



## CONNECTIONS OF COGNITIVE BEHAVIORAL MODIFICATION THERAPY WITH BRAIN

Kamal Sharma

ASLP

### ABSTRACT

Cognitive Behavioral Modification Therapy (CBMT) is rehabilitation techniques to modify peoples undesirable behavior's to desirable behaviors. In CBMT the therapist work to decrease undesirable behaviors and to increase desirable behaviors to those all individual who have little or some undesirable behaviors starting from Autism Spectrum disorders(ASD), Attention Deficits Hyperactive Disorders(ADHD), Mental Retardation(MR) or to all human beings.

### KEYWORDS :

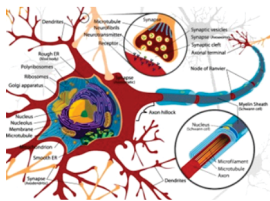
#### FINDINGS:

People who have too much jealousy, Anger, Sadness, rudeness, attention problems, less sitting Span, lack of socialization, lack in communication then by using CBMT some of the undesirable behaviors can modify, if the individual want to improve himself/herself 100%(approx) then there should be more and more practice.

What ever we hear it goes to auditory cortex then its go to cognitive cortex and its got filter there, whatever we look it goes to vision cortex and its goes to cognitive cortex and its filter and we reacts its,all are happens in nanoseconds, with experienced its confess that cognitive is main branch of brain, so if we want to improve child language, behaviors, social activities, attention then we have to modify individuals cognitive abilities, which can be done by CBMT.

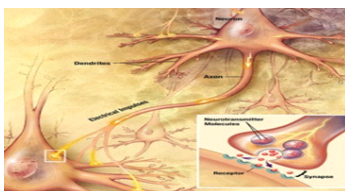
CBMT is the therapy which is directly connection with brain cause its helps in neural connections. Generally neuron is an electrically excitable cell that possesses and transmit information by electro-chemical signaling(1), when any CBMT techniques applied for many times a day the neural get connected in basal area. which help to communication between the chemicals and neurons of the brain which is generally known as synaptic connections. Generally in brain three types of chemical is in brain,which connected to all over the brain and they are

- amino acids, eg- Serotonin
- amines acid eg- Dopamine
- others



This all chemical helps to interact in different lobes and cortex of the brain. According to few research when CBMT techniques applied the memories improve encoding and retrieval and its done by improving connection between electrical and chemical, and some others research found that by using CBMT the connection between ions of sodium, potassium, calcium and chloride also improve.

CBMT also used to make strong connection between behaviors and language by use of cognitive abilities, according to some research those ASD,ADHD and MR child have problem in neurons connectivity due to which the neuroplasticity of the brain does not improved as needed.



Some Investigators also found that those child who had medical and nonmedical factors at gestational periods they also have few problems in neural connectivity, according to few studies those child who had case of birth hypoxia/anoxia or low birth weight, malnutrition and many others factors which doesn't allow neurons to fire as much as necessary, due to short or lack in firing of neurons some of the information doesn't reached to brain or there lobes due to which the part of the brain doesn't stimulate through which the child memory doesn't improve and its overcome as cognitive deficits and when cognitive functions is impact then lots of problem such as language deficits, communication deficits, social deficits, behaviors deficits comes to sight, science is still searching the causes behind ASD,ADHD ,MR and other problems but still its not confirm about causes, but by few observation and sign and symptoms specialist are able to diagnosed a kid has ASD,ADHD,MR or others problems.

By using CBMT its been proved that by using following twelve steps some of the undesirable behaviors can be reduced and its helps to improved cognitive abilities and when cognitive function improved behaviors and language also improved.

Twelve steps to use cognitive behaviors modification therapy:

- Bore therapy
- Awareness therapy
- Discrimination therapy
- Play therapy
- Improving socialization
- Improving imitation by rhyming
- Improving Receptive Vocabularies
- Encouraging to imitate simple vocabularies
- Imitation of simple sentences
- Imitations of Complex sentences
- Using of complex sentences
- Maintaining above in society (2)

#### TECHNIQUES:

- Asked your child to perform boring activity for a months like putting 100 marbles in small bottles and ask him to repeat it for 15 times/day like that you can asked your child to use others seeds or stones, almonds etc, by this your child will start yawning but don't allow him to stop, your kid have to finished one by one along with counting.
- There is a concepts "if you dare to read or memorized something before bed or after waken up for 10 minutes then that will store in your minds forever" so bored therapy based on that concepts(3)
- While doing above mentioned techniques asked child to count if he has ASD,MR or Slow learners or if child have any others problem then they can revised.
- If your child have spoken language disorders then you can communicate while doing activities the attention should by 100%.
- This activities also improve attention concentration and memorizing capacities.(2)

- According to some researcher right side of the body dominant to left side of the brain ,which is known as language hemispheres.(3)While giving therapy the patient should hold materials through right hand and maximum time the right hand should be used through which the language hemisphere get stimulated

**SOME POINTS TO NOTICE:**

- Do not allow your child to watch tv, mobile
- Do not allow your child to do undesirable activities while doing,
- There is no any side effects of CBMT
- Improvement will be vary from child to child, improvements depends on regular practices and use of the practice's.(2)

**CONCLUSION:**

The above mention techniques develop by using ancient techniques, through which improvement was discovered (4) and it was used to more then 200 child and improvement was vary. CBMT can be used by us by using ABC model of psychology which stands for antecedent, behaviors and ,consequences, by using ABC, we can modify our undesirable behaviors to desirable behaviors(5).

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