

Topic in Action 2:
**Third wave psychotherapies:
from content to process**
Part 1 of 2

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In this topic



- *Introduction to third wave psychotherapies*
- *Rumination*
- Mindfulness

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Limitations of cognitive therapy and CBT

Variability in how clients respond to therapy

- Significant rate of non-response or partial response
- Significant relapse and recurrence rates

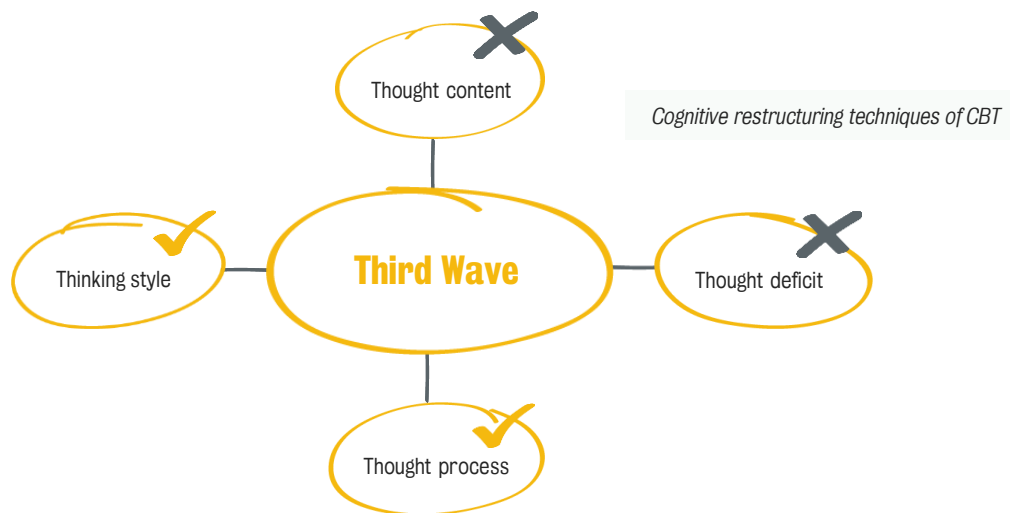
Not suitable for all clients

Not acceptable to all clients

These limitations are not specific to CBT

Alternative approaches are emerging:
Third Wave of Psychotherapies

Third wave psychotherapies (1)



Third wave psychotherapies (2)

Rumination Focussed CBT

Metacognitive Therapy

Schema Therapy

Mindfulness –
based Cognitive Therapy

Acceptance and
Commitment Therapy

Behavioural Activation

Dialectical Behaviour Therapy

Kahl, Winter and Schweiger (2012)

Week 5 Psychological therapies: From behaviour modification to behaviour therapy

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The nature of rumination (1)

