



Professor Richard Brown

Module:

Psychology and Neuroscience of Psychosis

Week 5:

Psychological Therapies: from behaviour
modification to behaviour therapy

Topic 3

**Cognitive therapy in principle
and in practice**

Part 1 of 3

Topic outline for Week 5

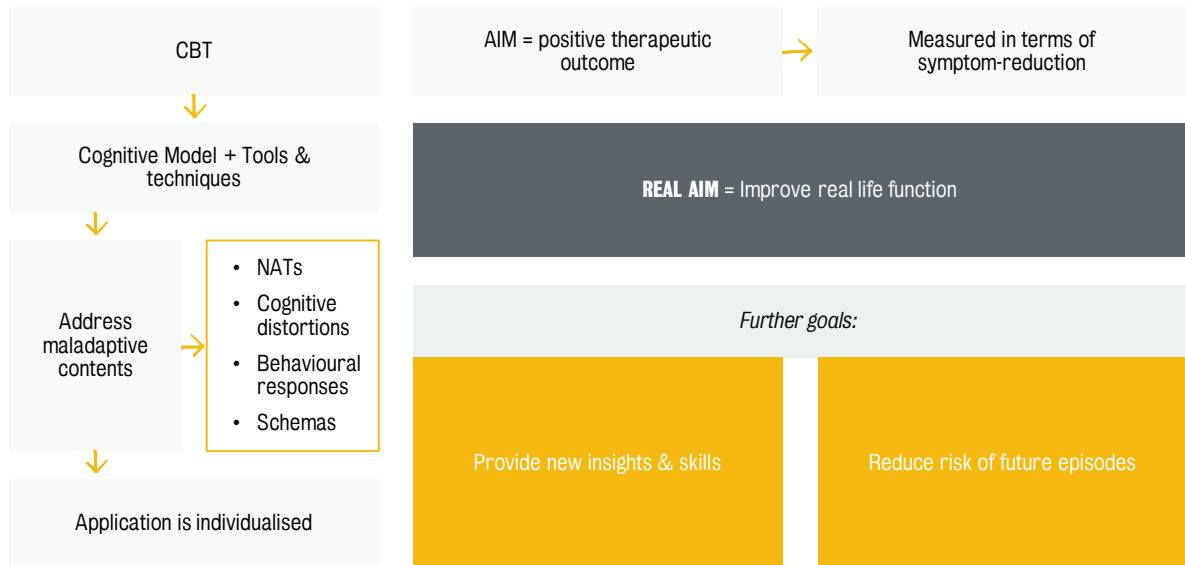


This week, we will be looking at the following topics:

- Topic 1: The First Wave - Behavioural Psychotherapy
- Topic 2: The Second Wave - The role of cognition and the emergence of cognitive therapy
- **Topic 3: Cognitive therapy in principle and in practice**
- Topic 4: Evaluating the efficacy of cognitive therapy

Click **Next** to continue

Fundamentals of Cognitive Therapy (1)

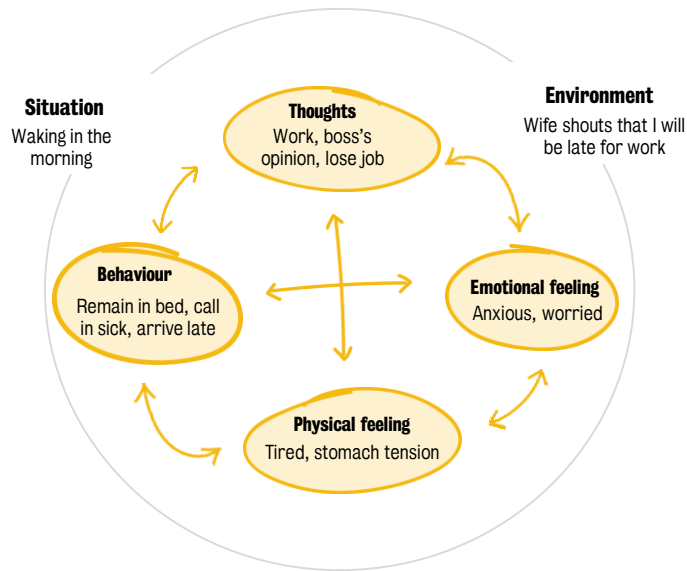


Fundamentals of Cognitive Therapy (2)

