



Professor Richard Brown

Topic 2

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

Part 1 of 3

Module:

Psychological Foundation of Mental Health

Week 5:

Psychological therapies: From behaviour
modification to behaviour therapy

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

In this topic...

There is nothing either good or
bad, but thinking makes it so

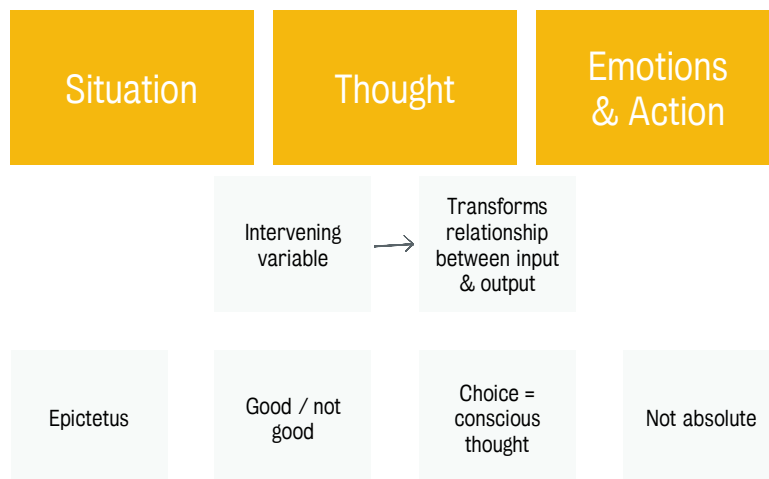
William Shakespeare, 'Hamlet' Act 2, scene 2

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Hamlet's Cognitive Model



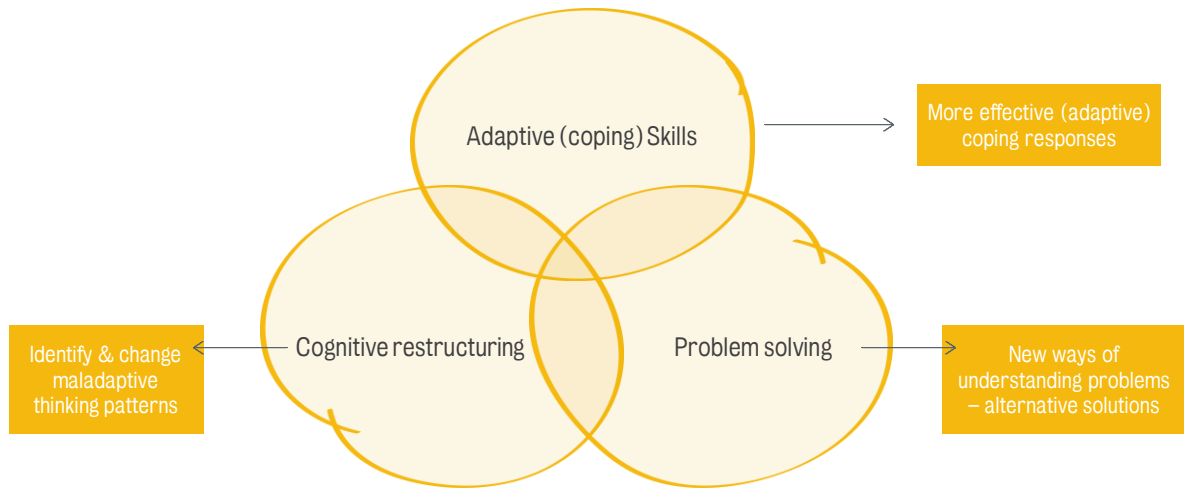
Cognitive therapy (Cognitive Behaviour Therapy, or CBT)

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Cognitive Behaviour Therapy (CBT): a diverse collection of methods



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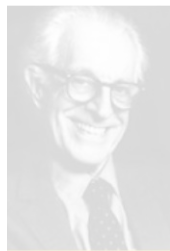
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Pioneers of Cognitive Therapy



Aaron T Beck
(1921 -)

**Cognitive
Therapy**



Albert Ellis
(1913 - 2007)

