitive Behavioral Therapy (CBT). It encompasses an inductive rationale and interpretive approach. We endeavored on up-to-date secondary data, through archival research, aiming at presenting a current epistemology on the subject under review.

This article is limited to the Cognitive Behavioral Therapy (CBT) approach. Other psychosocial approaches are not investigated in this study.

CBT TECHNIQUES

CBT techniques are mostly used for treatment that involves the cognitive-behavioral therapist's search for the patient's change of thinking and, consequently, his depressive behavior, which according to Paloski and Christ (2014), should start with the construction of a cognitive conceptualization, which must be done whenever he comes across new clinical data. The authors explain its construction:

Cognitive conceptualization begins in the first contact with the patient, being an uninterrupted procedure, passive changes the course of care and as new data are revealed. The therapist bases his hypotheses on the data he collected, however, first, this understanding about the patient is not clearly based on real data. Thus, the psychotherapist will have to frequently investigate the conceptualization with the patient at strategic points, exactly to have security about his observations and understandings. In the construction of the conceptualization, it is necessary that the therapist keep in mind the cognitive model, which raises the proposition that emotions

and behaviors are directly influenced by the subject's perception of events. The thoughts that each individual has in certain situations is what will give the emotional and behavioral tone in relation to the situation experienced, that is, more important than the experience are the perceptions about it (Paloski and Christ, 2014, p. 223).

Thus, cognitive conceptualization is the first technique to be used, based on the therapist's knowledge of the patient, which should be constantly updated during treatment. Powell et al. (2008, p. 575) mention that the therapeutic strategies of depression CBT occur in three phases and highlight the active participation of the patient as one of the main advantages of this type of treatment: (i) focus on automatic thoughts and depressogenic schemes; (ii) focus on the style of the person relating to others; and (iii) behavior change in order to better cope with the problem situation.

One of the advantages of CT is the character of active participation of the patient in the treatment so that he (or she) is helped to (i) identify their distorted perceptions; (ii) recognize negative thoughts and seek alternative thoughts that reflect reality more closely; (iii) find the evidence that supports negative and alternative thoughts; and (iv) generate more accurate and credible thoughts associated with certain situations in a process called cognitive restructuring.

It is emphasized that throughout each session, the therapist and the patient will analyze and identify situations within their life that may contribute to or cause their depression. It is then that any of the distorted perceptions and current thought patterns can be identified and addressed.

According to Powell (2008), one of the powerful tools used in patients with depression is scheduling and monitoring activities. This technique provides information about the patient's functioning (for himself and the therapist), and can be a support for those under pharmacological treatment, since they can record their side effects, activities and changes in symptoms. Thus, the relationship between depressive symptoms and the lack of positive behaviors can be evidenced, thus creating opportunities for problem solving.

Still according to Powell (2008), a significant contribution of Beck and other researchers is that, in addition to reducing positive reinforcement, the patient with depression aggravates his symptoms by cognitive assessments and flawed conclusions that he draws from this lack of reinforcement, thus performing fewer and fewer activities and concluding that there is no solution to their problems.

When the patient is able, with the help of the therapist, to modify his/her behavior, he begins to highlight the misunderstandings of his/her previous cognitive evaluations, finding in a practical way how his/her inaccurate thoughts generated emotions and dysfunctional behaviors.

According to Asunción e Silva (2019), the following tools are used by CBT in the treatment of depression and anxiety: (i) Socratic questioning; (ii) dysfunctional thinking record (rpd); (iii) de-catastrophizing; (iv) art therapy; (v) coping; (vi) relaxation and breathing; (vii) sleepand treatment; (viii) psychoeducation.

Faria (2011) cites Socratic questioning as one of the possibilities of CBT intervention. This questionnaire originated with Socrates (470 BC – 399 BC), an Athenian philosopher who used a technique of "questioning" called maieutics, whose meaning would be "to give birth." Through this feature, he questioned his opponents in debates searching for the "true truth" (Gottschalk, 2010).

