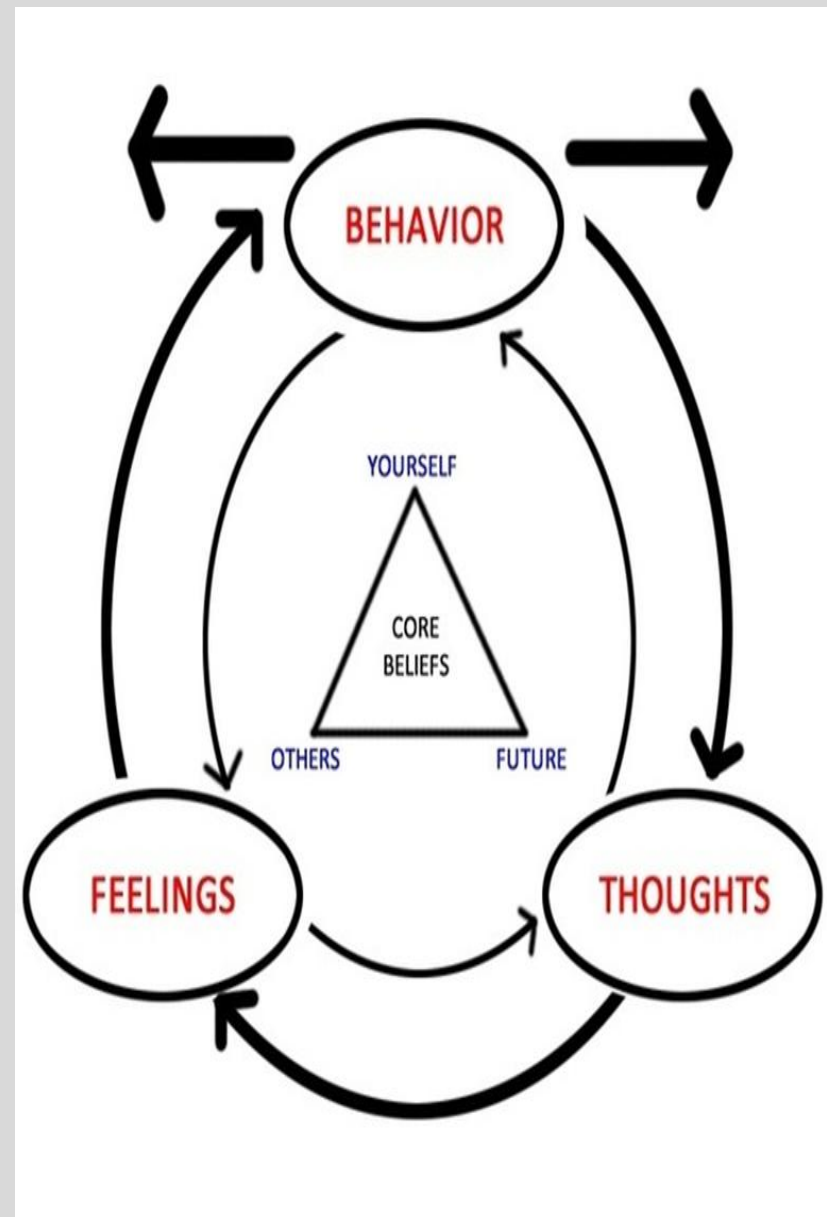
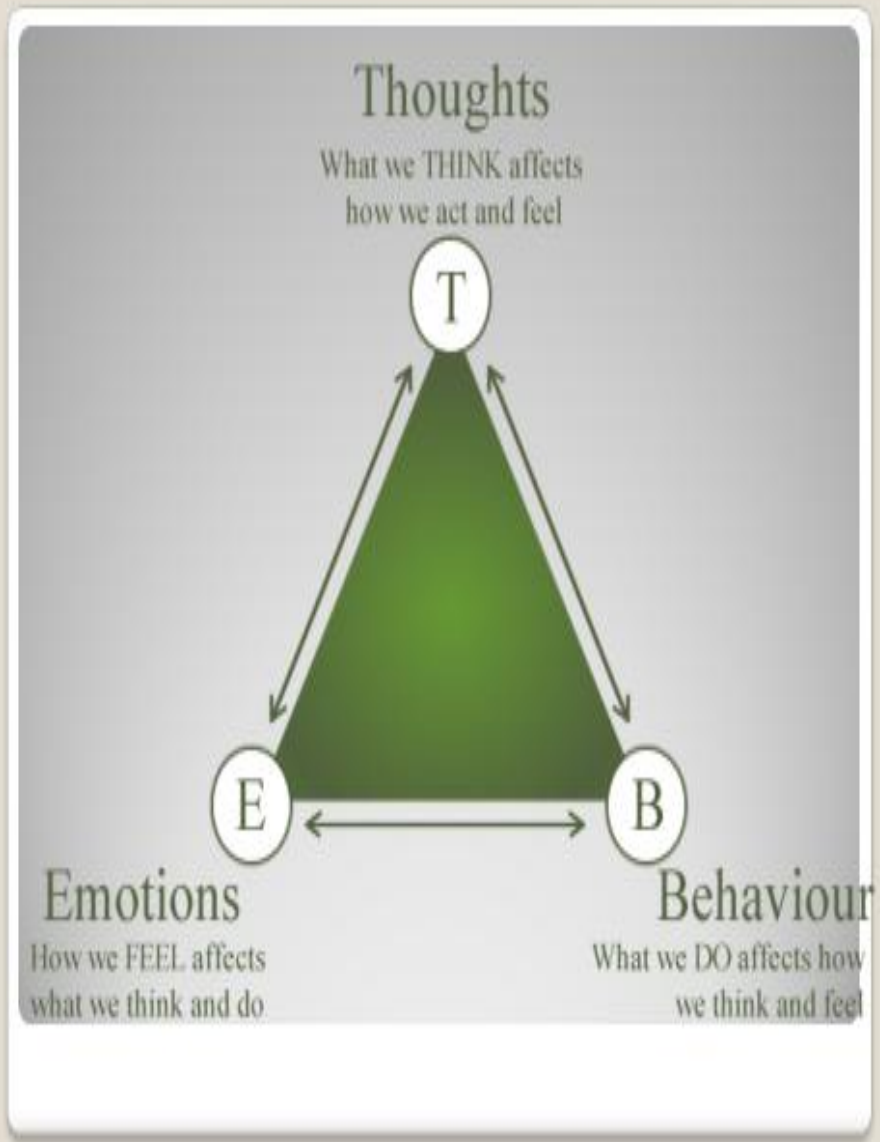
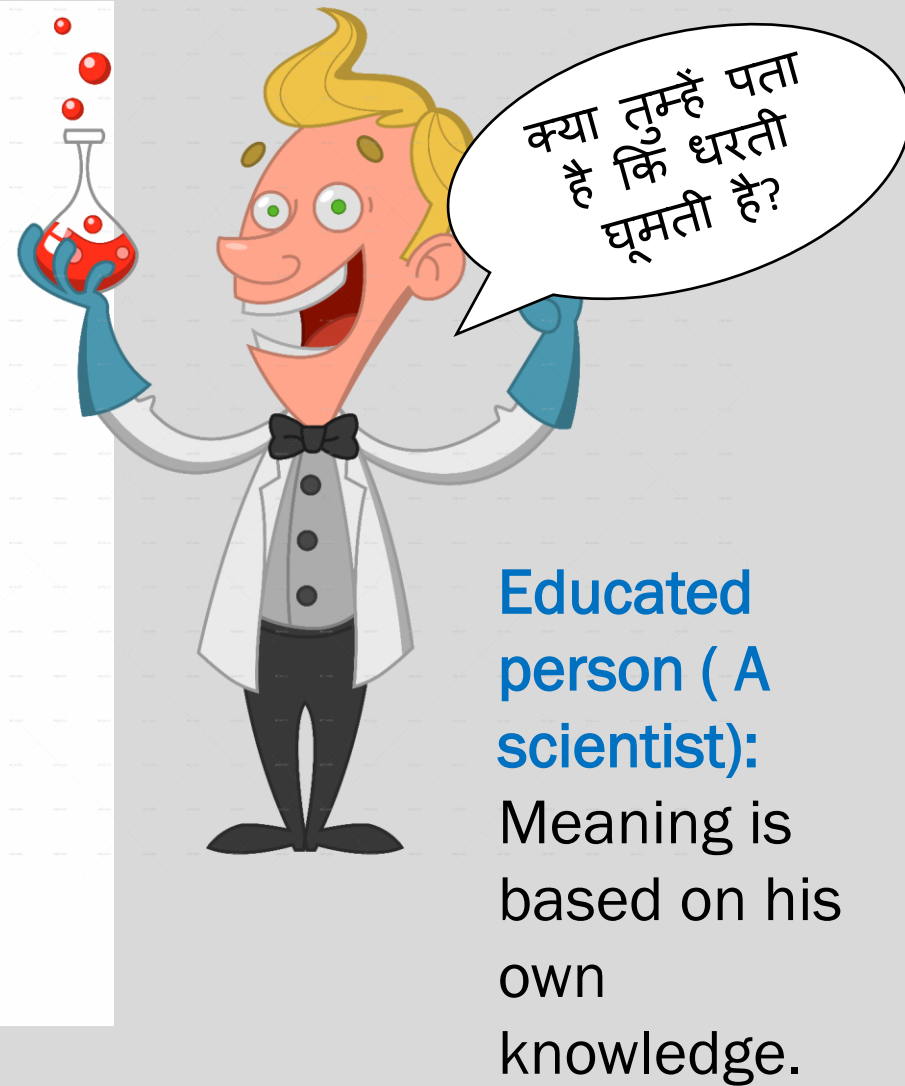
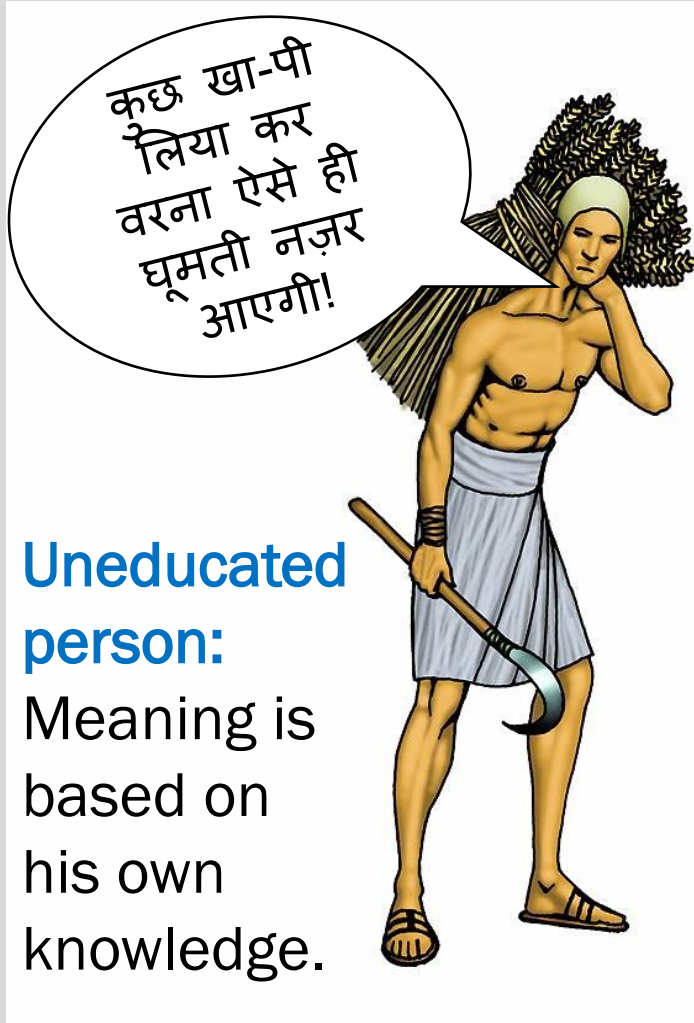