**Rational
Emotive
Therapy**

**Reduction of emotional
distress**



Emotional state not a direct
consequence of situation, but
mediated by thoughts



Those thoughts are often
illogical or irrational

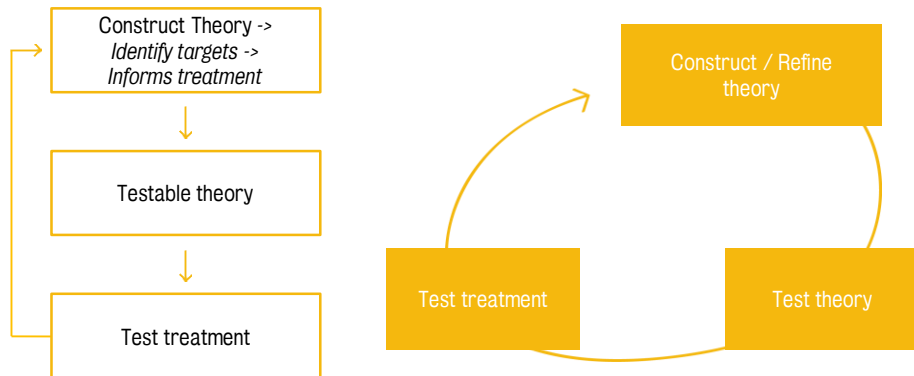
Ellis (1957)

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Principles of developing a new treatment



“To construct a comprehensive theory of psychopathology that articulates well the psychotherapeutic approach”

Beck (2006)

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The Beck Depression Inventory (BDI) (1)

Measurement

Questionnaire:
Reliable assessment
of symptoms

Beck
Depression
Inventory
(BDI/BDI-II)

Actual Experience:

- Mood
- Thinking
- Behaviour
- Physical state

BDI-II items

- Sadness
- Crying
- Suicidal thoughts or wishes
- Irritability
- Agitation
- Loss of pleasure
- Loss of interest

- Changes in sleep pattern
- Changes in appetite
- Loss of interest in sex
- Tiredness or fatigue
- Loss of energy
- Concentration difficulty
- Indecisiveness

- Pessimism
- Past Failure
- Guilty feelings
- Punishment feelings
- Self-dislike
- Worthlessness

Beck (2006)

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Beck Depression Inventory (BDI) (2)

BDI-II Example – ‘Sadness’ item

- I do not feel sad (0)
- I feel sad much of the time (1)
- I feel sad all the time (2)
- I am so sad or unhappy that I can’t stand it (3)

Total score across all items (0-63)

0–13: minimal depression
 14–19: mild depression
 20–28: moderate depression
 29–63: severe depression