According to Santos and Medeiros (2017), Socratic questioning in the clinical context suggests to the individual away review his thoughts and distorted beliefs to burnout them through a confrontation in the form of a questionnaire himself. However, these same authors mention that Socratic questioning should be used to raise awareness of the patient and, instead of debates related to his/her situation, it is recommended that the patient be led by the therapist so that he/she arrives alone with his/her healthy conclusions. Knapp and Beck (2008) define the Dysfunctional Thoughts Registry (RPD) as an essential tool to track the thoughts that arose from the stimulating situation and produce various behaviors. According to these authors, the RPD enables patients to find, demystify, and modify dysfunctional meanings for a more rational understanding.

The practice consists of annotating the daily situations that cause some malaise, recording beyond the situation and time in which it occurred, the thoughts and emotions that arose.

Descatastropization (Savoia, 2004) is a strategy that helps patients to test the reality of their negative/catastrophized thoughts and aims to decrease or cancel the concentration of the client in extreme negative aspects of a situation. It is applied through many techniques, such as time projections and questions about the possibilities and outcomes of events occurring (Canals et al., 2009).

Art therapy, a nonverbal approach alternative to traditional verbal psychotherapies, can be considered in treating depressive disorders, although its study in the clinical context is recent and little addressed (Ciasca, 2017).

Coping strategies were defined by Lazarus and Folkman (1984) as "constantly alterable cognitive and behavioral efforts to control (overcome, tolerate, or reduce) specific internal or external demands that are assessed as exceeding or stressful the person's resources."

This strategy uses a process of evaluating situations considering two levels: primary (what is at stake?) and secondary (what resources and coping options are available?). The coping strategy is defined from this evaluation, and the Coping Strategies Inventory (IEC) can be adopted.

Viana (2012) defines coping as a strategy where there would be the possibility of regulating emotions/suffering and managing the problem itself. There is also the possibility of resignifying an aversive event and setting new goals for problem-solving.

Relaxation is a technique used to reduce anxiety (Faria, 2011) from a perspective where the patient perceives himself as an agent who controls the situation.

According to Asunción e Silva (2019), relaxation involves procedures ranging from respiratory control to the creation of mental images that facilitate therapy progress.

Among the forms of relaxation, we can mention progressive muscle relaxation (contraction and relaxation in muscle groups), visualization (imagination of situations that cause relaxation), and meditation (acceptance of reality and suspension of circumstances).

DISCUSSION

In this article, we aimed at reviewing the CBT standards and procedures. CBT is useful for the treatment of Generalized Anxiety Disorder (GAD), through relaxation techniques, problem-solving, planning of recreation activities, focus on treatment for change, and anticipatory control of concern and catastrophizing (Linden et al., 2005).

According to Asunción e Silva (2019), sleep hygiene consists of educational procedures that favor quality of sleep, since its lack can impact the body from fatigue, tiredness to lack of concentration and attention as other psychological impairments. Sleep hygiene is an effective method that helps reduce anxiety and insomnia (Ferreira, 2015). Nogueira, Crisostomo, Souza, and Prado (2017) point out that psychoeducation has a critical role in guiding patients about the consequences of behaviors in constructing beliefs, values, feelings, and how they have repercussions on their lives and those of others. It is a form of learning that, according to Beck (2013), provides the individual with reflections on people, the world, and ways of behaving in the face of situations. According to Lemes and Neto (2017), psychoeducation has the objective of instructing and bringing together psychological and pedagogical instruments.

This study suggests that the combination of CBT and the drug approach showed efficacy in treating bipolar, obsessive-compulsive, depressive, and post-traumatic stress disorder. Long-term benefits in the quality of life of individuals with panic disorder and social phobia were also evidenced. In the case of treatment of generalized anxiety disorder, CBT was even more effective than drug therapy.

Straube (2006) verified that CBT is considered adequate for the treatment of Specific Phobias (SP) since it involves activation of stimuli, senses, and individual responses that can be stored in memory so that the dynamic network can be altered by new information (Davist and Ollendick, 2005).

Mululo, Menezes, Fontenelle, and Versiani (2009) point out that there is efficacy in CBT techniques in treating social anxiety. However, the authors clarify that CBT is not restricted to their techniques, but that they would be a tool to investigate the symptoms brought by patients.

