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Posted Date: 11 March 2024

doi: [10.20944/preprints202403.0594.v1](https://doi.org/10.20944/preprints202403.0594.v1)

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Communication

# From CBT to Complex Therapy: A Novel Approach to the Treatment of Mental Disorders

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**Abstract:** This communication explores the transition from *Cognitive Behavioural Therapy* (CBT) to a more holistic model, named *Complex Therapy*, developed by Tullio Scrimali for explaining and treating mental disorders. The Author delves into the limitations of traditional CBT and introduces an innovative framework that integrates multiple therapeutic modalities. While CBT is based on the study and modification of behaviour and cognition, *Complex Therapy* includes, in its focus, the theory of human relationships, the attachment theory, neuroscience, applied neuroscience, complex systems theory and ecology. *Complex Therapy* addresses the multifaceted nature of mental health issues by combining evidence-based techniques with personalized care strategies. The goal is to enhance patient outcomes through a tailored, comprehensive treatment plan that adapts to the evolving needs of individuals facing mental health challenges. Two innovative and original items which Scrimali has developed, which are a device for Applied Neuroscience *MindLAB Set* and a new botanical drug, *NegEnt*, are presented and discussed. The topic also describes, an original and integrated protocol, named *Negative Entropy*, the author has developed for treating a challenging disorder, such as schizophrenia, he renamed *Entropy of Mind*.

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## Topics on Mind and Mental Disorders

*A Psychiatry and Psychotherapy Series*

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