Rumination = style of repetitive thinking

Repetitive Thinking

- Attentive
- Repetitive
- Frequent

Helpful rumination

- Resolve problems
- Understand and comes to terms
- Prevent in future

Focus

- One's self
- One's world

Helpful repetitive thinking leads us
to a resolution or solution

Serves as a stop signal the brings
the thinking to a conclusion

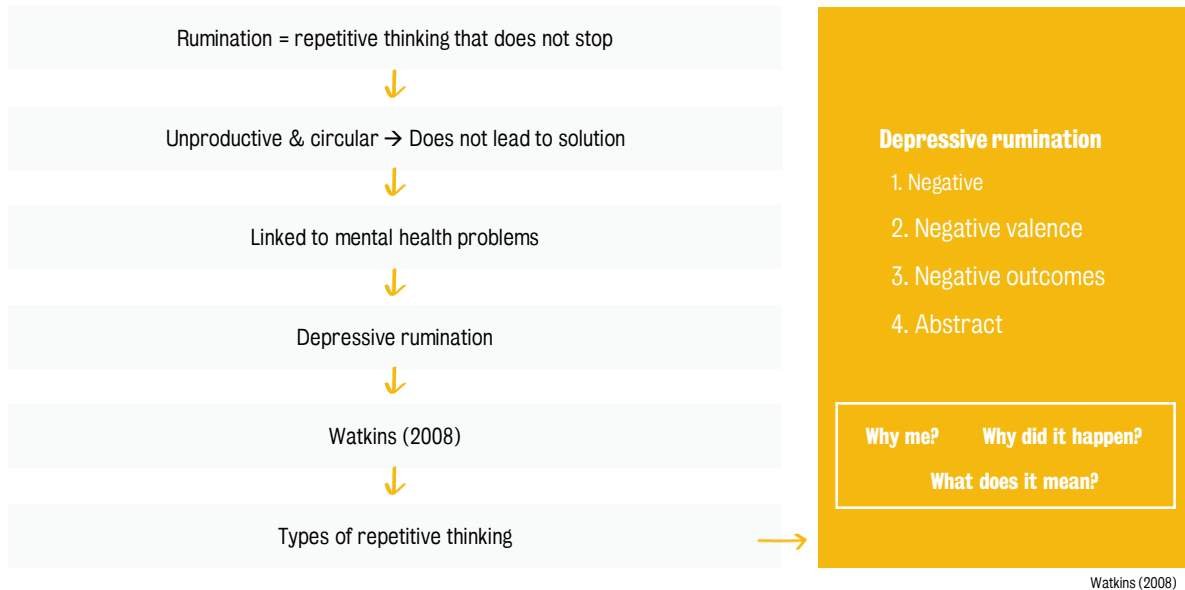
Watkins (2008)

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The nature of rumination (2)

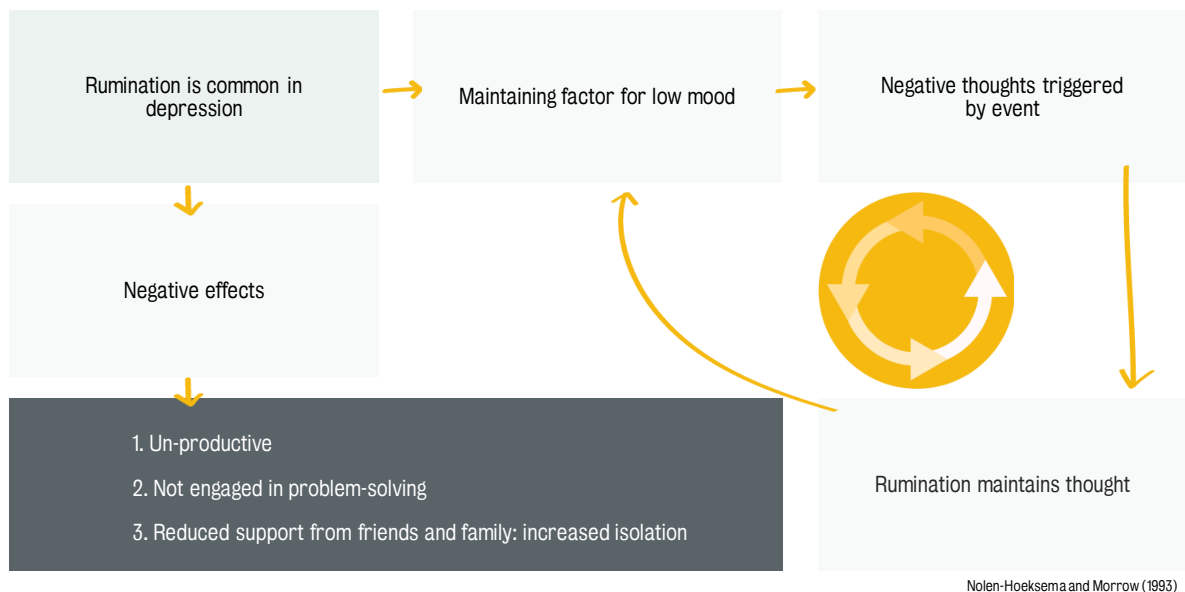


Week 5 Psychological therapies: From behaviour modification to behaviour therapy

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Rumination is a maintaining factor for depression

