

Introduction to Cognitive Behavioural Theory



Names associated with Cognitive Behavioural Therapy

1. Epictetus, Greek philosopher. Observed that people are not disturbed by things that happen but by the *view* they take of things that happen.
2. Albert Ellis
3. Aaron Beck

Characteristics of Cognitive-Behavioral Therapies:

1. Thoughts cause Feelings and Behaviours.
2. Brief and Time-Limited.
3. Emphasis placed on current behaviour.

4. CBT is a collaborative effort between the therapist and the client.

- **Client role** - define goals, express concerns, learn & implement learning
- **Therapist role** - help client define goals, listen, teach, encourage.

5. Teaches methods and the benefit of remaining calm or at least neutral when faced with difficult situations.

(If you are upset by your problems, you now have 2 problems:

1) the problem.

2) Being upset by the problem .

6. **Based on "rational thought."** - Fact not assumptions.
7. **CBT is structured and directive.** Based on the notion that maladaptive behaviours are the result of skill deficits.
8. **Based on** assumption that most emotional and behavioural reactions are learned. Therefore, the goal of therapy is to help clients *unlearn* their unwanted reactions and to learn a new way of reacting.
9. **Homework is a central feature of CBT.**



9. Rational Emotive Therapy aka Rational Emotive Behavioural Therapy

A form of cognitive-behavioural therapy in which somebody is encouraged to examine and change irrational thought patterns (irrational thinking) and beliefs in order to reduce dysfunctional behaviour.

- What is irrational thinking?
- What types of thinking are problematical for human beings?



10.The Self-Defeating Rules (Irrational Beliefs)

Ellis suggested that a small number of core beliefs underlie most unhelpful emotions and behaviours.. Here is a sample list :

1. I need love and approval from those around to me.
2. I must avoid disapproval from any source.
3. To be worthwhile as a person I must achieve success at whatever I do.

.

4. I can not allow myself to make mistakes.
5. People should always do the right thing.



6. Things must be the way I want them to be.
7. My unhappiness is caused by things that are outside my control – so there is nothing I can do to feel any better.
8. I must worry about things that could be dangerous, unpleasant or frightening – otherwise they might happen.
9. I must avoid life's difficulties, unpleasantness, and responsibilities.
10. Everyone needs to depend on someone stronger than themselves.

11. Two Types of Disturbance

Ego disturbance:

- emotional tension resulting from the perception that one's 'self' or personal worth is threatened .

Discomfort disturbance:

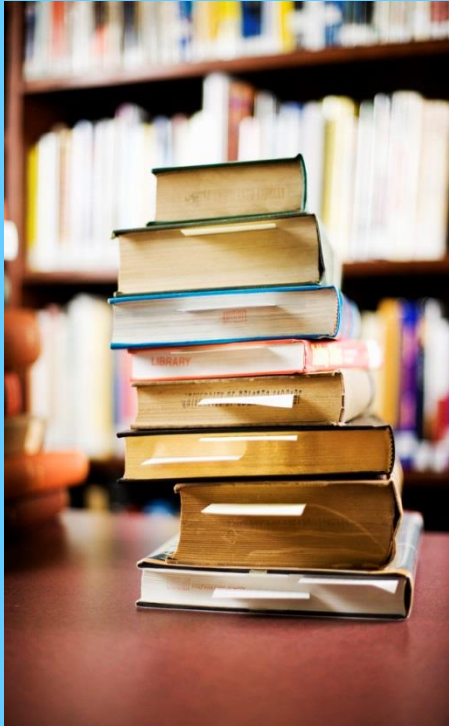
- results from demands about others
- e.g. 'People must treat me right'
- and about the world
- e.g. "The circumstances under which I live must be the way I want".

Catastrophising



HOMEWORK

Probably the most important REBT strategy is homework. This can include such activities as:



Reading

Self-help exercises

Experiential activities

Journaling

Thought Stopping

Intentional Reframing

Therapy sessions are really ‘training sessions’, between which the client tries out and uses what they have learned.

