

Module:
Psychological Foundation of Mental Health

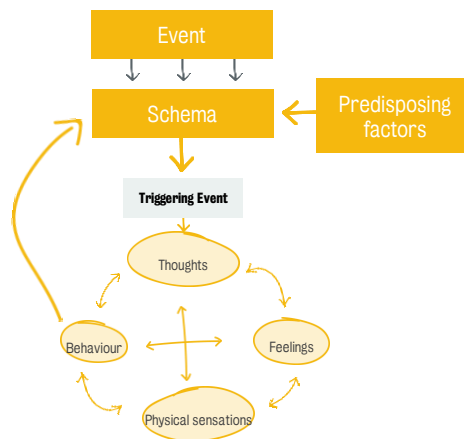
Week 5:
Psychological Therapies: From Behaviour
Modification to Behaviour Therapy



Professor Richard Brown

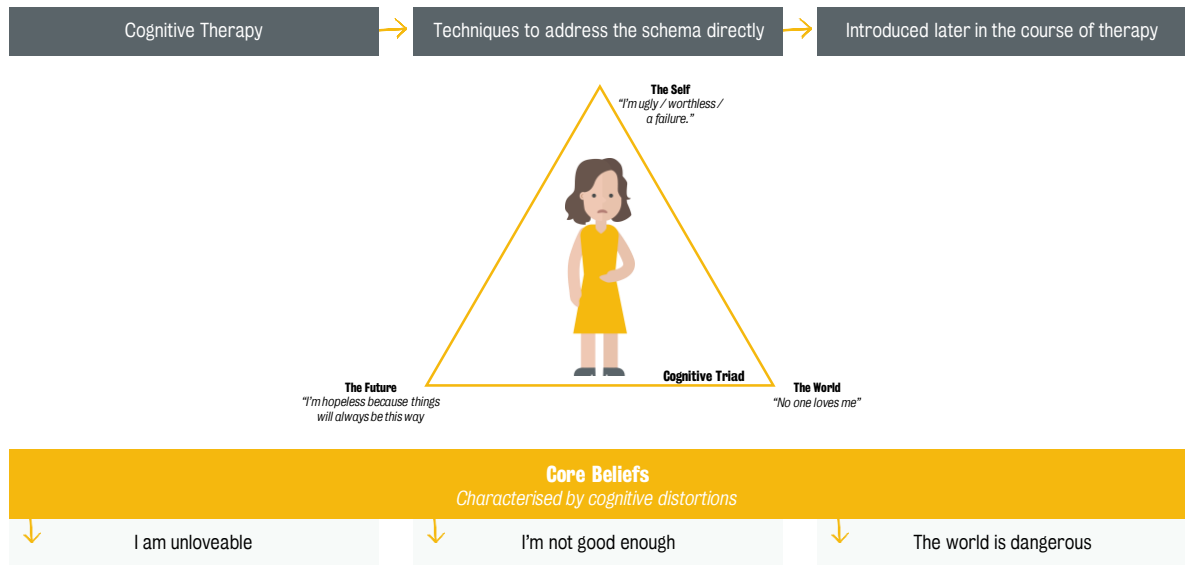
Topic 3
Cognitive therapy in principle
and in practice
Part 3 of 3

Alternative thinking

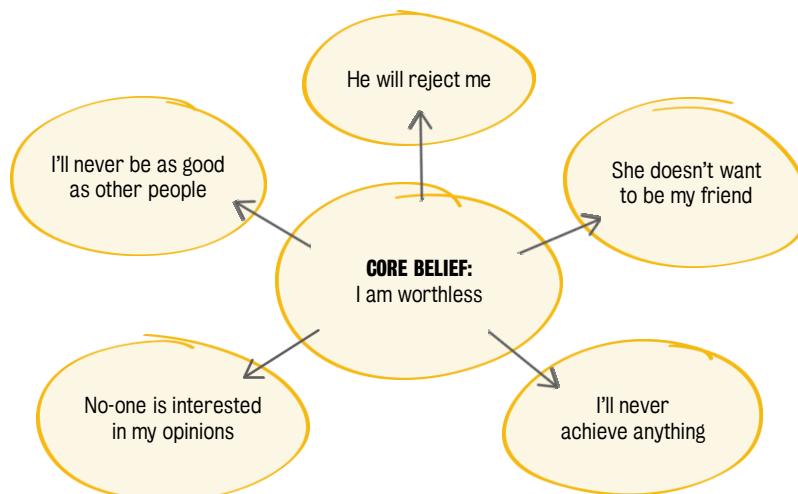


Physical symptoms play a more prominent role in
cognitive therapy for **anxiety disorders**.

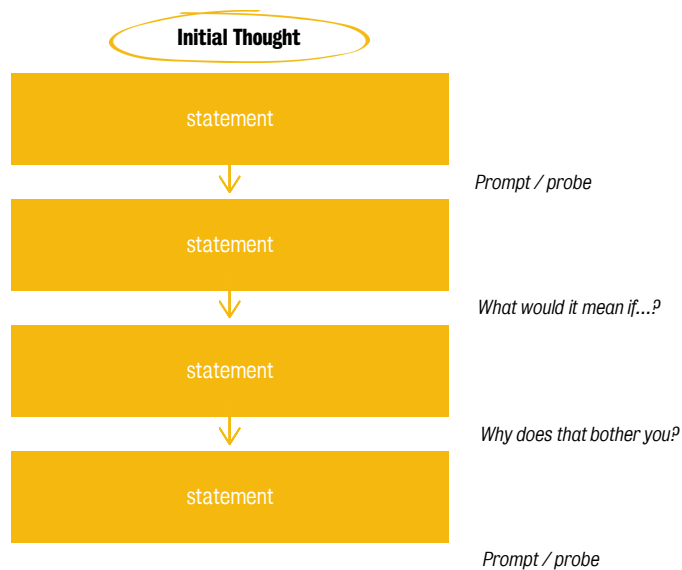
Core beliefs and changing the schema (1)