The Cognitive Approach

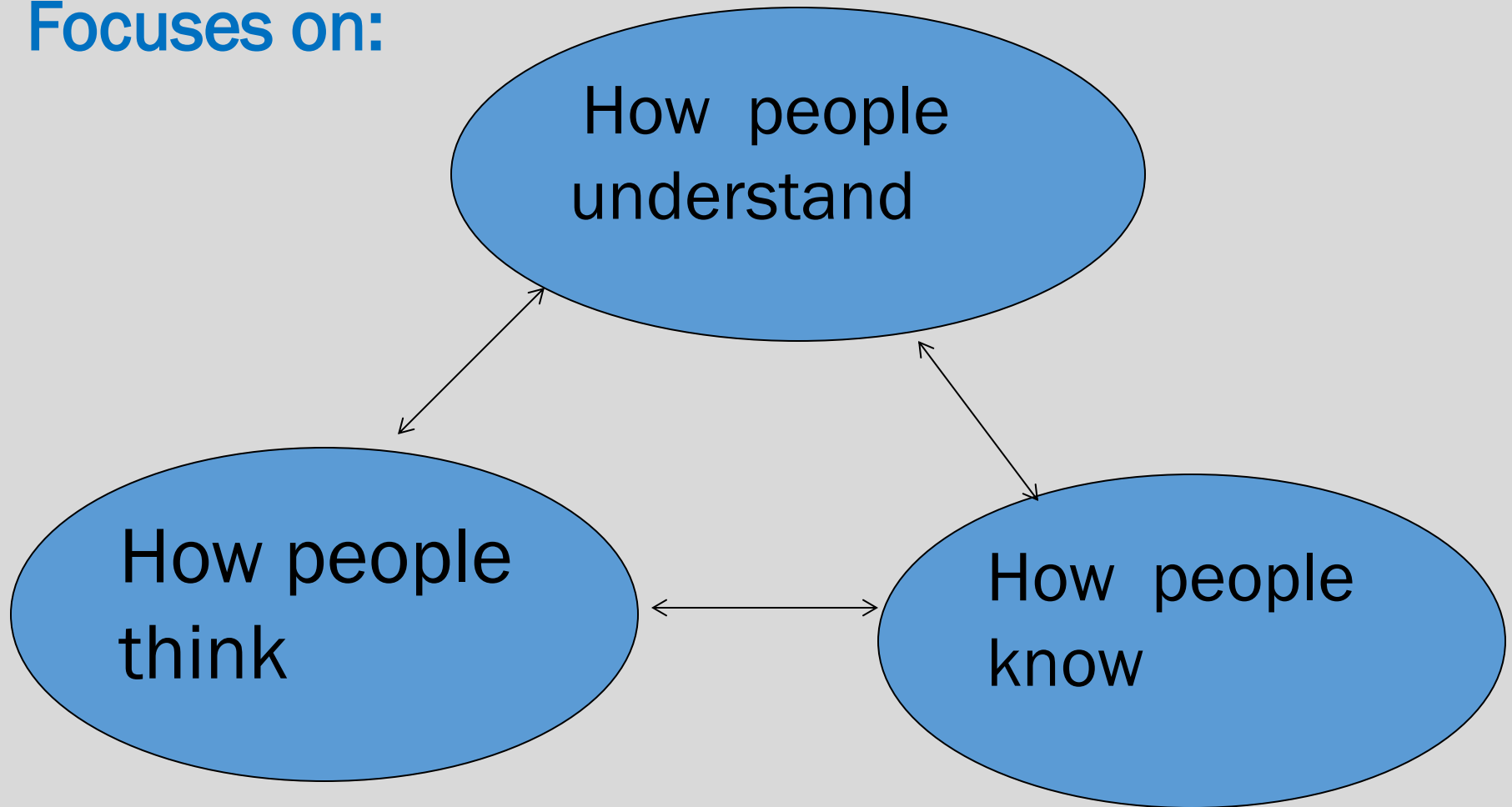
- The school of psychology that examines internal mental processes, such as creativity, perception, thinking, problem solving, memory and language.
 - Study of cognitive processes/ experiences/ how do we feel/think
- Cognitive psychologists are interested in how a person understands, diagnoses, and solves a problem, concerning themselves with the mental processes that mediate between stimulus and response.
- S--- O-----R
- Introspection (e.g., Wundt, 1870's)



