

* Important
in paper

COGNITIVE THERAPY (CT)

Aaron Beck

Insight focused therapy

Emphasizes changing negative thoughts and maladaptive beliefs

Theoretical Assumptions

People's internal communication is accessible to introspection

Client's beliefs have highly personal meanings

These meanings can be discovered by the client rather than being taught or interpreted by the therapist.

Albert Ellis

THEORY, GOALS & PRINCIPLES of CT

BASIC THEORY:

- To understand the nature of an emotional episode or disturbance it is essential to focus on the cognitive content of an individual's reaction to the upsetting event or stream of thoughts.

GOALS:

- To change the way clients think by using their automatic thoughts to reach the core schemata and begin to introduce the idea of schema restructuring

PRINCIPLES:

- Automatic thoughts: personalized notions that are triggered by particular stimuli that lead to emotional responses

CT's Cognitive Distortions:

Arbitrary inferences
Selective abstraction
Overgeneralization
Magnification and minimization
Personalization
Labeling and mislabeling
Polarized thinking

CT's Cognitive Triad

Pattern that triggers depression:

1. Client holds negative view of themselves
2. Selective abstraction: Client has tendency to interpret experiences in a negative manner
3. Client has a gloomy vision and projections about the future

what causes depression