Core beliefs and changing the schema (2)



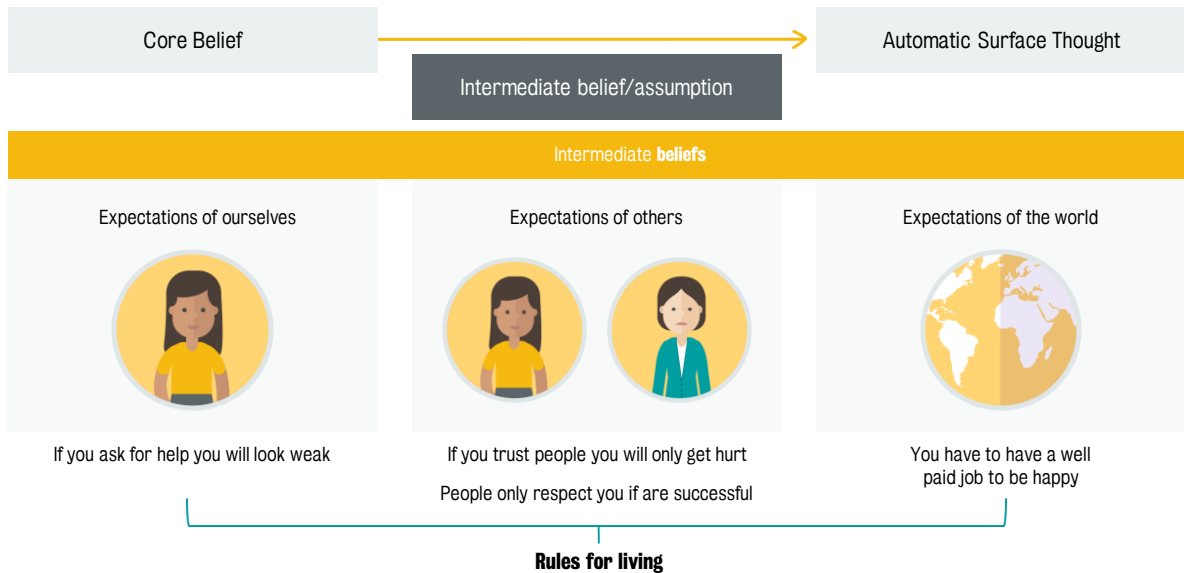
Download arrow technique (1)



Download arrow technique (2)



Intermediate beliefs and assumptions

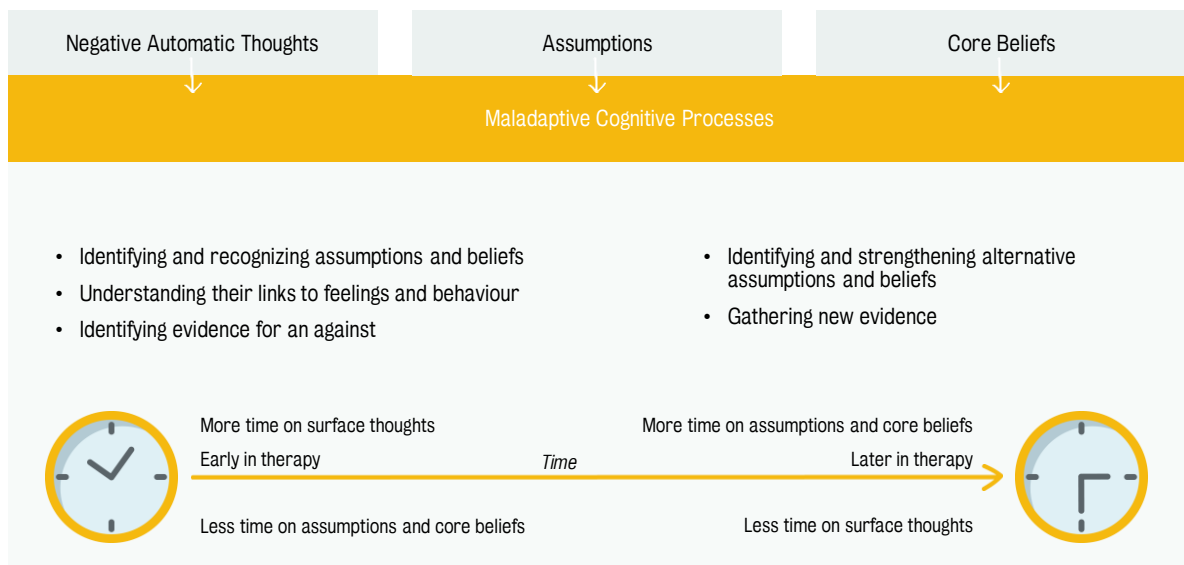


Week 5 Psychological therapies: from behaviour modification to behaviour therapy

Topic 3: Cognitive therapy in principle and in practice

7 of 9

Modifying assumptions and core beliefs



Week 5 Psychological therapies: from behaviour modification to behaviour therapy

Topic 3: Cognitive therapy in principle and in practice

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Summary and further considerations

What **cognitive therapy** looks like...

...and **tools** in the context of **depression**.

What we have covered

- Fundamentals, models and techniques
- Why cognitive therapy is 'cognitive'
- How it differs from behavioural, or first wave, approaches

What have not covered

- Is the theory accurate, is cognitive therapy effective?
- Is the model accurate?
- If it works, why does it work?
- What are the limitations?