Finally, other cognitive-behavioral techniques are Self-instruction training; Training in stress inoculation, Covert conditioning techniques; Training in the reversal of habits; Thought to stop technique; Paradoxical intention techniques; Biofeedback techniques; Intervention for emotional regulation.

IMPLICATIONS AND FUTURE RESEARCH

Research on CBT has attracted scholars' attention as conceptual development has evolved regarding parties and issues negotiated. The implications are observed in distinct sorts of businesses, industries, and services, for instance, (i) mining industry (Dias, M. & Davila, 2018); aerospace industry (Cruz

& Dias, 2019, 2020; Dias, Lopes and Teles, 2020); (iii) civil works (Dias, M et al., 2017); (iv) civil aviation (Dias, 2020; Dias, Lopes and Teles, 2020; Dias, 2019); (v) cruise lines services (Dias & Lopes, 2020); (vi) carmaker industry (Dias, Duzert, and Teles, 2018, Dias, 2017); (vii) retail business (Dias et al., 2014); (viii) public transportation (Dias, and Teles, 2018); (ix) streaming video business (Dias and Navarro, 2017; Dias, 2020); among others.

This article has the merit of combining in one single research, decades of past studies, implying in useful to scholars, decision-makers, and therapists. Future research is encouraged on CBT's combination with other techniques and approaches, such as Neuro-Linguistic Programming (NLP), combined with factors that interfere with burnout syndrome, for instance. Additionally, descriptive case studies, including the recent cases of psychological disturbance provoked by the coronavirus pandemic's consequences, are also indicated for future investigation.

REFERENCES

- Asunción, W. C e Silva, J. B. F (2019). Applicability of Cognitive Behavioral Therapy techniques in the treatment of depression and anxiety. *Journal Education, Psychology and Interfaces*, 3(1), 77-94. doi: <https://doi.org/10.37444/issn-2594-5343.v3i1.113>
- Craveiro & Dias, M. (2019). Case on Brazilian Public Health Information System. *Global Scientific Journals*, 7(10), 1-11. doi: 10.11216/gsj.2019.10.27963
- Cruz, B.S.; Dias, M. (2020). Crashed Boeing 737-MAX: Fatalities or Malpractice? *Global Scientific Journals*, 8(1), 2615-2624. doi: 10.11216/gsj.2020.01.34917
- Cruz, B.S.; Dias, M. (2020b). Does Digital Privacy Really Exist? When the Consumer Is the Product. *Saudi Journal of Engineering and Technology*, 5(2), 0-4. doi: 10.36348/sjet.2020.v05i02.00X
- Davist, E. and Ollendick H. (2005). Empirically supported treatments for specific phobia in children: Do effective treatments address the components of a phobic response? *Science and Practice of Clinical Psychology*, 12(2), 144-160.
- Dewes, D., Oliveira, M. S., Andretta. I., Mühlen, B. K., Camargo, J. and Leite, J. C. C. (2010). Effectiveness of Cognitive Behavioral Therapy for mood and anxiety disorders: a review of systematic reviews. *Journal of Psychology of IMED*, 2(2), 385- 397.
- Dias, M. (2012). Two Case Studies on how to Deal Effectively with Fixed plus Variable Costs Contracts. *International Journal of Business and Management Studies*, 1(3), 505-515. doi: 10.6084/m9.figshare.7832288
- Dias, M. (2018) Evolution of Cooperative Societies in Brazil. *International Journal of Community and Cooperative Studies*, 6(4), 1-11. doi: 10.6084/m9.figshare.7834688
- Dias, M. (2018b). Heineken Brewing Industry in Brazil. *International Journal of Management, Technology and Engineering*, 8(9), 1304-1310. doi:16.10089/IJMTE2156
- Dias, M. (2018c). Light Vehicle Vehicle in Rio de Janeiro: Alternative to Public Transportation in Brazil? *Australian Journal of Science and Technology*. 2(4), 187-193. doi: 10.6084/m9.figshare.7833362
- Dias, M. (2019). Air Passenger Transportation in Brazil. *Global Scientific Journals*. 7(10), 310-317. doi: 10.13140/RG.2.2.26800.71688
- Dias, M. (2019). People, Process, and Substance: Current Definitions on Negotiation. *International Journal of Commerce and Economics*, 1 (3), 1-9. doi: 10.13140/RG.2.2.15836.95360

