



Professor Richard Brown

Module:

Psychology and Neuroscience of Psychosis

Week 5:

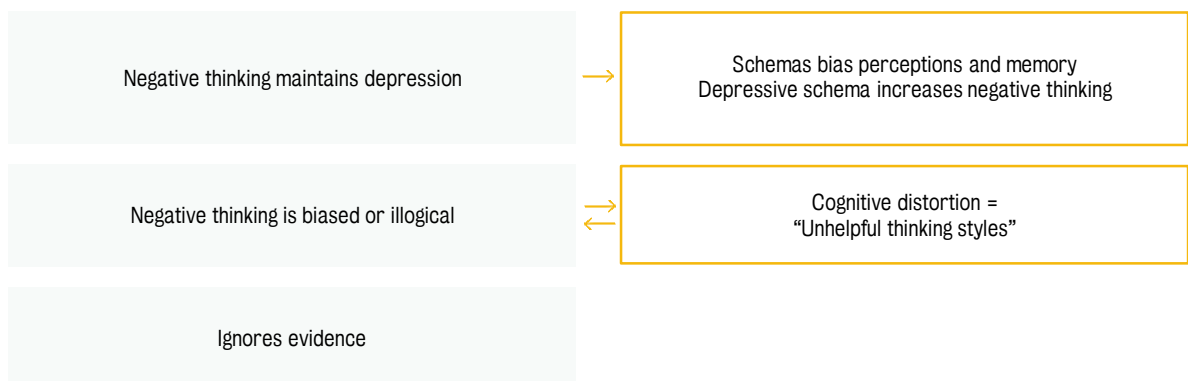
Psychological therapies: from behaviour
modification to behaviour therapy

Topic 2

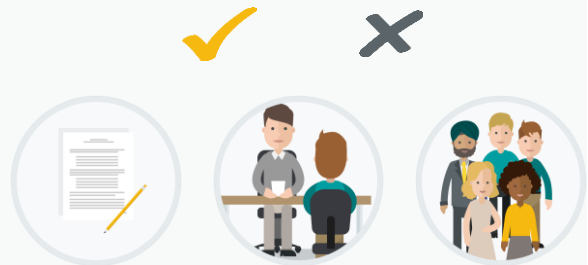
**The Second Wave - The role of
cognition and the emergence of
cognitive therapy**

Part 2 of 3

The Cognitive model



'All or Nothing' thinking



Splitting, dichotomous reasoning, black and white thinking

All or nothing thinking sets us up for disappointment & failure

Mental Filtering (*Selective Abstraction*)

Mental filtering



Confirmatory cognitive bias



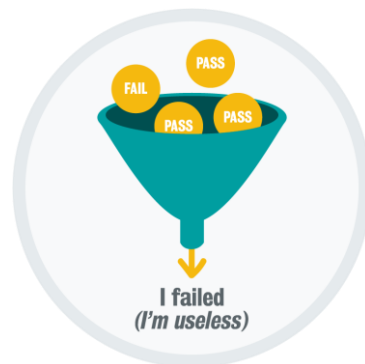
Pay more attention to events that support our views