Different understanding due to different cognition (Thinking style based on stored knowledge)



Focuses on:

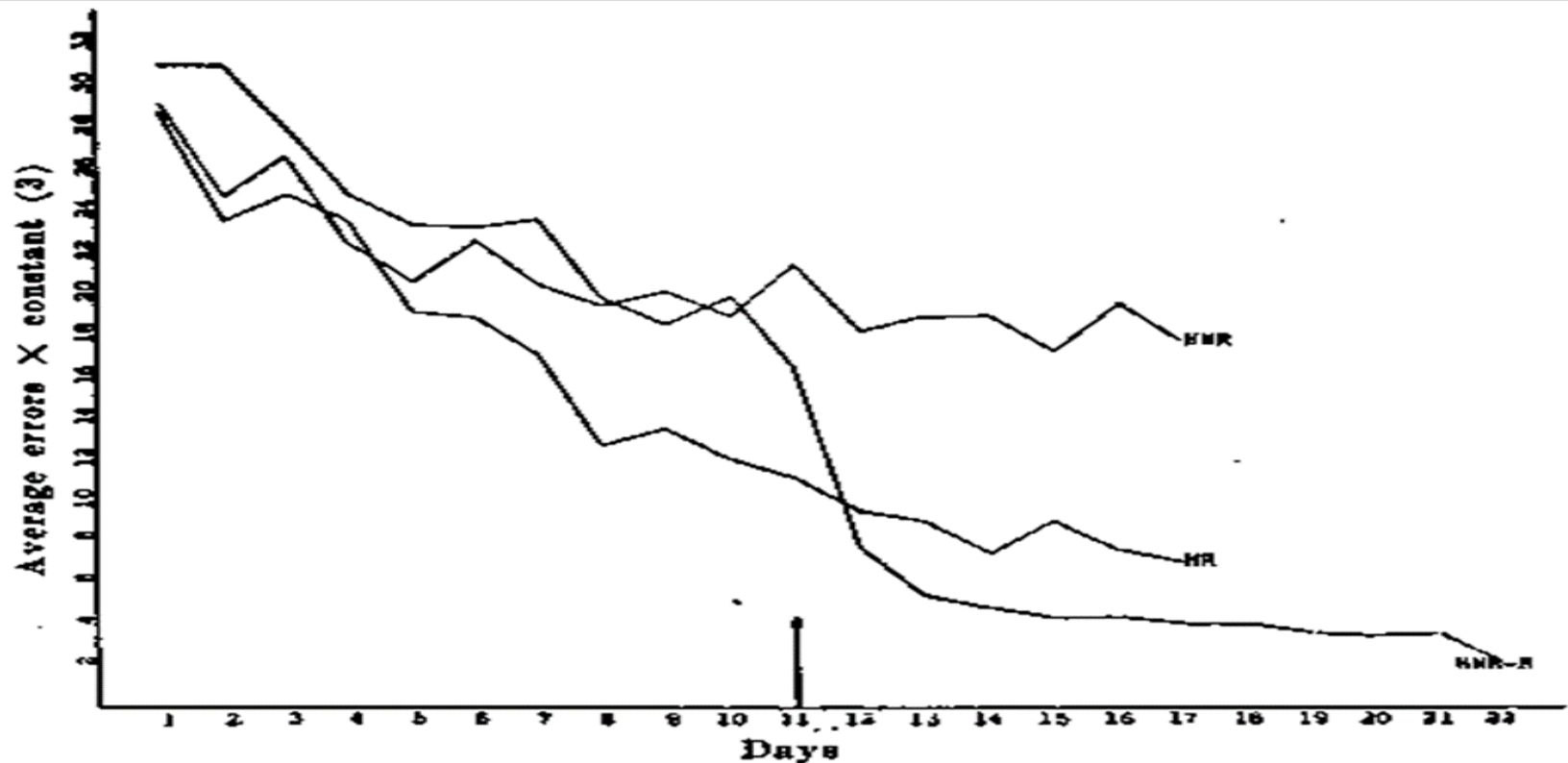


- Computer paradigm in psychology-- Information-processing model
- Inputs ----Programmes----Outputs e.g. 'PSYCHOLOGY'
- How information is attended to, perceived, analyzed, interpreted, encoded and retrieved.
- People tend to have habitual thinking patterns which are characterized as personality. (e.g Schema/ Schemata)
- Your characteristics as per cognitive patterns - Personality
- Kohler (1925) : cognitive perspective; insight theory (learning).
- Tolman (1948) Cognitive map (latent learning).
- Seligman (1972) "learned helplessness" – cognitive aspect.

Kohler's Insight Theory: Gaining insight is a gradual process of exploring, analyzing, and restructuring perceptions until a solution is arrived at.



Tolman (1948) Cognitive map (latent learning).



Error curves for HR, HNR, and HNR-R

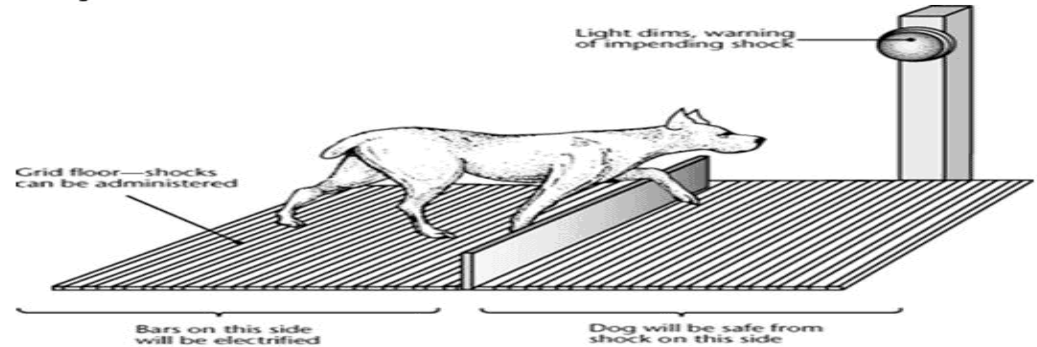
FIG. 6

(From E. C. Tolman and C. H. Honzik, Introduction and removal of reward, and maze performance in rats. *Univ. Calif. Publ. Psychol.*, 1930, 4, No. 19, p. 267.)

- Hungry Rewarded, (HR)
- Hungry Non-rewarded (HNR)
- Hungry Non-rewarded-rewarded, HNR-R (11th day onwards)

Learned Helplessness – Martin Seligman

- Dogs in electrified cage at first not able to escape the impending shock.
- Later, all they had to do was cross to the other side but they didn't even try.
- The dogs had learned they were “helpless” to avoid the shock and just sat there and took it without trying to escape.



LEARNED HELPLESSNESS

uncontrollable
bad events



perceived
lack of control



generalized
helpless behavior

Learned helplessness: the passive resignation produced by repeated exposure to negative events that are perceived to be unavoidable: “we can’t change the course of negative events, failure is inevitable and insurmountable.”