- Dias, M. (2019b). Brazilian Legislation on Executive Power: Provisory or Permanent Measures? *Scholars International journal of Law, Crime and Justice*, 2(10), 336-341. doi: 10.36348/SIJLCJ.2019.v02i10.007
- Dias, M. (2019c). Is it Worth Competing at the Bargaining Table? *Global Scientific Journals*, 7(9), 1-14. doi: 10.13140/RG.2.2.11557.45288
- Dias, M. (2019d). Teaching Materials: Role Play Simulation On Individual Business Debt Collection In Brazil. *Global Scientific Journals*, 7(8), 844-859. doi: 10.11216/gsj.2019.08.26134
- Dias, M. (2020). Fatality, Malpractice, or Sabotage? Case on Craft Beer Poisoning in Minas Gerais, Brazil. *East African Scholars Multidisciplinary Bulletin*, 3(1), 26-31. doi: 10.36349/EASJMB.2020.v03i01.04
- Dias, M. (2020b). Air Transportation in Brazil: São Paulo Congonhas Airport. *Global Scientific Journals*, 8(2), 3244-3252. doi: 10.11216/gsj.2020.02.35259
- Dias, M. (2020c). Case on Domestic Air Passenger Transport Market in Brazil. *The Journal of Middle East and North Africa Sciences*, 6(4), 5-9. doi: 10.13140/RG.2.2.12166.73280
- Dias, M. et al. (2014). Dudalina S/A: Case Study on How to Overcome Succession Barriers on a Brazilian Family Business. *Business and Management Review*, 3(12), 217-229. doi: 10.6084/m9.figshare.7834748
- Dias, M. et al. (2015). Brazilian Fashion Business Dudalina S/A: Case Revisited. *International Journal of Business and Management Studies*, 4(1), 11-24. doi: 10.6084/m9.figshare.7834730
- Dias, M. et. al. (2014). Domestic Workers' Rights in Brazil: Improvement of Labor Regulation. *Humanities and Social Sciences Review*, 3(2), 9-21. doi: 10.6084/m9.figshare.7834745
- Dias, M. et. al. (2014). FIAT and Chrysler in Brazil: Anatomy of an Alliance. *International Journal of Business and Management Studies*, 3(1), 1-13. doi: 10.6084/m9.figshare.7834739
- Dias, M., (2016). Factors Influencing the Success of Business Negotiations in the Brazilian Culture (Doctoral Thesis). ESC Rennes School of Business, France. doi: 10.13140/RG.2.2.18660.22407
- Dias, M., (2016). São Francisco River Transposition Civil Work: Challenges to the Brazilian Economy. *The International Journal of Business & Management*. 4(12), 65-70. doi: 10.6084/m9.figshare.7834724
- Dias, M., and Aylmer, R. (2018) Are the generational interactions in the Brazilian workplace different from other countries? *Global Journal of Human Resource Management*, 6(1), 9-25. doi: 10.6084/m9.figshare.7834634
- Dias, M., Duzert, Y. (2016). Fiat Chrysler Automobiles in Brazil: Alliance Consolidated. *The International Journal of Business & Management*, 4(2), 160-166. doi: 10.6084/m9.figshare.7834733
- Dias, M., Falconi, Davi. (2018), The Evolution of Craft Beer Industry in Brazil. *Journal of Economics and Business*, 1(4), 618-626. doi: 10.31014/aior.1992.01.04.55
- Dias, M., Lopes, R. (2019). Rail Transportation in Brazil: Challenges and Opportunities. *Arabian Journal of Business and Management Review (Kuwait Chapter)*, 8(4), 40-49. doi: 10.13140/RG.2.2.27687.70568
- Dias, M., Lopes, R. (2020) Will the COVID-19 Pandemic Reshape our Society? *EAS Journal of Humanities and Cultural Studies (EAS J Humanit Cult Stud)*. 2(2), 93-97. doi: 10.36349/EASJHCS.2020.V02I02.013
- Dias, M., Lopes, R. (2020). Air Cargo Transportation in Brazil. *Global Scientific Journals*. 8(2), 4180-4190. doi:10.13140/RG.2.2.30820.32648

