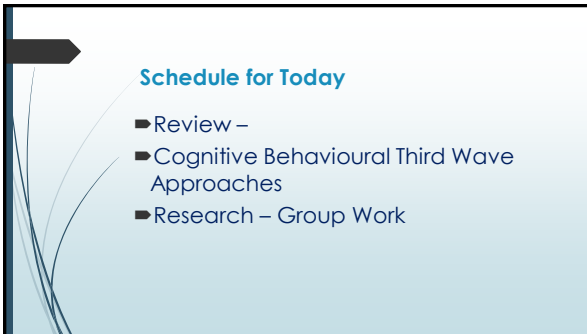




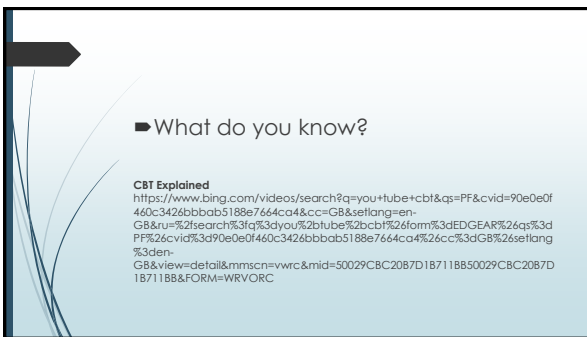
Postmodernism Counselling Theories

Week 8: Cognitive Behavioural Therapy
"Third Wave approaches"



Schedule for Today

- Review –
- Cognitive Behavioural Third Wave Approaches
- Research – Group Work



► What do you know?

CBT Explained
<https://www.bing.com/videos/search?q=youtu.be+cbt&qs=PF&cvid=90e0e0f460c3426bbbab5188e7664ca4&cc=G8&setlang=en-GB&u=%2Fsearch%3Fq%3Dyoutu.be%2Fcbt%26form%3dEDGEAR%26qs%3dPF%26cvid%3d90e0e0f460c3426bbbab5188e7664ca4%26cc%3dGB%26setlang%3den-GB&view=detail&mmscn=vwrc&mid=50029CBC2087D1B711B850029CBC2087D1B711B8&FORM=WRVORC>

Cognitive Behavioural Therapy/Cognitive Behavioural Counselling



- 'Waves' of CBT
- Second Wave – NICE GUIDELINES, IAPT
- **Third Wave** – Acceptance and Commitment Therapy; Dialectical Behaviour Therapy; Metacognitive Therapy and Mindfulness-Based Cognitive Therapy
- Difference between CBC and CBT

Origins of Behaviour Therapy - Behaviourism

- Pavlov – conditioning
- Skinner – Operant Conditioning

Aaron T. Beck and Albert Ellis

Albert Ellis

- Developed a comprehensive cognitive model of psychopathology



Aaron T. Beck

- Developed Behaviour therapy and eventually merged CT and BT



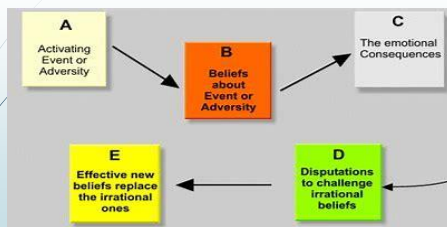
Review of REBT View of Human Nature

- People are born with the potential for rational or irrational thinking.
- People want happiness and want to self-actualise however, we are also predisposed towards self-blame, repetition towards past mistakes and avoidance of self-actualisation.
- At birth we have the capability to work towards human growth and we have the choice to change our behaviour.
- We defeat ourselves due to self-sabotaging behaviours.

Maladaptive Behaviour

- We learn our irrational thoughts from others during childhood
- Three basic musts (11 irrational beliefs)
- Mental disorders are caused by the irrational beliefs that are continuously being thought and believed
- Albert Ellis
<https://www.youtube.com/watch?v=odnoF8V3g6g>

A-B-C FRAMEWORK



The Emergence of Cognitive Therapy

- Aaron T. Beck
- Depression and other psychological disorders developed through faulty cognitions. Through corrective actions these faulty cognitions can be altered.
- During the mid 1960s Beck became familiar with Behaviour Therapy and started to incorporate some aspects of the work within his theory.
- He suggested that the way in which an individual viewed the world would have an impact on their cognitions, their beliefs about themselves.

Beck's work on Depression

- For the early part of his career at least, Beck worked with clients who had depression. •
- Beck's Depression Inventory (BDI) – 21 question multi-choice questionnaire
- Still being used today. The BDI II can be used with adults and young people, from the age of 13 to assess the symptoms and levels of depression

The merging of Behaviour Therapy and Cognitive Therapy

- Cognitive psychology was developing
- Behaviourism did not allow for the exploration of the patient's anxiety
- There was a need to find a therapy that would work with depressed clients.
- Clark's cognitive theory of panic disorder
- Mid 1980s – Salkovskis
- Empirical evidence continued to be importance within the merging of the theories

Third Wave

- **"Third wave"** cognitive behavioural therapies are a group of emerging approaches to psychotherapy that represent an evolution and extension of traditional cognitive behavioural treatment approaches.
- **Third wave** therapies prioritize the holistic promotion of psychological and behavioural processes associated with health and well-being over the reduction or elimination of psychological and emotional symptoms, although that typically is a "side-benefit."
- **Concepts** such as metacognition, acceptance, mindfulness, personal values, and spirituality are frequently incorporated into what might otherwise be considered traditional behavioural interventions.

<https://moodle.uwtsd.ac.uk/course/view.php?id=2528¬ifieditingon=1>

Third Wave Approaches

- Acceptance Commitment Therapy (ACT)
- Dialectical Behavioural Therapy (DBT)
- Mindfulness Based Cognitive Therapy (MBCT)
- Meta Cognition Therapy (MCT)
- Compassionate - Focused Therapy (CFT)

ACCEPTANCE AND COMMITMENT THERAPY (ACT)

- ACT is a behaviourally-oriented therapeutic approach that aims to modify how a person relates and responds to their internal experiences (i.e., thoughts, emotions, physical sensations, and urges) in order to more fully engage in values-based behaviours.

DIALECTICAL BEHAVIOR THERAPY (DBT)

- DBT is a form of cognitive-behavioral therapy effective in treating intense emotional reactions and relationship difficulties.

Mindfulness Based Cognitive Therapy

- Through the practice and application of meditation people learn to cultivate a more mindful approach to experiencing difficult thoughts and emotions in order to develop healthier behavioural patterns.

Metacognitive therapy

- Metacognitive therapy shares similarities with the more traditional Cognitive Therapy, but rather than focusing on the *content* of thought the emphasis is on exploring a person's thoughts and beliefs surrounding the content of their thoughts (i.e., metacognitions).

Compassionate - Focused Therapy (CFT)

- Compassion-focused therapy (CFT) is a kind of psychotherapy designed to help those who suffer from high levels of self-criticism and shame. It helps you to learn how to feel kinder towards yourself and others, and to feel safe and capable in a world that can seem overwhelming.

NEXT WEEK

- **NO Postmodern Class – November 28th**
- December 5th (9:30-11:30) Careers, Counselling & Employability Workshop Mark Thomas
- December 5th (12-3pm) Review, Presentation Skills and Presentation DATES/Schedule
- December 12th 1-3pm Review/Tutorial Session

Group Work

- What is the approach
- Critical Research/efficacy
- Postmodernism Perspective
- What else?