*Learned helplessness is about responses to failure (not to success)
Learned helplessness: a control problem, not a competence problem*

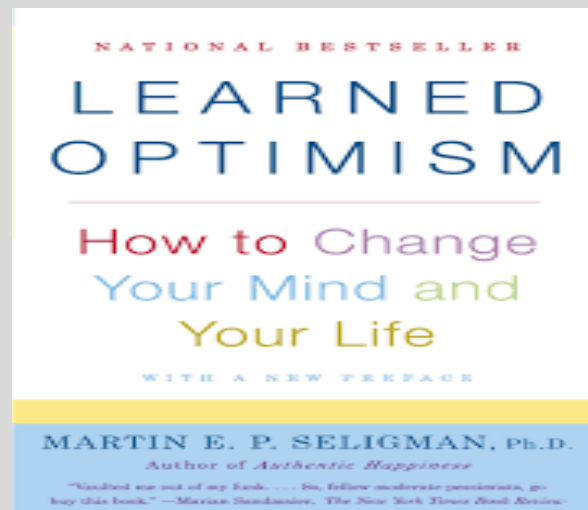
Adversity: Start by describing a recent experience of adversity. **Be as specific and factual as possible in your description.**

Belief: Then, write down all the thoughts running through your mind while thinking about this adverse experience. Record the exact sentences.

Consequence: Now, consider the impact of these beliefs on your feelings and on your behavior.

Disputation: It's time to put your beliefs into perspective. **You can either find a piece of evidence that disproves the negative belief or an alternative view of the belief.**

Energization: Use the newfound energy from the disputation step to cultivate a more positive outlook on the challenge you are facing. Consider the progress you have made, and how this exercise has helped you better manage your negative beliefs.



1. Kurt Lewin (1938) : Life Space

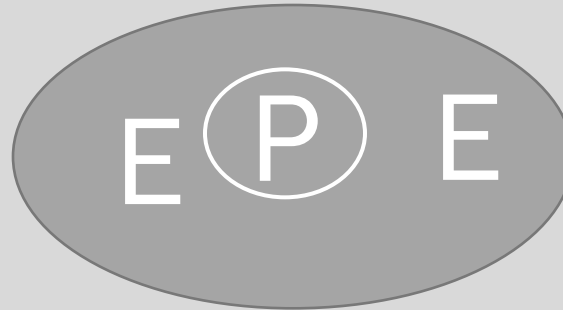
➤ (A **gestalt** is a coherent whole. It has its own laws and is a construct of **the individual mind** rather than ‘reality’).

➤ $B = f(P, E)$

➤ $P + E =$ **Life space**

➤ **Conflicts**

➤ **The Zeigarnik Effect:** we tend to remember things undone more than we remember things that have been completed.



Non psy. E



The Zeigarnik Effect

Our minds quickly forget finished tasks. However, they are programmed to continually interrupt us with reminders of unfinished tasks. These intrusions constitute the Zeigarnik effect.

Dr. Bluma Zeigarnik, 1927

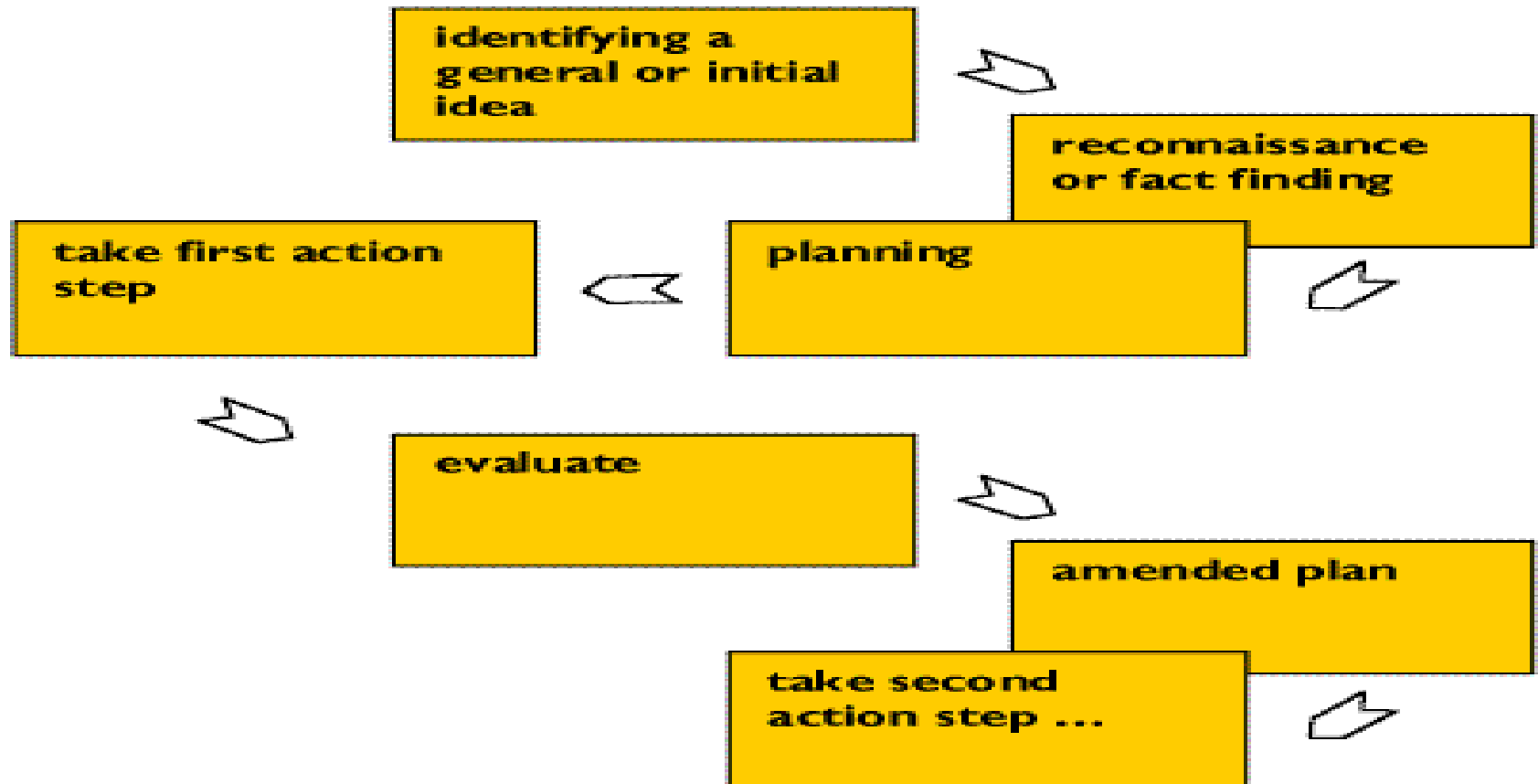
Field Theory:

- Behavior must be derived from a **totality of coexisting facts**.
- These coexisting facts make up a "**dynamic field**," which means that the state of any part of the field depends on every other part of it.
- **Behavior depends on the present field** rather than on the **past or the future**.