- Dias, M., Lopes, R. (2020). Case on Cruise Ship Failure Services: Onboard. *Arabian Journal of Business and Management Review (Kuwait Chapter)*, 9(1), 10-19 doi: 10.13140/RG.2.2.14280.26887
- Dias, M., Lopes, R., Teles, A. (2020) Could Boeing 737 MAX Crashes be Avoided? Factors that Undermined Project Safety. *Global Scientific Journals*, 8(4), 187-196. doi: 10.11216/gsj.2020.04.38187
- Dias, M., Lopes, R., Teles, A. (2020) Will Virtual Replace Classroom Teaching? Lessons from Virtual Classes via Zoom in the Times of COVID-19. *Journal of Advances in Education and Philosophy*, 4(5), 208-213. doi: 10.36348/jaep.2020.v04i05.004
- Dias, M., Navarro, R. (2018). Is Netflix Dominating Brazil? *International Journal of Business and Management Review*. 6, No.1, 19-32, January 2018. ISSN: 2052-6407. doi: 10.6084/m9.figshare.7834643
- Dias, M., Navarro, R.; Valle, A. (2013). BMW and Brazilian Federal Government: Enhancing the Automotive Industry Regulatory Environment. *International Journal of Arts and Sciences*, 6(2), 551-567. doi: 10.6084/m9.figshare.7834742
- Dias, M., Teles, A. Duzert, Y. (2018) Did Embraer Succeed In Adopting The International Financial Reporting Standards (IFRS) In Brazil? *European Journal of Accounting, Auditing and Finance Research*, 6(2), 51-62. doi: 10.6084/m9.figshare.7834637
- Dias, M., Teles, A., Duzert, Y. (2018) Will Boeing Succeed with the Embraer Acquisition Operation, Despite the Brazilian Federal Government Golden Share Veto? *International Journal of Business and Management Review*, 6(2), 55-64. doi:10.6084/m9.figshare.7834718
- Dias, M.; Alves, H.; Pezzella, M. (2016) São Francisco Valley: Vitiviniculture Activities in the Brazilian Unthinkable Semiarid Climate and its Challenges. *International Journal of Business and Management Review* 4(10), 1-13. doi: 10.6084/m9.figshare.7834727
- Dias, M.; Aylmer, R. (2018) Is the Brazilian Civil Service reform about to succeed? *Global Journal of Political Science and Administration*, 6(2), 13-25. doi: 10.6084/m9.figshare.7834694
- Dias, M.; Davila Jr., E. (2018) Overcoming Succession Conflicts in a Limestone Family Business In Brazil. *International Journal of Business and Management Review*, 6(7), 58-73. doi: 10.6084/m9.figshare.7834703
- Dias, M.; Duzert, Y. (2017). Teaching Materials: Role Play Simulation on E-Business Negotiation. *European Journal of Training and Development Studies*, 4(3), 1-15. doi: 10.6084/m9.figshare.7834655
- Dias, M.; Duzert, Y., Teles, A. (2018). Boeing, Brazilian Federal Government, And Embraer: Golden Share Veto and The Anatomy of a Joint Venture. *International Journal of Business and Management Studies*, 7(2), 71–80. doi: 10.13140/RG.2.2.14972.18563
- Dias, M.; Krein, J.; Streh, E.; Vilhena, J. B. (2018) Agriculture Cooperatives in Brazil: Cotribá Case. *International Journal of Management, Technology and Engineering*, 8(12). doi:16.10089.IJMTE.2018.V8I12.17.2243
- Dias, M.; Mori, V. (2018). Obstetric Violence in Brazil: an Integrated Case Study. *International Journal of Nursing, Midwife and Health Related Cases*, 4(6), 20-28. doi: 10.6084/m9.figshare.7834274
- Dias, M.; Ramos, M. (2018). Credit Cooperatives in Brazil. *International Journal of Science and Research (IJSR)*, 7(10), 598-603. doi: 10.21275/ART20191901