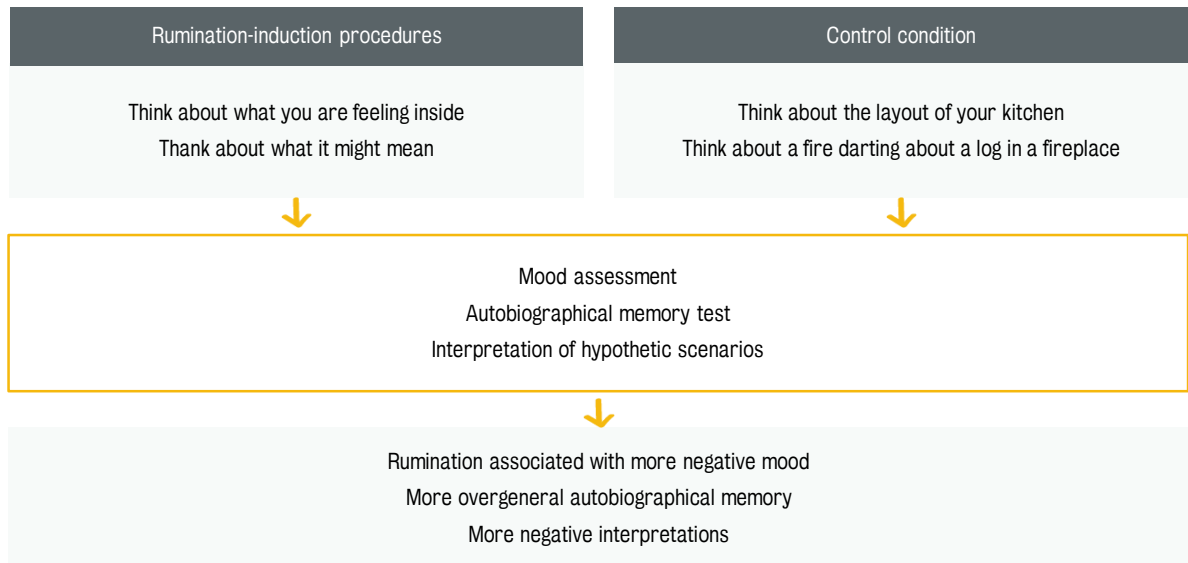


Week 5 Psychological therapies: From behaviour modification to behaviour therapy

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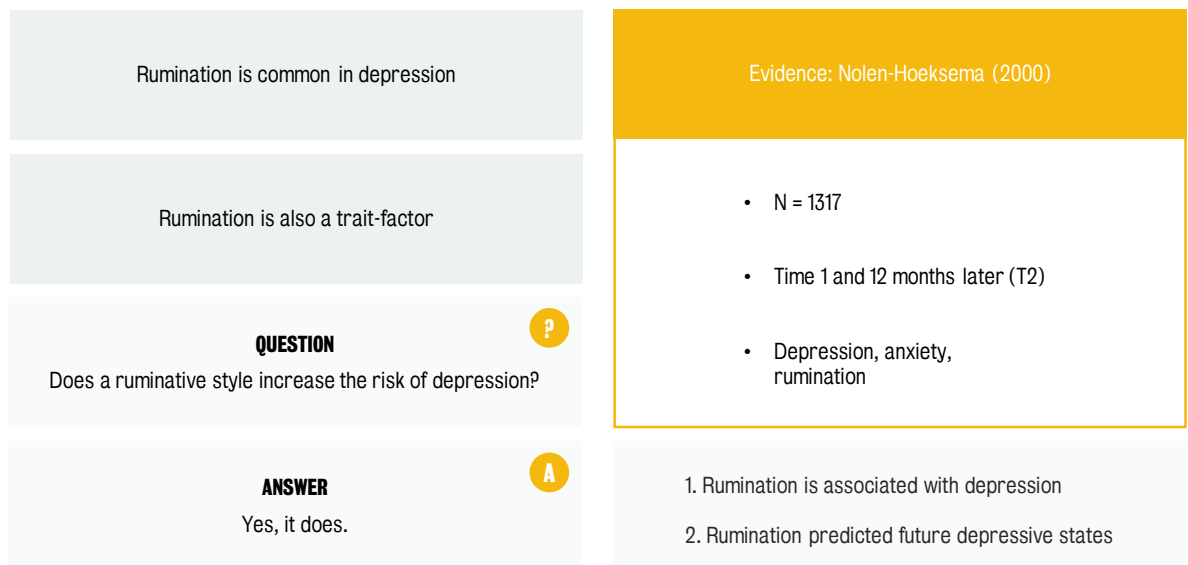
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Rumination encourages dysfunctional thinking