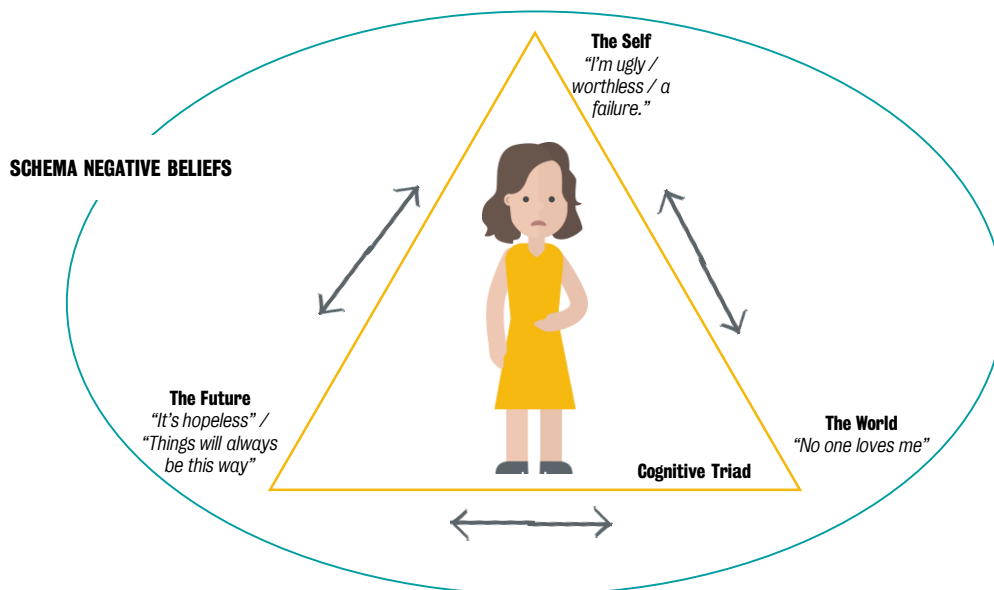
Not diagnostic

Total level of depression-related symptoms

‘Self-report instrument’ – ‘Patient-reported Outcome Measure (PROM)’ (subjective)

Beck (2006)

Thinking in depression

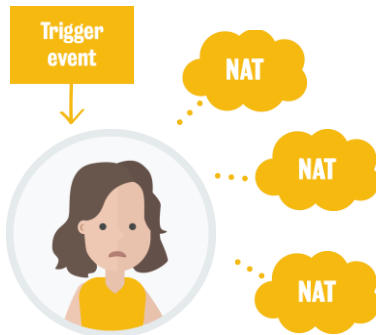


Beck (1963)

Negative Automatic thoughts (NATs)

Negative thinking:
First response to trigger

Negative Automatic Thoughts (NATs)



Depressive NATs:

- I will always be alone
- Why am I so stupid
- Everything is hopeless

Angry NATs:

- He is rude
- She is selfish

Anxious NATs:

- I'm going to faint
- They will be injured

Guilty NATs:

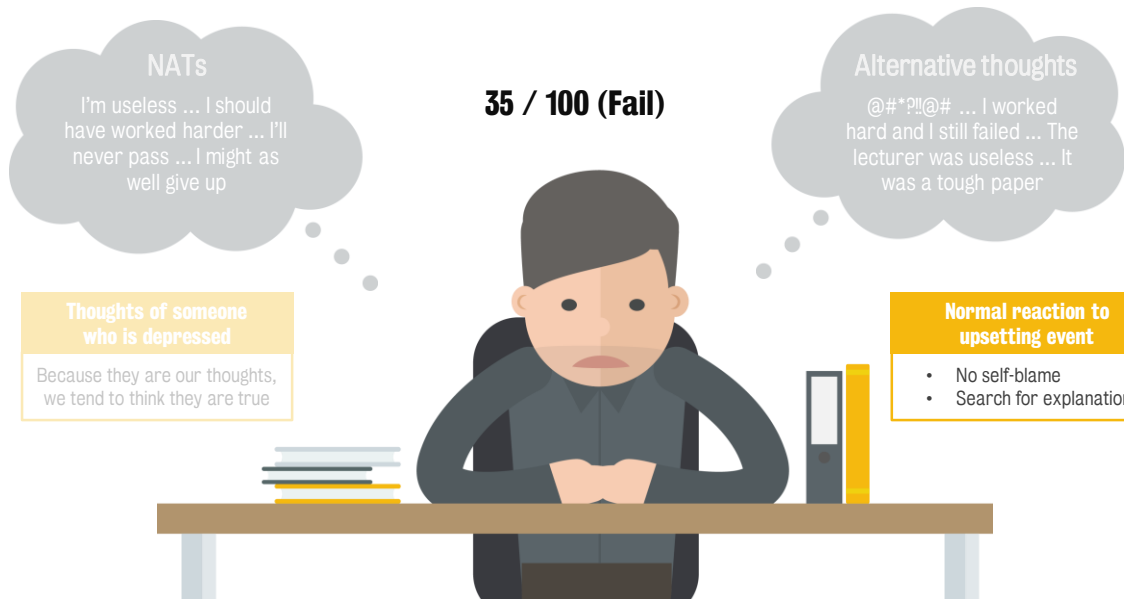
- I should not have done that
- I let her down

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Different patterns of thoughts to unwelcome event



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Key characteristics of NATs

What is the relationship between negative automatic thoughts and depression?



NATs tend to be:

- Negative
- Feel bad
- Uninvited
- Unhelpful
- Believable