Depressive bias to confirm negative thoughts



Notice failures, ignore successes



Magnification & Minimization

Biases: Magnification & Minimization

Magnify the significance of the negative



Disqualifying the positive

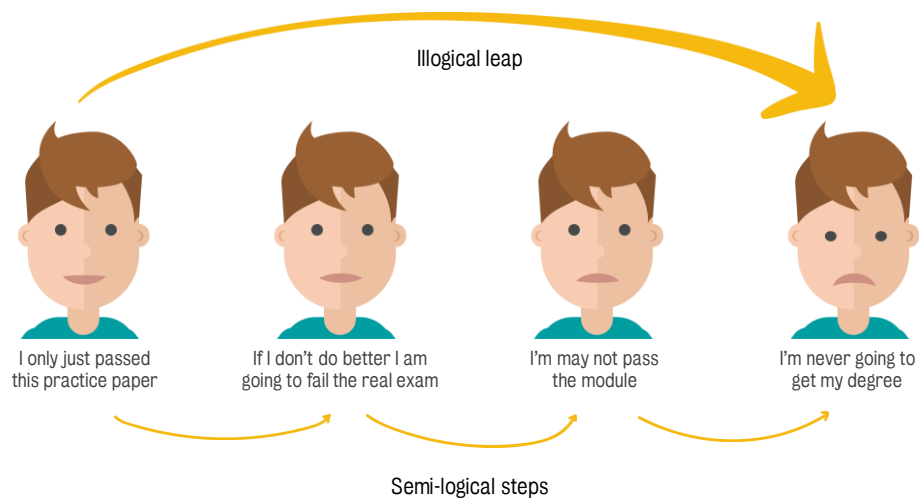
Week 5 Psychological therapies: from behaviour modification to behaviour therapy

Topic 2: The role of cognition and the emergence of cognitive therapy

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Catastrophizing

Significance of negative event is blown out of proportion



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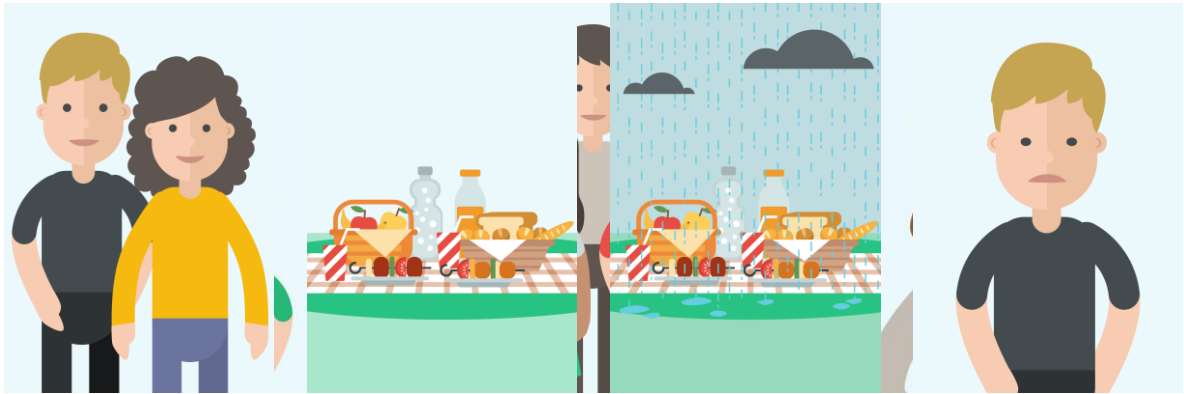
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Personalizing

Personalisation: a bias in which a person assumes responsibility for events even when they cannot control them

Often involves other people

Failure translates into guilt and low self-worth



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Overgeneralization

Overgeneralization = hasty conclusion from partial information

Take a moment to read through these examples



Jenny has just said that she can't come to the cinema with me ...
... she'll **never** say agree to a date
... I'll **always** be lonely
... I'll **never** be happy

I missed my deadline to get that piece of work done for my boss
... I'm **always** getting it wrong
... She'll **never** give a decent reference
... I'll **never** get a better job

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Emotional Reasoning (Labelling)

Emotional reasoning = we equate what we feel with what is real

Emotion	(Illogical link)	Fact
I feel like a failure	(therefore)	I am a failure
I feel unloveable	(therefore)	I am unloveable
I feel ugly	(therefore)	I am ugly
I feel the world is unfair	(therefore)	The world is unfair
I feel my future is bleak	(therefore)	My future is bleak
Concrete label		

The language of cognitive distortions

Always **Right** **Must** **Never** **Succeed**
All **Should** **Nothing** **Ought** **Fail** **Wrong**