

Family therapy Based on Cognitive - Behavioral Approach for Depression , Social and Specific Phobia

M. Khodayarifard, Ph.D.

A. Parand

Abstract :

Depression and anxiety disorders are one of the most common psychological disorders , that is attend to psychologist. These disorders influence on academic and occupational fonctions. Many research have confirmed .the effect of family therapy based on cognitive-behavioral approach on depression and anxiety disorders because individuals with depression and anxiety disorders has interaction with family . The main purpose of the present research was to study effectiveness of family therapy based on cognitive behavioral approach on depression and anxiety disorders. Method of study was case study research. Data obtained by clinical interview and psychological tests.In these studies severe deppressed subject(17years old), two subjects (18 and 20 years) with social phobia and two subjects (30 and 32 years old) with specific phobia were selected . The results indicate that family has important role in product, maintenance and treatment of depression and anxiety disorders.