



Professor Richard Brown

Topic 2

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

Part 3 of 3

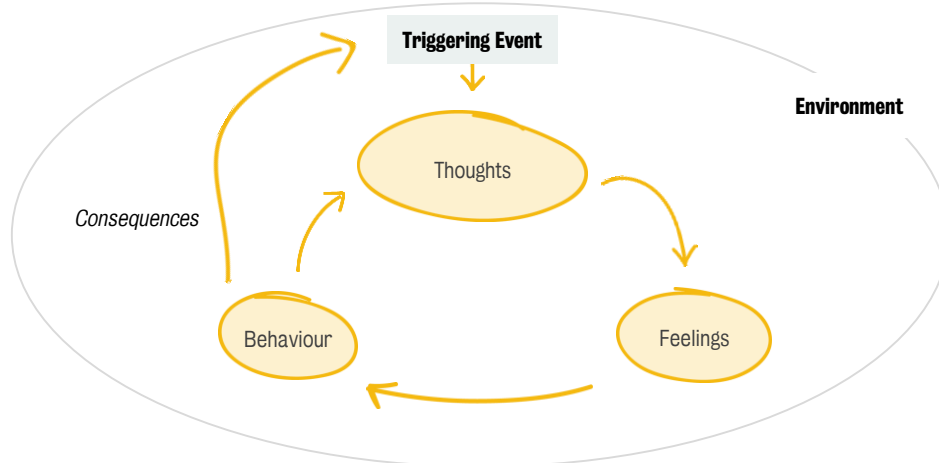
Module:

Psychology and Neuroscience of Psychosis

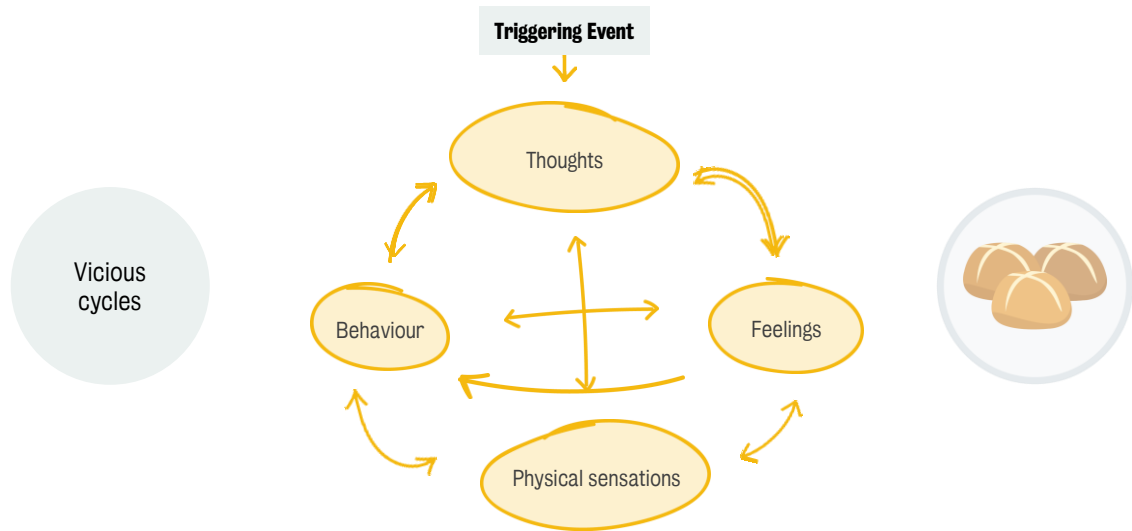
Week 5:

Psychological Therapies: From Behaviour
Modification to Behaviour Therapy

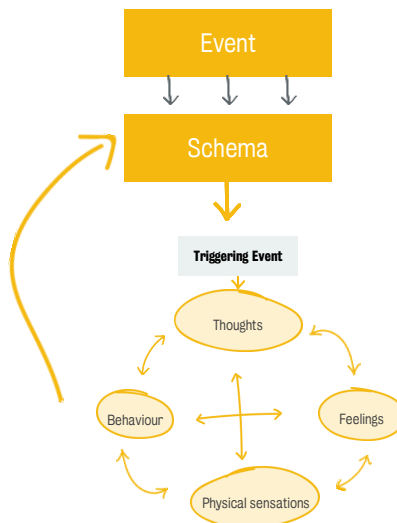
Building the cognitive model



A more general model



The role of the schema in Beck's model



Schema development and predisposition to depression



References

- Beck, A.T. (1963). Thinking and Depression: Idiosyncratic Content and Cognitive Distortions. *Archives of General Psychiatry*, 9, 324-333. <http://dx.doi.org/10.1001/archpsyc.1963.01720160014002>
- Beck, A. T. (2005). The current state of cognitive therapy: a 40-year retrospective. *Archives of General Psychiatry*, 62: 953-959.
- Beck, A. T., & Bredemeier, K. (2016). A Unified Model of Depression Integrating Clinical, Cognitive, Biological, and Evolutionary Perspectives. *Clinical Psychological Science*, 2167702616628523. <http://doi.org/10.1177/2167702616628523>
- Ellis, A. (1957). Rational psychotherapy and individual psychology. *Journal of Individual Psychology*, 13: 38-44.

Attributions

Image of Aaron T. Beck: By Bealivfr (Own work). *English: Aaron Beck and Psychiatrist*, 26 May 2015. Own work.
https://commons.wikimedia.org/wiki/File:Aaron_T._Beck.jpg?uselang=en-gb

Image of Albert Ellis: The Albert Ellis Institute. Accessed 17 July 2016. http://albertellis.org/wp-content/uploads/2011/11/Albert_Ellis.jpg