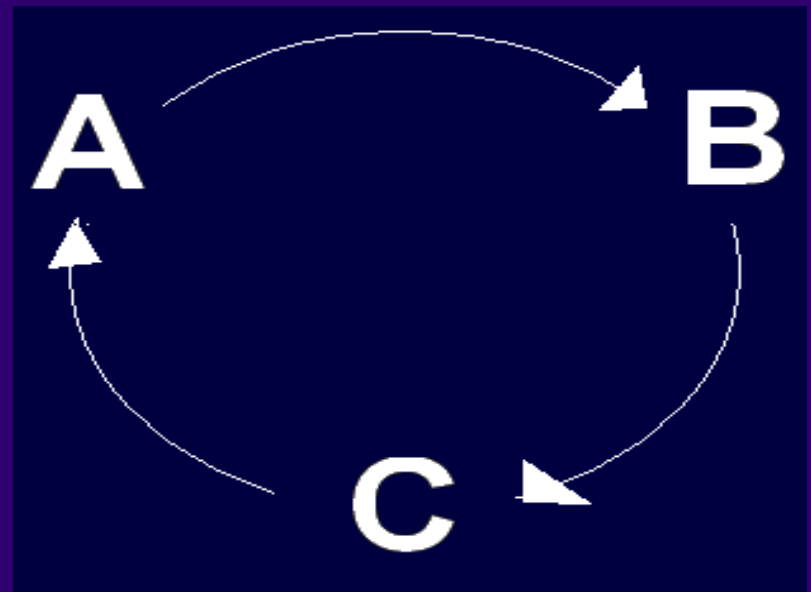
ABC's of REBT

A → B → C

A = Activating Event

B = Beliefs, Thoughts, Attitudes, Assumptions

C = Consequences, Feelings, Emotions,
Behaviours, Actions



Applications of REBT

- Depression
- Anxiety disorders, including obsessive-compulsive disorder, agoraphobia, specific phobias, generalised anxiety, posttraumatic stress disorder, etc.



- Eating disorders, addictions, impulse control disorders

- Anger management, antisocial behaviour, personality disorders
- Sexual abuse recovery
- Adjustment to chronic health problem, physical disability, or mental disorder

CBT effective for use with

- Self / Personal Growth
- Individual Clients
- Groups
- Marriage / relationships
- Family
- Workplace
- Varying Intellectual ability/learning impairments



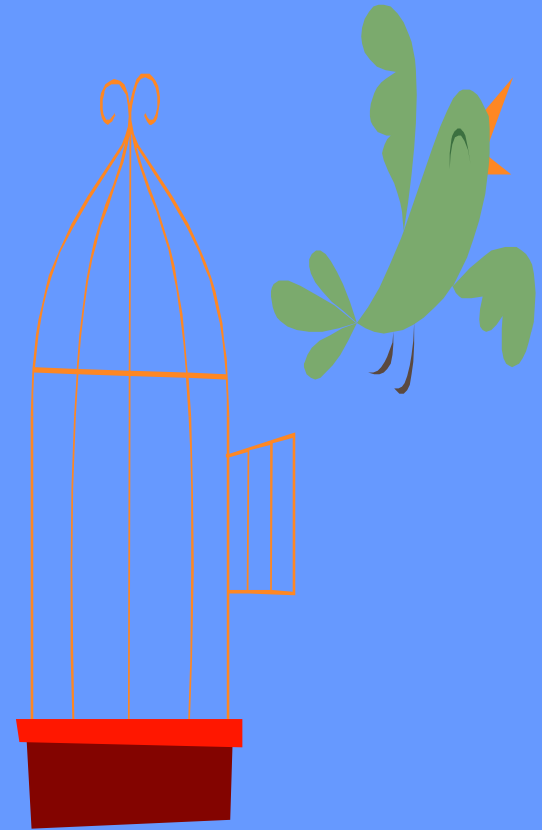
Principles of REBT

The basic aim of REBT is to leave clients at the completion of therapy with

- The freedom to choose their emotions, behaviours and lifestyle
- A method of self-observation and personal change that will help them maintain their gains.
- Realistic thoughts, emotions, and behaviours that are in proportion to the events and circumstances an individual experiences.
- A ***Here and Now*** orientation.

Finally, the emphasis is on profound and lasting change in the underlying belief system of the client, rather than simply eliminating the presenting symptoms.

The client is left with self-help techniques that enable coping in the long-term future.



References / Resources / Bibliography

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