Types of Conflicts

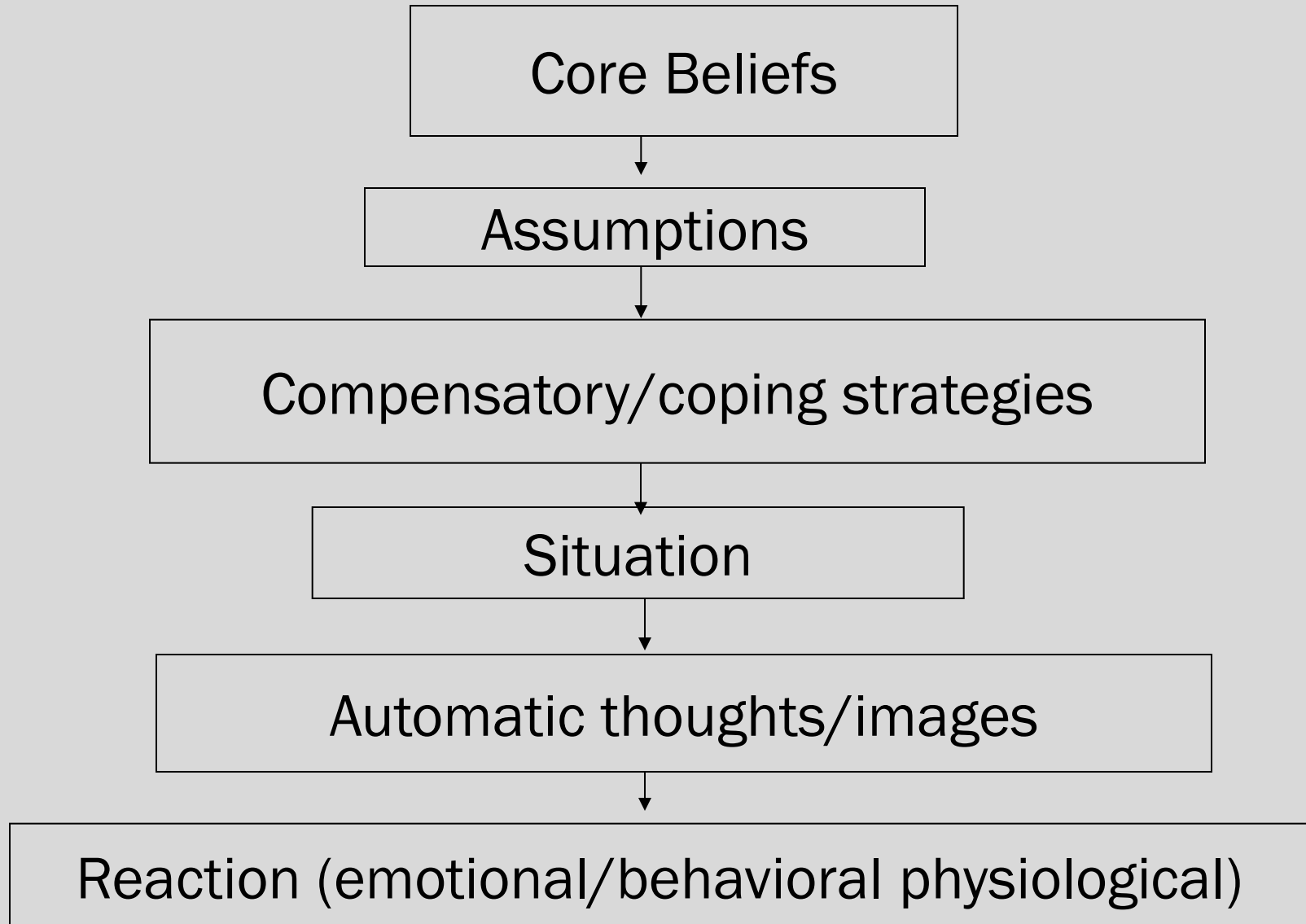
- **Approach-approach:** We want two different things that we like both of (that have "positive valences," in Lewin's terms.
- **Avoidance-avoidance:** We have to pick one or the other alternative, but dislike both. (both have "negative valences."
- **Approach-avoidance:** We can either have, or subject ourselves to, one thing that has both positive and negative qualities.
- **Double approach-avoidance:** We must choose between two things that each have both positive and negative qualities.

Action Research: The research needed for **social practice** can best be characterized as research for **social management or social engineering**.



Retrospect & Prospect of Hostel Life Through Participatory Action Research, Singh, (2008)

The Cognitive Model



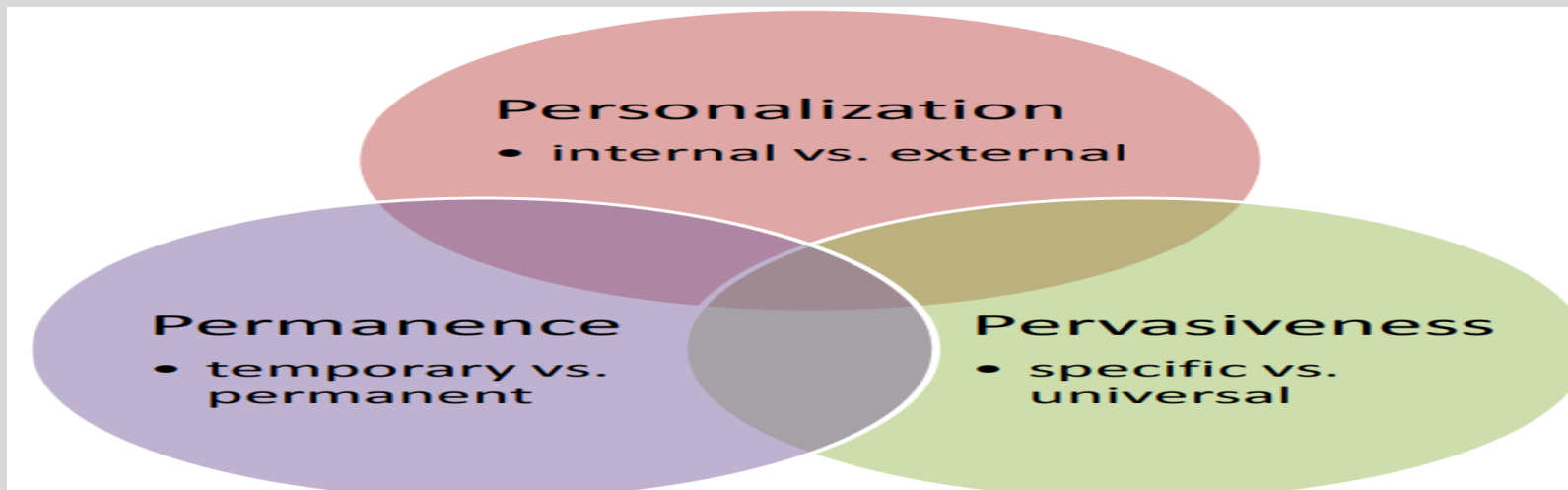
2. George Kelly's Personal construct Theory (1905-1967)

- Man -the -scientist perspective
- Personal constructs (hypotheses) : A construct is a way in which some things are alike and yet different from others
- This implies that people engage in continuous extension, refinement, and revision of their systems of meaning as they meet with events that challenge, or invalidate their assumptions, prompting their personal theories toward greater adequacy.
- Disorders- faulty construct systems
- Difficulty in new situation- lack of appropriate constructs (anxiety)
- Features of situations → Cognitive affective system → Behaviors
- **Schemas:** these are hypothetical cognitive structures that help us perceive, organize, and use information to help simplify and categorize new information.
- A schema is a cognitive framework or concept that helps **organize and interpret information**. Simply put, a schema describes **patterns of thinking and behavior that people use to interpret the world**.
- Self-Schemas

Relevant studies

- **Gender schema theory:** It is a cognitively based theory that uses an information processing approach to explain how gender development occurs. (e.g. for categorizing gender wise, “Own sex schema”)
- **Self-Schemas:** Cognitive representation of self
- **Emotional memories**
- **Cognition and Depression- Depressive schemas**
- **Attributional style:** "A locus of control orientation is a belief about whether the outcomes of our actions are contingent on what we do (**internal control orientation**) or on events outside our personal control (**external control orientation**)." (Zimbardo, 1985, p. 275)
- **Dispositional vs. Situational or internal vs. external locus of control**
OR
- way of attributing **negative outcomes** – to **internal, stable and global** causes vs. way of attributing **negative outcomes** – to **external, unstable and specific** causes.