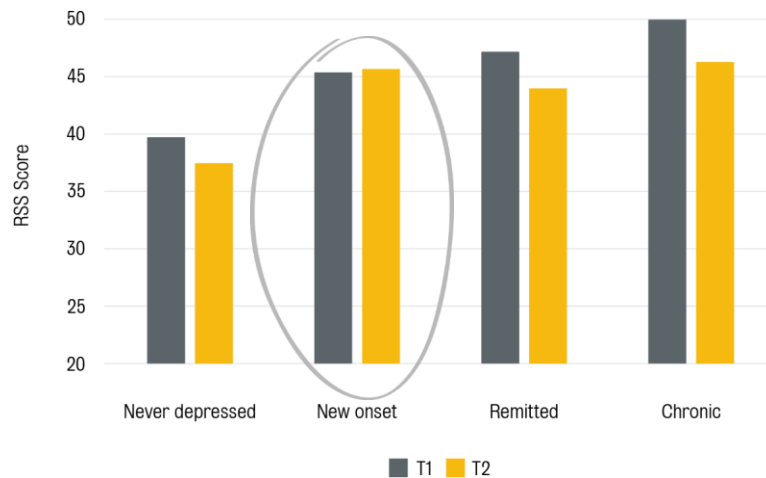
Watkins (2008)

Rumination as a vulnerability factor for depression (1)



Nolen-Hoeksema (2000)

Rumination as a vulnerability factor for depression (2)



Nolen-Hoeksema (2000)

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Rumination Focused Cognitive Behaviour Therapy (RFCBT)

Potential benefits

1. Enhance response to CBT
2. Reduce residual rumination
3. Promote recovery from chronic depression
4. Reduce risk of recurrence

RFCBT → Ed Watkins

Focus:

Process and purpose of
ruminative thinking
Rather than content

Target change

From abstract questions:
Why? & What?
To specific & constructive thoughts:
How?

Addresses rumination as a form
of avoidance behaviour

Tries to help clients understand
when and why they ruminate

Help change contingencies that
lead to rumination

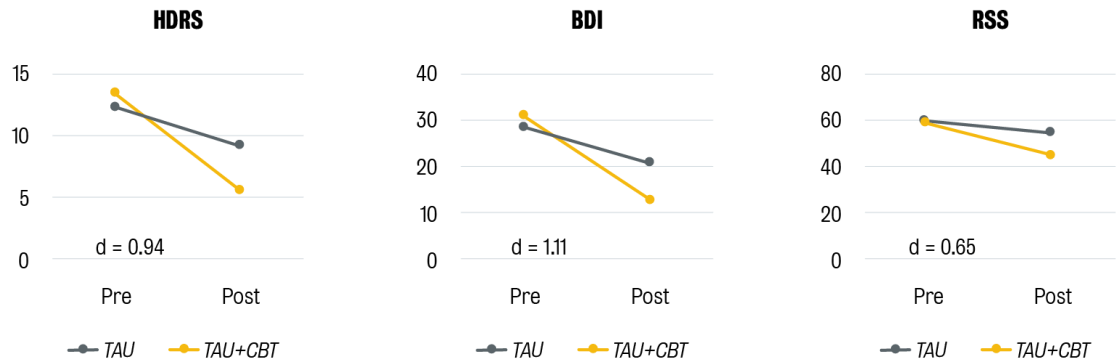
Addresses unhelpful beliefs
about rumination

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Clinical evidence – Watkins et al. (2011)



	Response rate	Remission Rate	Relapse rate (6 month)
TAU	26%	21%	53%
TAU + RFCBT	81%	62%	9%

Watkins et al. (2007, 2011); Hvenegaard et al. (2015)