COGNITIVE THERAPY

• RATIONAL EMOTIVE BEHAVIOUR THERAPY
  • DEVELOPED BY ALBERT ELLIS (1977)
  • AIM – TO SHOW PEOPLE THAT THE CAUSE OF THEIR DISTRESS AND BEHAVIOUR IS THEIR FAULTY (IRRATIONAL) THOUGHT PROCESS
  • USED TO TREAT ANXIETY DISORDERS, DEPRESSION AND ANGER MANAGEMENT
  • TWO TYPES OF THOUGHTS RATIONAL AND IRRATIONAL
  • TYPES OF IRRATIONAL BELIEFS CHALLENGED BY RET: MUSTERBATION, I-CANT-STAND-IT-IT-IS AND UTOPIANISM
  • ELLIS A-B-C MODEL:
    • A – ACTIVATING EVENT
    • B- BELIEFS ABOUT EVENT (RATIONAL OR IRRATIONAL)
    • C- CONSEQUENCES (EMOTIONAL & BEHAVIOURAL)
  • APPLICATION: THERPAIST FOCUSES ON CURRENT FAULTY THOUGHTS RATHER THAN PAST EVENTS. THIS HELPS THE CLIENT TO DISCOVER THEIR IRRATIONAL BELIEFS AND DISCUSS THEM. THE THERAPIST WILL DIRECTLY CHALLENGE THOUSE BELIEFS. THE THERAPIST USES TECHNIQUES LIKE IMAGERY AND ASKING CLIENTS TO KEEP DIARIES IN OTER TO CHALLENGE THE IRRATIONAL BELIEFS. THE FAULTY BELIEFS ARE THEN CHANGED OR REPLACED WITH RATIONAL ONES
  • RESEARCH: ENGELS (1993) CARRIED OUT META-ANALYSIS OF 31 OUTCOME STUDIES AND CONCLUDED REBT WAS MOST EFFECTIVE FOR ANXIETY
PSYCHODYNAMIC ASSUMPTION 2

• BEHAVIOUR IS INFLUENCED BY CHILDHOOD EXPERIENCES

  • FREUD SAID THERE WAS A CLOSE CONNECTION BETWEEN CHILDHOOD EXPERIENCES AND ADULT FUNCTIONING

  • FREUD SAID CHILDHOOD DEVELOPMENT WAS THROUGH 3 STAGES ORAL, ANAL AND PHALLIC
PSYCHODYNAMIC WEAKNESS

WEAKNESS 1 - UNFALSIFIABLE
- We cannot prove whether it is true or false as we cannot see what a person is thinking in their mind to judge whether it is true or false

WEAKNESS 2 - DETERMINIST
- Said to be determined by unconscious conflicts / childhood
- Have lack of free will
BEHAVIOURIST ASSUMPTION 2

BEHAVIOUR IS LEARNT THROUGH OPERANT CONDITIONING (O.C)

• LEARN THAT BEHAVIOURS PROVIDE POSITIVE CONSEQUENCES SUCH AS REWARDS OR NEGATIVE CONSEQUENCES SUCH AS PUNISHMENTS.

• FOR EXAMPLE SKINNER FOUND THAT WHEN RATS WERE REWARDED FOR PRESSING A LEVER THE RATS INCREASED LEVER PRESSING BEHAVIOUR

• THE FOOD PELLET REINFORCED THE BEHAVIOUR AND INCREASED THE PROBABILITY THAT BEHAVIOUR WILL BE SHOWN AGAIN.
BIOLOGICAL STRENGTHS

• STRENGTH 1 – SCIENTIFIC
  CAN BE EASILY REPLICATED TO GAIN A LARGER BODY OF EVIDENCE
  BIOLOGICAL CONCEPTS

• STRENGTH 2 – SUCCESSFUL APPLICATIONS
  • PSYCHOSURGERY USED TO REMOVE / REDUCE SYMPTOMS OF OCD AND DEPRESSION
  • STRESS MANAGEMENT