Attribution Theory

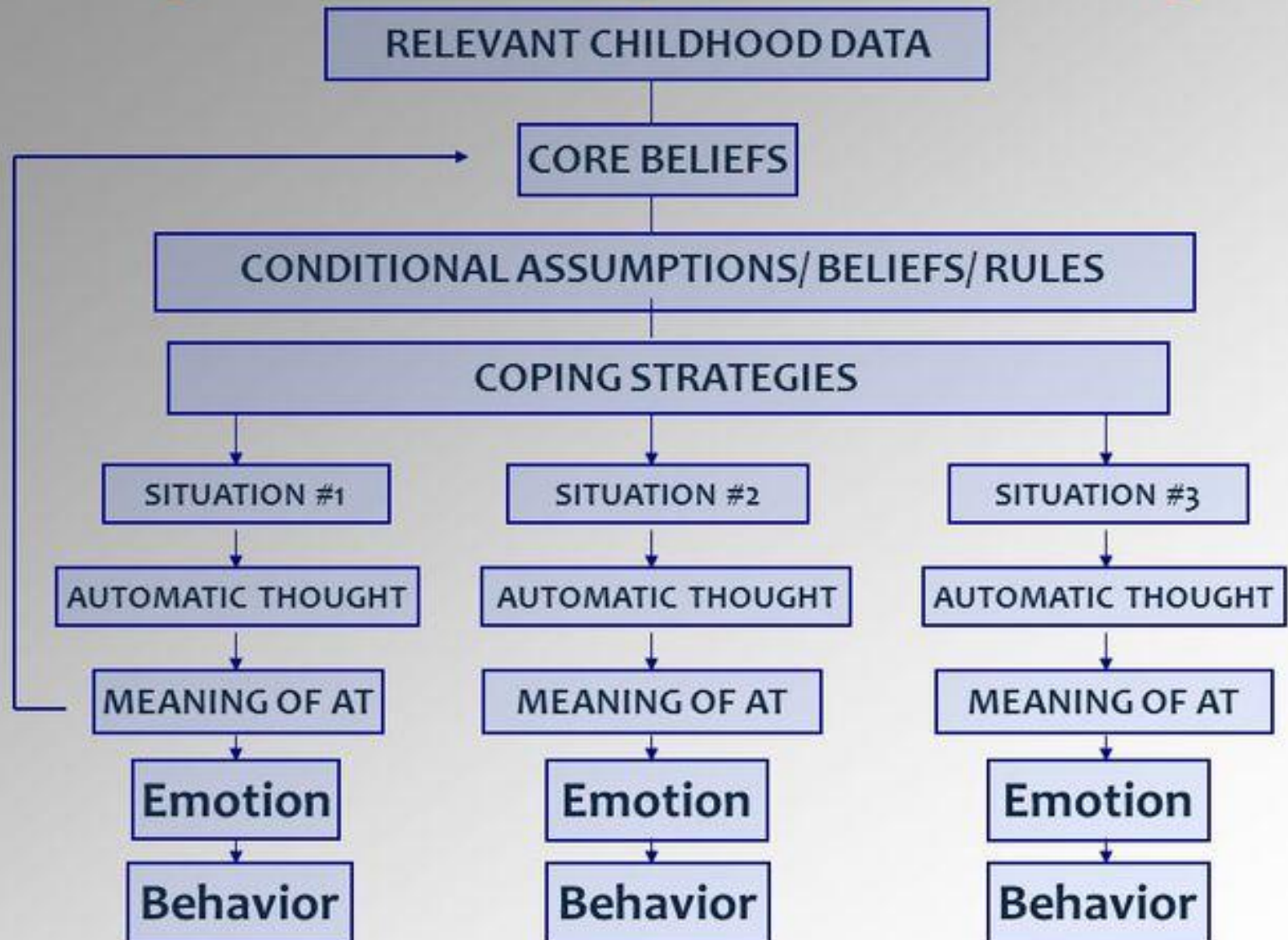


Cognitive Therapy

- Cognitive therapists assume that **distorted, undeveloped ideas** prevent people from establishing effective coping behaviors
- Cognitive therapy focuses on **changing client behavior by changing the person's thoughts or perceptions**
- Cognitive therapy is derived from three propositions
 1. Based on the theory that a person's affect and behavior are largely determined by the way in which he cognitively structures and interprets the world (**cognitive schemata developed from previous experience**).
 2. When faced with any situation, we respond with certain **immediate interpretations (called automatic thoughts)** which are highly influenced by our underlying or hidden beliefs or assumptions.
 3. **Automatic thoughts — Emotions — Behaviour**

- Cognitive activity **affects behavior.**
- Cognitive activity **can be monitored.**
- Behavior can be changed by **altering cognitive patterns.**
- To identify and correct **cognitive distortions (automatic thoughts and underlying beliefs) and maladaptive behaviors** that result from them through a combination of verbal and behavior modification techniques.
- Cognitive therapy is also known as ***cognitive restructuring.***
- Cognitive therapy is effective for people who have attached **narrow or inappropriate labels to certain behaviors or situations.**

Cognitive Conceptualization Diagram



A- Cognitive (verbal) techniques

- 1- **Identify and test automatic thoughts**, i.e., test their rationality as hypotheses rather than facts.
- 2- Identify and test the **underlying assumptions or core beliefs**.
- 3- Correcting **the distorted cognitions and replacing them with positive and more adaptive cognitive habits**.
- 4- Rehearsal of the **new cognitive and behavioral responses**.

B- Behavioral Techniques:

- 1- Activity scheduling.
- 2- Graded task assignment (e.g., graded social activity to correct social withdrawal).
- 3- Rehearsal of new behavior.
- 4- Rating of progress in the amount of **mastery and pleasure**.
- 5- **Diversion techniques**: e.g., physical activity and exercise, work, social contact.

Cognitive therapies

➤ Rational-emotive Therapy (RET) By

Albert Ellis (1987,95,2004)



➤ Self Defeating beliefs

➤ A-activating experiences-B-Client irrational & unrealistic beliefs-C-emotional consequences

