

AI-01599 Cognitive Concept Deep Dive

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Create a comprehensive list of psychology concepts which starts with the word cognitive such as cognitive load, cognitive dissonance. Cognitive shuffling etc.

Sure! Here's a comprehensive list of psychology concepts that begin with the word "Cognitive", including well-known theories, phenomena, biases, and therapeutic approaches:

Core Concepts

1. Cognitive Load – The amount of working memory resources used when processing information.
2. Cognitive Dissonance – The mental discomfort experienced when holding two conflicting beliefs or behaviors.
3. Cognitive Appraisal – The interpretation of a situation that influences emotional responses.
4. Cognitive Bias – Systematic patterns of deviation from norm or rationality in judgment.
5. Cognitive Development – The construction of thought processes from childhood through adulthood (e.g., Piaget's stages).
6. Cognitive Learning – Learning that involves mental processes such as attention, memory, and reasoning.
7. Cognitive Processing – The mental actions or operations involved in acquiring knowledge and understanding.
8. Cognitive Distortions – Inaccurate and negative thinking patterns often seen in depression and anxiety.

9. Cognitive Flexibility – The ability to switch between thinking about two different concepts or to think about multiple concepts simultaneously.

10. Cognitive Inhibition – The ability to tune out irrelevant stimuli or information.

Therapies and Models

11. Cognitive Behavioral Therapy (CBT) – A structured, time-limited psychotherapy that aims to change patterns of thinking or behavior.

12. Cognitive Restructuring – A CBT technique aimed at challenging and changing irrational or maladaptive thoughts.

13. Cognitive Remediation Therapy (CRT) – A behavioral training-based intervention to improve cognitive functions.

14. Cognitive Processing Therapy (CPT) – A specific type of CBT for PTSD that focuses on re-framing trauma-related thoughts.

15. Cognitive-Experiential Self-Theory (CEST) – A dual-process model that suggests humans use both analytical and experiential thinking.

Biases and Heuristics

16. Cognitive Bias Modification (CBM) – An approach to retraining automatic thought patterns.

17. Cognitive Miser Theory – The idea that humans conserve mental energy by simplifying decision-making processes.

18. Cognitive Anchoring Bias – The tendency to rely heavily on the first piece of information encountered.

Perception, Memory, and Attention

19. Cognitive Mapping – A mental representation of one's physical environment.

20. Cognitive Schema – Mental frameworks that help organize and interpret information.

21. Cognitive Priming – Exposure to one stimulus influences the response to another stimulus.

22. Cognitive Filtering – A distortion where one focuses solely on negative details and ignores the positives.

23. Cognitive Reframing – Changing the way one interprets a situation to alter its emotional impact.

24. Cognitive Interference – Disruption in performance due to intrusive or competing thoughts.

Neurological and Biological Aspects

25. Cognitive Neuroscience – The scientific study of the biological processes underlying cognition.

26. Cognitive Reserve – The brain's resilience to neuropathological damage (e.g., in Alzheimer's disease).

27. Cognitive Decline – A deterioration in memory or other thinking skills often associated with aging or neurological disease.

States and Phenomena

28. Cognitive Overload – A situation where the demand on cognitive resources exceeds capacity.

29. Cognitive Fatigue – A decline in performance due to extended periods of cognitive effort.

30. Cognitive Shuffling – A technique to disrupt persistent thoughts or promote sleep by mentally randomizing images or concepts.

31. Cognitive Entrenchment – Over-reliance on prior knowledge or expertise that can reduce adaptability.

32. Cognitive Reappraisal – A strategy to change one's emotional response by reinterpreting the meaning of a stimulus.

33. Cognitive Fusion – A concept from Acceptance and Commitment Therapy where a person is entangled with their thoughts.

34. Cognitive Defusion – The ACT technique to help people detach from unhelpful thoughts.

Development and Education

35. Cognitive Apprenticeship – A model of instruction that works to make thinking visible.

36. Cognitive Strategy Instruction – Teaching students how to learn and process information effectively.

37. Cognitive Acceleration – Teaching strategies designed to develop thinking skills, particularly in science and math education.

38. Cognitive Task Analysis – A method for studying the thought processes used in complex tasks.

39. Cognitive Scaffolding – Providing temporary support to a learner to promote deeper understanding and skill acquisition.

Would you like this categorized visually (e.g. as a mind map or chart), or do you want it in a downloadable format like a PDF or spreadsheet?