Cognitive-Behavioral therapy skills in profession and daily life contexts

Zizi E. Ibrahim

Abstract

This research aims at studying the cognitive-behavioral therapy skills (CBTS) and developing a tool to measure it inside the Egyptian environment. Also, it aims at exploring if these professional skills are extended in therapist's real life. A list of 66 items reflecting cognitive therapy skills in managing the therapeutic session and 13 items of the motivation to use cognitive therapy scale has been developed. A pilot study on a sample of (33) therapists has been conducted to evaluate the linguistic and content characteristics of the scales items and to get the expertise evaluation of its content validity (n= 15). Many items have been corrected and became simpler in their linguistic formulation according to the pilot study results and expertise opinions. The final form consists of 45 items answered in 5 point Likert scale format. Psychometric characteristics of the scales have been validated. A sample of 55 psychologists with different levels of experiences and qualifications completed the scales to test the research hypotheses. Results of "x^2"And crosstabs analysis reveals the discriminative ability of some items. Results support the first hypothesis of extended effect of (CBTS) in therapist's real life situation with others and self, but not related to motivation to use cognitive-behavior therapy scores. Extension of using (CBTS) in therapist's real life situation not differ according to sex, job years and number of cases participants worked with. Results discussed in terms of cognitive-behavioral treatment model and previous research results.

Key words: cognitive-behavioral therapy skills- cognitive therapy skills assessment