➤ Self instructional training/ counselor

➤ Beck's Cognitive Behavior (Aaron Beck 1991): Therapy For Depression

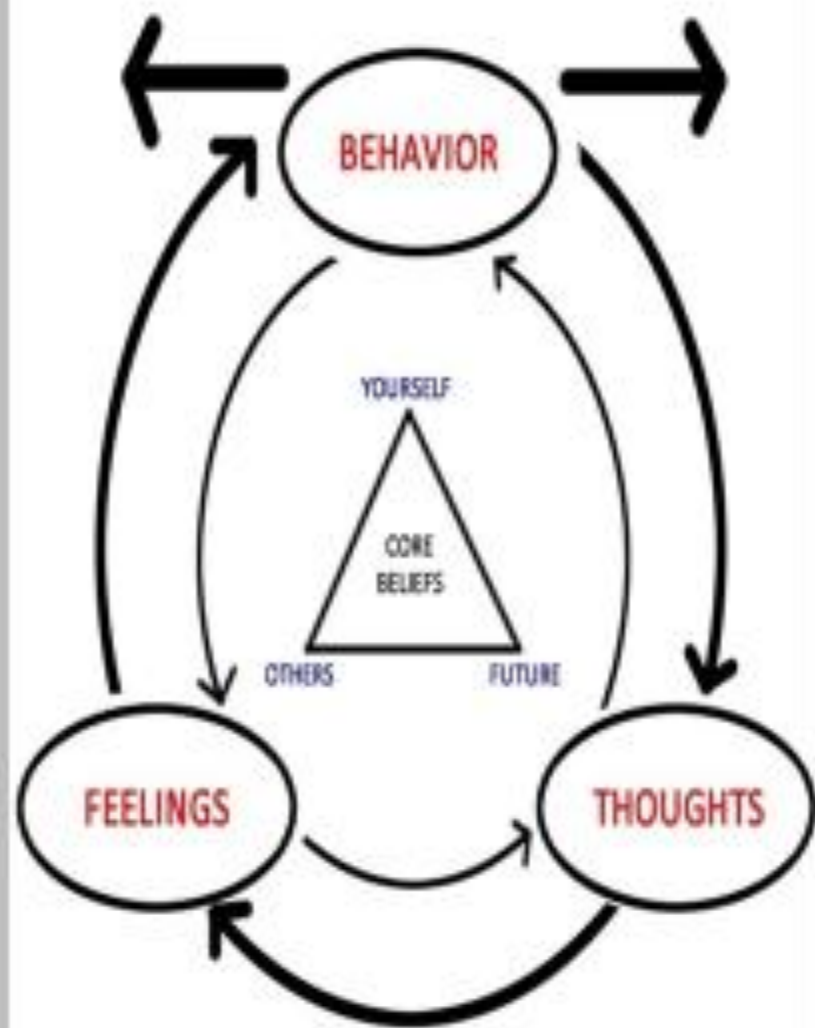
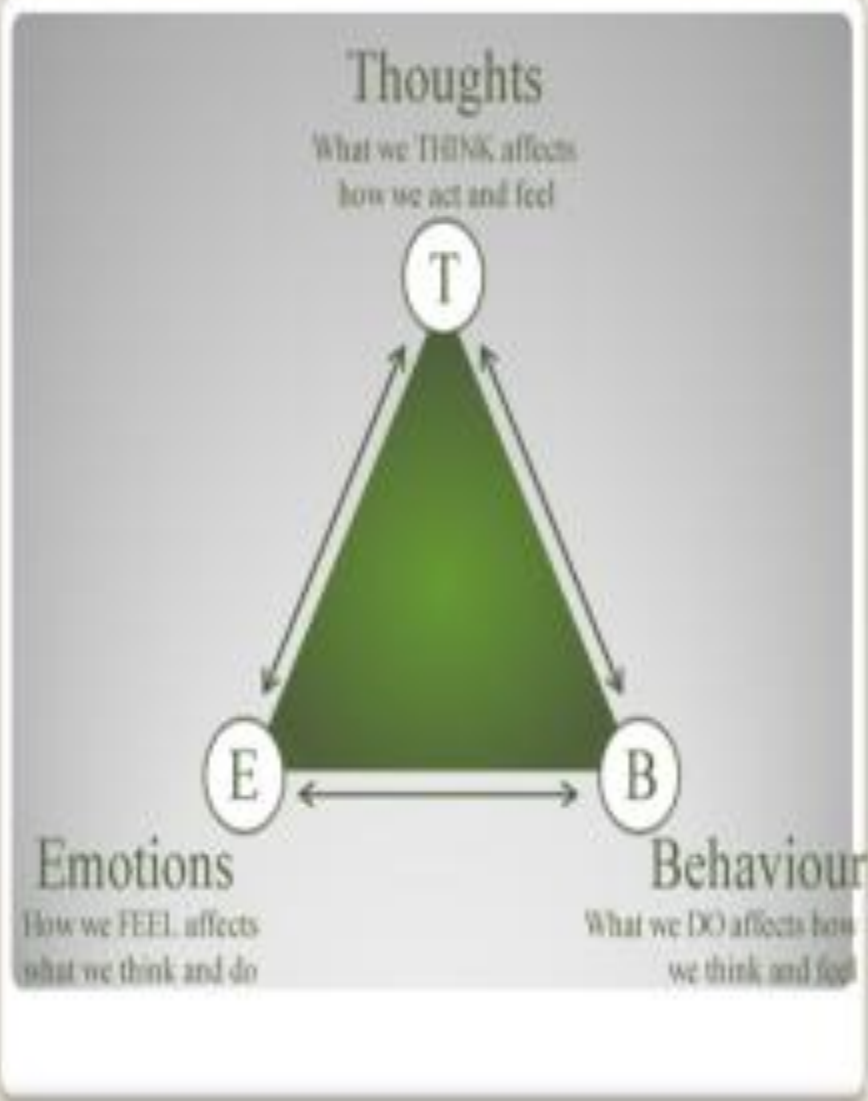


➤ Cognitive therapy changes the pessimistic ideas, unrealistic expectations, and overly critical self evaluations that create depression and sustain it.

➤ Faulty attribution style

➤ Selective perception

➤ Overgeneralization



Rational Emotive Therapy

- The best-known cognitive therapy is rational emotive therapy
 - It emphasizes the importance of logical and rational thought processes.
- Ellis assumed abnormal behavior is caused by faulty and irrational thinking patterns.
 - A major goal is to help people examine past events that produce irrational beliefs.
 - Clients adopt different behavior patterns based on more rational thought processes.
 - Research supports the effectiveness of the approach.

- Ellis` s Rational-Emotive Behavior Therapy (REBT):
- A philosophical approach: “People are not disturbed by things, but by the **view they take of them.**”--- Perceived things/ world.
- Core principle of “**demanding**” or “**should and must.**”
- Move people from “**demanding**” to **preferring.**
- Directly **challenging client’s beliefs.**
- Ellis used an "ABCDE" mnemonic or memory system to **teach the basics of rational-emotive** behavior therapy:

A = Activating event

B = Belief system

C = Emotional Consequences of A and B

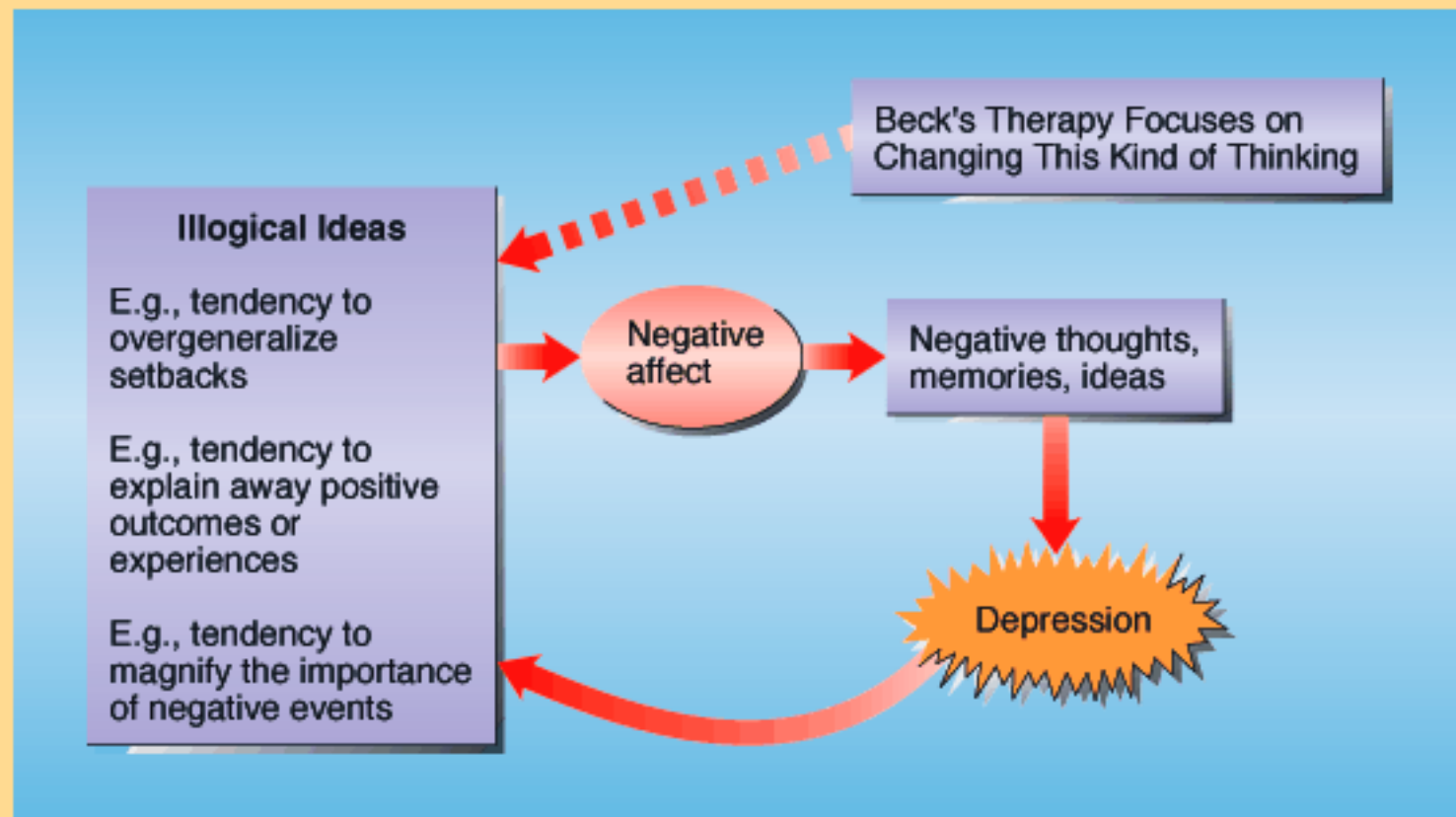
D = Disputing irrational thoughts and beliefs.

