



CBT and New Cognitive Therapies

Current Trends

1

Schedule and Aims

- o Discussion on the CBT Podcast
- o Review of CBT Worksheets
- o Journal Article - Exercise
- o Moving Towards New Cognitive Approaches



2

DISCUSSION OF
CBT
PODCAST
(BABCP)



3

Myths of CBT (Sarah Corrie & Lucy Maddox)

CBT is just positive thinking.

CBT relies on techniques but forgets the person.

CBT does not deal with feelings.

CBT does not address the real causes of distress.

CBT isn't interested in people's pasts.

CBT is a single psychotherapy.

CBT is simple.

CBT works for everything.

4

Reviewing – CBT Worksheets



5

Exercise Writing a Critical Journal Review

Introduction

Summary

Critique

Conclusion / Recommendations

6

Next Week

- Overview of the New Cognitive Therapies “Third Wave”
- Mindfulness Based Approaches


