

COGNITIVE TECHNIQUES

The word “Cognitive” is a word that is making reference to the “Mind”. An example of this is the term “Cognitive Function” which is another term for “Mental Function”. Another example of a term would be “Cognitive Impairment” which is another term for “Mental Impairment”. Therefore “Cognitive Damage” is another term for “Mental Damage” such as the damage sustained after a head injury. A person suffering from “Cognitive Dysfunction” could be described as having “Mental Dysfunction” and an example of this would be someone suffering from a condition like Dementia.

Just like the term “Medical treatment” is making reference to treatments using Medicines or “Surgical Treatment” is making reference to treatment involving Surgery, the use of the term “Cognitive Treatment” is making reference to treatments that use your “Cognition” which is your “Mind”.

Cognitive Treatment involves using mental faculties such as Concentration, Imagination, Inner Dialogue i.e. Inner self-talk, Memory etc. These treatments can be used to combat symptoms of mental health conditions and therefore can be used to treat the Depressive & Anxiety Disorders as an alternative to medications i.e. anti-depressants and anxiolytics.

These cognitive techniques are far more cost effective, have no side effects and promote a journey towards recovery that encourages the developing of the self into a mentally fit independent person with a reliance on no mental health professional nor strong medications and instead an increased sense of self-confidence acquired from the combatting of a mental health condition using one’s own mind.

Unlike Medications, these Cognitive Techniques do not lose their effect and can be used to self-manage one’s mental health condition for as long as is required. These cognitive techniques can be used for the clearing up of symptoms of poor mental health as well as prevention of relapse.

Examples of Cognitive Techniques are: Visualisation, Positive Thinking, Meditation, Distraction, Breath Awareness etc