E = Cognitive and Emotional effects of revised beliefs

Debate: **Intelligence vs. Emotional Intelligence**

- **A: Activating Event** (something happens to or around someone)
- **B: Belief** (the event causes someone to have a belief, either rational or irrational)
- **C: Consequence** (the belief leads to a consequence, with rational beliefs leading to healthy consequences and irrational beliefs leading to unhealthy consequences)
- **D: Disputation** (if one has held an irrational belief which has caused unhealthy consequences, they must dispute that belief and turn it into a rational belief)
- **E: New Effect** (the disputation has turned the irrational belief into a rational belief, and the person now has healthier consequences of their belief as a result)

► Beck's Cognitive Behavior Therapy



Beck's cognitive behavior therapy is designed to change cognitive tendencies (e.g., distorted thinking) that contribute to depression. Such patterns of thought often produce negative affect (mood), which then increases the likelihood of further negative thoughts. Cognitive behavior therapy attempts to break this cycle.

Copyright © by Allyn & Bacon

Beck's Approach

- Aaron Beck developed another cognitive therapy
- Beck assumes depression is caused by **people's distorted thoughts about reality**
- These lead to **negative views of the world, the self, and the future.**
- A goal of Beck's therapy is to help people develop **realistic appraisals of situations.**
 - ✓ The therapist acts as **a trainer and co-investigator**
 - ✓ **Providing data to be examined.**
 - ✓ The therapist also **guides the client in understanding how cognitions influence behavior.**

Beck's Approach

Beck says a successful client passes through **four stages in moving toward mental health**

1 First the client becomes **aware of her/his thoughts.**

2. The client recognizes **what thoughts are awry (inappropriate).**

3. **Accurate judgments** then need to be substituted for inaccurate ones.

4. Finally, the client needs **feedback as to whether the changes are correct**

(e.g. a Psychiatrist vs. a counsellor/clinical therapist role)

Imp. Points:

1- **Duration:** Short-term and time limited, usually 15-20 sessions, over 3 months

2- **Therapist role:** Active, directive, understanding and empathic

3- **Focused on:**

- a. Conscious aspects of experience and behavior.
- b. Current (here and now) problems.

4- **Structured:**

- a. Problems and goals operationally defined.
- b. Agenda prepared for each session.

5- **Format:** Usually individual but can be used in other formats

The 8 Types of Cognitive Behavior Therapy

- **Cognitive Therapy** is one of the earliest therapies to be considered CBT. It focuses on identifying and changing the **unhelpful or distorted thinking patterns commonly experienced by individuals suffering from depression.**
- **Dialectical Behavior Therapy (DBT)** was developed by Dr. Marsha Linehan and is heavily based on CBT with one exception: it highlights **validating or accepting uncomfortable thoughts, feelings, and behaviors instead of fighting them-** mindfulness. --- **Next slide**
- **Acceptance and Commitment Therapy (ACT):** The central premise of ACT is that people's thoughts and feelings are affected by events, the people around them, and their environment.
- ACT focuses on **increasing tolerance for emotional pain**, especially when avoiding pain prevents one from living a fulfilling and meaningful life.
- ACT promotes alternative **ways to cope with and relate to emotional pain while clarifying a person's values.**
- Techniques from ACT help individuals get “**unstuck**” **from their emotions** so they can pursue more value-consistent actions.- **Next slide -2**

ACCEPTANCE

Mindfulness

Non-judgemental awareness of the present moment, including thoughts and emotions

Emotion regulation

Changing unwanted emotions, reducing vulnerability to emotions

Distress tolerance

Learning to tolerate emotions in a crisis situation without making things worse

Interpersonal effectiveness

Improving and maintaining relationships and self-respect

CHANGE

Dialectical Behavior Therapy

Definition

Dialectical Behavior Therapy (DBT) is a therapy method focused on emotional regulation, mindfulness, and interpersonal skills, primarily used for borderline personality disorder and emotional challenges.

Advantages

- Evidence-Based
- Reduction in Harmful Behaviors
- Holistic Approach
- Versatility
- Enhanced Self-awareness

Conditions Treated

- Depression
- Bipolar Disorder
- Substance Use Disorders
- PTSD
- Eating Disorders
- Anxiety Disorders
- ADHD
- Self-Harm and Suicidal Behaviors



Benefits: Feel less stuck in **unhelpful thoughts and behaviors** that block you from reaching your goals.

- **Lessen the stress and frustration you feel** about things and situations in your life you don't like and wish were different
- Listen less to and **learn to ignore the negative, critical voice in your head**
- **Change the dynamics of your relationship with yourself**
- **Realize what and who are most important to you and align your time, energy, and effort towards those things and people.**

<https://www.healthandhealingtherapy.com/mental-health/approach/acceptance-commitment-therapy/>

- **Motivational Interviewing (MI)** is an evidence-based approach that is directive and goal-directed. MI recognizes that people start therapy with varying levels of commitment and willingness to change.
- **Rational Emotive Behavior Therapy (Albert Ellis-REBT)** involves identifying irrational beliefs, actively challenging these beliefs, and recognizing and changing maladaptive thought patterns.
- **Mindfulness-Based Stress Reduction (MBSR):** MBSR utilizes the principles of mindfulness meditation to manage stress and related symptoms.
- **Mindfulness-Based Cognitive Therapy (MBCT).** The goal is to help people make healthy choices with each new day and improve life on a moment-to-moment basis. . — Next slide
- **Exposure Therapy.** Exposure therapy is a type of cognitive-behavioral treatment most frequently used to treat OCD, PTSD, and phobias.
- **Identify anxiety triggers— learn relaxation techniques to manage anxiety- -induced distress/ anxiety — use relaxing technique**
<https://washington-psychwellness.com/therapy/8-types-of-cognitive-behavior-therapy/>

MBCT

Mindfulness-Based Cognitive Therapy

- Prevents depressive relapse
- Treats depression/anxiety
- Enhances awareness of negative states, builds self-care
- Uses mindfulness and CBT exercises to shift unhelpful attitudes
- Explores patterns of thinking, emotion and behaviour
- Emphasizes choice in responding to distress
- Develops skills: what to do when low moods and anxiety arise

MBSR

Mindfulness-Based Stress Reduction

- For the general population: acute or chronic stress (e.g. pain, grief, work, illness, etc.)
- Examines the effects of chronic stress
- Uses mindfulness to teach healthy responses
- Reduces avoidance and maladaptive coping skills
- Emphasizes waking up to being present
- Develops skills: what to do when stress arises

Mindful awareness is the foundation for both programs

- Paying attention to experience, thoughts, emotion and the body are central for mindfulness skills
 - 8-week structure
 - 2.5 hours per session
 - 1-day silent retreat
 - Group format with home practice exercises
 - Debriefing practices to increase wellness
 - Sessions include: meditation, informal practice and mindful movement

- Dalai Lama - Conquer your "self"
<http://www.youtube.com/watch?v=J2UoTFF3uJU>
- <http://www.youtube.com/watch?v=OvgtwMCalcU>
- <http://www.sonoma.edu/users/d/daniels/lewinnotes.html>
- <http://www.pcp-net.org/encyclopaedia/pc-theory.html>

THANK YOU