- Dias, M.; Ribeiro, Ana Paula; Lopes, Raphael (2019). When customers do not pay: A Winning Negotiation Case in Brazil. *Journal of Economics and Business*, 2(2), 431-447. doi: 31014/aior.1992.02.02.99
- Dias, M.; Teles, A.; Pilatti, K. (2018) The Future of Privatization in Brazil: Regulatory and Political Challenges. *Global Journal of Politics and Law Research*, 6(2), 32-42. doi: 10.6084/m9.figshare.7834709
- Dias, M.; Teles, Andre (2018). Agriculture Cooperatives in Brazil and the Importance for The Economic Development. *International Journal of Business Research and Management*, 9(2), 72-81. doi: 10.6084/m9.figshare.7832354
- Dias, M.; Teles, Andre (2018). From Animal Traction to LRV: Public Rail Transportation in Rio de Janeiro. *International Journal of Science and Research*, 7(11), 765-770. doi: 10.21275/ART20192818
- Dias, M.; Teles, Andre (2019). Facts and Perspectives on Craft Brewing Industry in Brazil. *International Journal of Management, Technology and Engineering*, 9(2), 1020-1028. doi:16.10089/IJMTE.2019.V9I21.18.28020
- Driessen, E. e Hollon, S. D. (2010) Cognitive Behavioral Therapy for Mood Disorders: Efficacy. Moderators and Mediators. *Psychiatrics Clinics* 33(3), 537–555.
- Faria, K. F. (2011). A literature review of cognitive-behavioral techniques used in generalized anxiety disorders, panic disorder and social phobia. Post-Graduation monograph in Psychology. Federal University of Rio Grande do Sul, Porto Alegre.
- Ferreira, N.S.C. (2009). Educational management and organization of pedagogical work. IESDE Brazil, Curitiba.
- Gottschalk, C. M. C. (2010). The role of the method in teaching: from socratic maieutics to Wittgensteinian therapy. *Educate me. Have. Dig.*, Campinas, 12(1), 64-81.
- Lemes, C. B. and Neto, J. O. (2017). Applications of psychoeducation in the health context. *Themes in Psychology*, 25(1). doi: <http://dx.doi.org/10.9788/TP2017.1-02>.
- Lemes, C. B. and Neto, J. O. (2017). Applications of psychoeducation in the health context. *Themes in Psychology*, 25(1). doi: <http://dx.doi.org/10.9788/TP2017.1-02>.
- Mululo, S. C. C., Menezes, G. B., Fontenelle, L. Versiani, M. (2009). Efficacy of cognitive and/or behavioral treatment for social anxiety disorder. *Rev. psiquiatr. Gd. Sul River*, 31(3). doi: <https://doi.org/10.1590/S0101-81082009000300007>
- Nogueira, C. A., Crisostomo, K. N., Souza, R. S., Prado, J. M. (2017). The importance of Psychoeducation in Cognitive Behavioral Therapy: A systematic review. *Hygia Magazine* 2(1).
- Paloski, L. H. and Christ, H. D. (2014). Cognitive behavioral therapy for depression with psychotic symptoms: A theoretical review. *Clinical Contexts*, 7(2), 220-228.
- Powell, V. B., Abreu, N., Oliveira, I. R. D., and Sudak, D. (2008). Cognitive behavioral therapy of depression. *Brazilian Journal of Psychiatry*, 30, 73-80.
- Serfaty, M., Haworth, D., Blanchard, M., Buszewicz, M., Murad, S. e King, M. (2009). Clinical Effectiveness of Individual Cognitive Behavioral Therapy for Depressed Older People in Primary Care: A Randomized Controlled Trial. *Archives of General Psychiatry*, 66 (12), 1332-1340.
- Straube, T., Glaue,r M., Dilger, S., Mentze,l H. J. e Miltner, W. H. (2006). Effects of cognitive-behavioral therapy on brain activation in specific phobia. *NeuroImage*, 29(126), 125-135.