experiments in isolation of other techniques (Bennet-Levy et al., 2004), which may suggest that other techniques are necessary to minimize potential harm.

Conclusion

In conclusion, CBT is a widely-used therapy that intervenes on cognitive and behavioural responses to restore a person to healthy functioning. However, its efficacy has been declining over time, its rigid structure may make it inappropriate for use in complex presentations, and the ethics of one of its key techniques is questioned in the field. Despite these limitations, CBT has a large evidence base, high treatment fidelity, and the ability to maximise learning suggesting that CBT will continue to be commonly utilised in mental health practice.