Cognitive model is explicit from the beginning



Socialising the client to the cognitive model



Fundamentals of Cognitive Therapy (3)

- Explicit cognitive model
- Individual conceptualization ('formulation')
- Collaborative
- Fixed-term
- Structured, session agenda
- 'Here-and-now'
- problem focused
- skills based

- Scientific approach

1. Best guess (hypothesis)

2. Look for evidence that model is accurate

3. Client encouraged to test accuracy of perceptions and expectations

- Socratic dialogue
- Measurement and recording
- Homework

Specific techniques and tools of cognitive therapy and CBT

1. Understanding and recognising cognitive distortions
2. Recognising and identifying automatic thoughts and cognitive distortions
3. Challenging and replacing negative automatic thoughts
4. Behavioural experiments
5. Identifying core beliefs (schemas)
6. Changing core beliefs

Understanding and recognizing cognitive distortions

Help to recognise existence of biases and distortions

Examples and descriptions

Quizzes

In-session prompts

Client: I really messed up at work yesterday – I forgot to tell my boss about a phone call that came in while she was in a meeting. It was a disaster. She tried not to show it but I know she was furious with me. Why am I so stupid ?

Therapist: You sound pretty upset by this. Do you remember how we talked about seeing things in an unhelpful way - that we can sometimes make mistakes in how we think? What sort of thinking errors might you have been making?

Click [Next](#) to continue

What cognitive distortions can you detect here? (1)

Client: I really messed up at work yesterday – I forgot to tell my boss about a phone call that came in while she was in a meeting. It was a disaster. She tried not to show it but I know she was furious with me. Why am I so stupid ?

Click to reveal possible answers

What cognitive distortions can you detect here? (2)

Client: I really messed up at work yesterday – I forgot to tell my boss about a phone call that came in while she was in a meeting. It was a disaster. She tried not to show it but I know she was furious with me. Why am I so stupid ?



Possible answers:

All or nothing thinking	Mental filtering	Magnification
Minimization	Catastrophizing	Disqualifying the positive
Personalizing	Emotional reasoning	Labelling

Click **Next** to continue

Cognitive distortions



Client: I really messed up at work yesterday – I forgot to tell my boss about a phone call that came in while she was in a meeting. It was a disaster. She told me it wasn't that important but she only said that because she saw how upset I was. I'm so stupid

Therapist: You describe a simple mistake but you seem pretty upset by it. Do you remember discussing how we can sometimes our thinking can get things wrong? What sort of thinking errors might you have been making?

Client: Well – it was a mistake and my fault, but I suppose I might have blown it up a bit in my mind when I said it was a disaster – that's magnifying isn't it?

Therapist: That's right – what about knowing what your boss actually said?

Client: Well she probably was mad with me – who wouldn't be? – but I suppose I don't know for sure – I suppose I was minimizing what she said.

Therapist: Correct. Last one - what about calling yourself stupid? Was that what you felt at the time or was it a fact?

Client: OK – it was what I felt. That's me labelling myself again isn't it. Just because I feel stupid, it doesn't mean that I am stupid

Click **Next** to continue

Making the 'Thoughts & Feeling Connection' and recognizing negative automatic thought (1)



3-column thought record

Situation (who/what/where/when)	Feeling or emotion (0-100)	Automatic thoughts
Tuesday evening, waiting for friend to call about going out	Tense (50%) Upset (70%) Lonely (90%)	She's got better things to do, she doesn't want to meet, she's dumping me
Wednesday afternoon, waiting to make presentation to my boss and team at work	Scared (80%) Overwhelmed (90%) Feel like crying (70%)	This is going to be awful, I'll make a complete mess, I'm useless, everyone will talk about me afterwards

Click **Next** to continue

Making the 'Thoughts & Feeling Connection' and recognizing negative automatic thought (2)

3-column thought record

Situation (who/what/where/when)	Feeling or emotion (0-100)	Automatic thoughts
Tuesday evening, waiting for friend to call about going out	Tense (50%) Upset (70%) Lonely (90%)	She's got better things to do, she doesn't want to meet, she's dumping me
Wednesday afternoon, waiting to make presentation to my boss and team at work	Scared (80%) Overwhelmed (90%) Feel like crying (70%)	This is going to be awful, I'll make a complete mess, I'm useless, everyone will talk about me afterwards

'Hot thoughts'