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& ASSOCIATES, L.L.C.

CLINICAL AND FORENSIC MENTAL HEALTH

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The Office of the District Attorney
19th Judicial District
Parish of East Baton Rouge
Pretrial Intervention Program
Dusty Guidry, Director
8894 Airline Highway, Suite Q
Baton Rouge, Louisiana 70815

Re: Cognitive-Behavioral Therapy (CBT)

Dear Mr. Guidry:

Per your request to provide an explanation and utility for CBT, please note the following information.

Cognitive-behavioral therapy (CBT) is a form of psychological treatment proven effective for many disorders and illnesses and backed by both research and clinical application. CBT rests on the belief that psychological problems are caused by unhealthy manners of thinking and learned behavioral patterns; by attacking these thoughts and behaviors with cognitive therapy and behavioral therapy, people can learn better coping mechanisms and lead more effective lives (American Psychological Association). Cognitive therapy challenges participants to understand their thoughts and feelings to reveal false beliefs that could contribute to negative symptomatology and behaviors. Behavioral therapy assumes that the aforementioned learned behaviors can be “unlearned,” therefore resolving possibly problematic habits and actions (Institute for Quality and Efficiency in Health Care). Unlike other forms of psychotherapy, CBT places emphasis on addressing one’s current life to make progress for the future, rather than addressing the past leading up to a patient’s present circumstances. A common notion touted by professionals is that CBT effectively treats patients to “be their own therapists” (American Psychological Association).

CBT is a popular modality of psychotherapy among professionals, thanks to its variety of applications and verifiable production of results. According to psychologist David F. Tolin, a meta-analysis of twenty-six individual studies concerning the effectiveness of CBT as compared to psychodynamic therapy found that CBT was reliably superior to its counterpart in producing results, even when factoring researcher bias and differing methodologies of research (Clinical Psychology Review). Additionally, CBT has proven itself more efficient than alternative forms of psychotherapy: it consistently requires fewer sessions to produce equivalent or superior results. Unlike many alternative varieties of psychotherapy, CBT is easily incorporated with other forms of treatment or medication to produce even more outstanding results (Mayo Clinic). Its efficacy is not limited to individual sessions; it has shown to be productive even in group settings, especially in groups where patients experience similar problems or symptomatology (Mayo Clinic).

Thanks to the variability of CBT, applications are nearly boundless. It is used for several different mental and behavioral health disorders. It can also be beneficial for patients struggling with decision-making skills, relationship management, and psychosocial stressors in their everyday lives (Mayo Clinic). A result of these more general applications is significant effectiveness in reducing the risks of recidivism in a variety of criminal offenders (National Institute of Corrections). This risk-reduction is not limited to low-risk offenders; a meta-analysis of thirty-two studies done by the National Institute of Justice found that CBT produces significant benefits even in moderate and high-risk populations. These results have held consistency between both juvenile and adults test groups.

Respectfully,



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Licensed in Louisiana and Mississippi