

TREATMENTS FROM THE COGNITIVE APPROACH: PART 2

TREATMENTS FROM THE COGNITIVE APPROACH



A number of successful treatments have been developed from the cognitive approach, some of which combine the cognitive approach with elements of the other approaches.



Cognitive Behavioural Therapy (CBT)



Rational Emotive Behavioural Therapy (REBT)



Acceptance and Commitment Therapy (ACT)



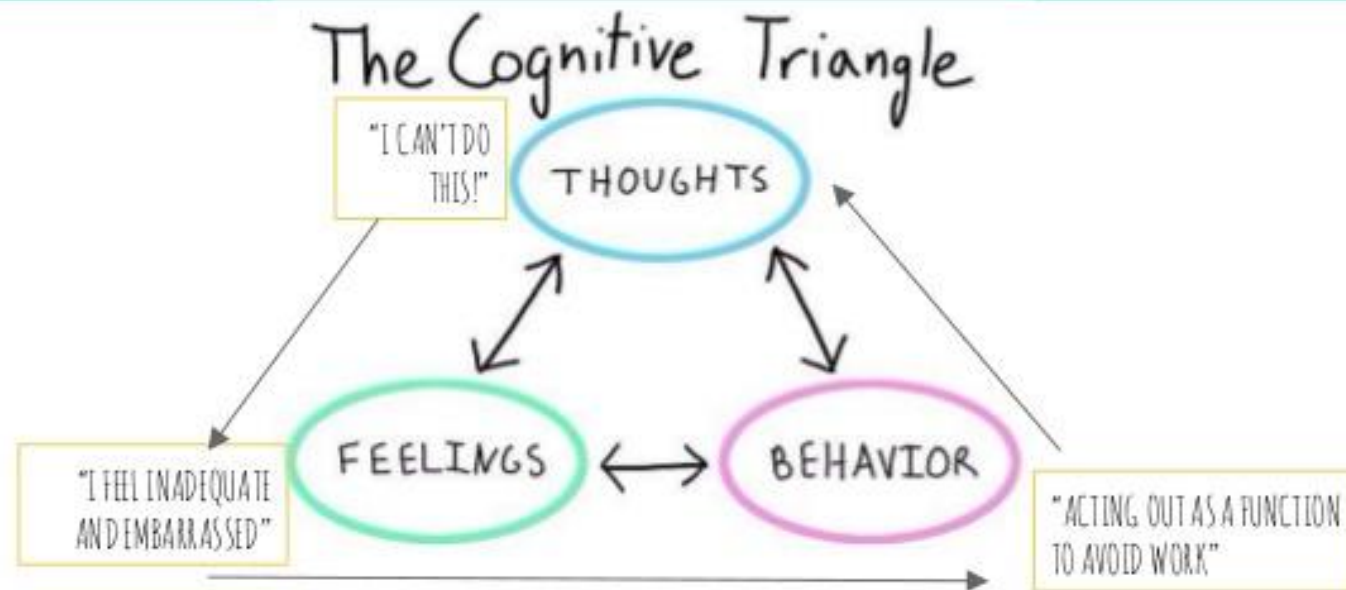
Mindfulness Based Cognitive Therapy (MBCT)



Dialectical Behavioural Therapy (DBT)

COGNITIVE BEHAVIOURAL THERAPY

THE CBT TRIANGLE



The cognitive triangle is cyclic in nature, and CBT is a way to stop the negative thought processing and increase self-efficacy!



Cognitive behavioural therapy is a common type of mental health counselling (psychotherapy). It emanated from **Cognitive Therapy**, which was pioneered by Professor Emeritus in psychiatry, **Aaron Beck**, during the 1960s.



The client/patient works with a mental health counsellor/psychotherapist in a structured way, **attending a limited number of sessions.**



By helping you become aware of inaccurate or negative thinking, **cognitive behavioural therapy allows you to view challenging situations more clearly** and respond accordingly.

COGNITIVE BEHAVIOURAL THERAPY (CBT)



Homework is essential to CBT in the form of activities, ratings or a thoughts diary for discussion at the next session.



Individuals are also given a `first aid kit`, a set of tools to use when required. These consist of the notes from therapy and a check list of events that are known to help lift an individuals mood.



A classic study (Hollon et al., 2005) demonstrates that not only is CBT effective in the short term, but has long term benefits too.



Moreover, Garrat et al. (2007) illustrates how depressogenic symptoms improve with CBT by comparing CBT with other treatment options.

CBT CONTINUED

THE APPLICATION OF COGNITIVE THERAPY FOR DEPRESSION



According to cognitive psychology, depression arises from negative views about oneself, the world and the future (internal, global and stable).



The goal of CBT is to provide an effective intervention for the treatment of a number of psychological disorders, in this example- depression (MDD).



Once the person has been assessed, treatment goals can be decided upon and agreed with the therapist.

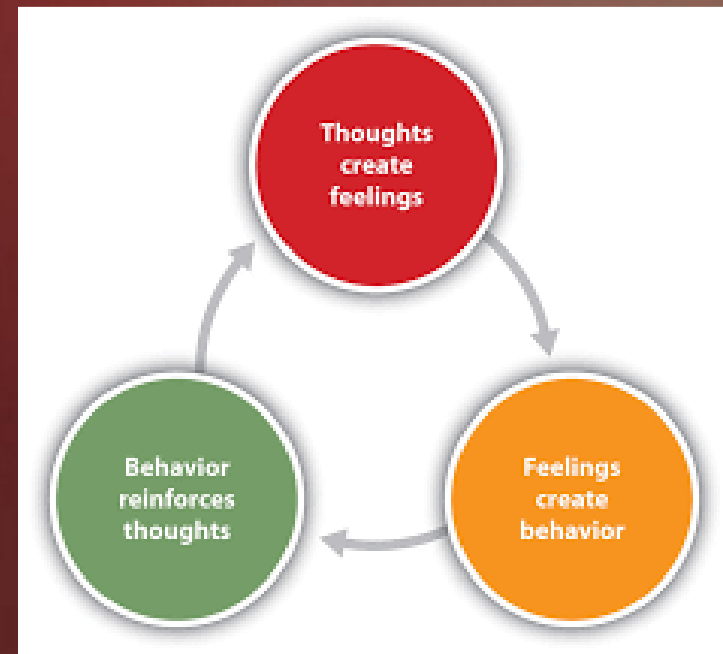
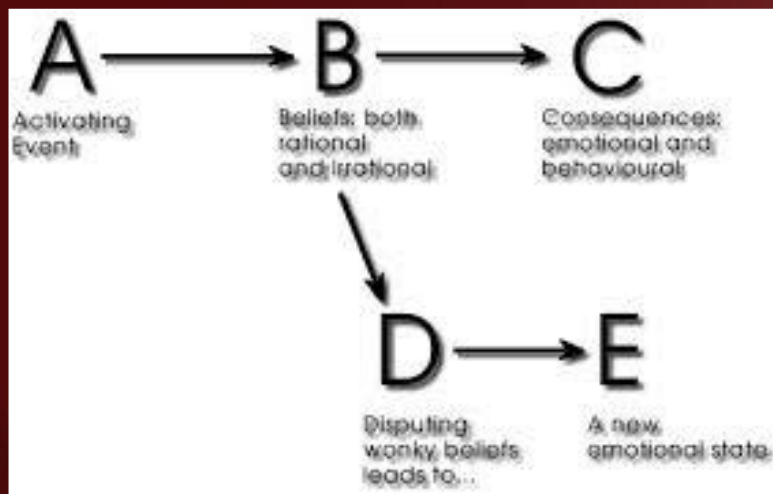
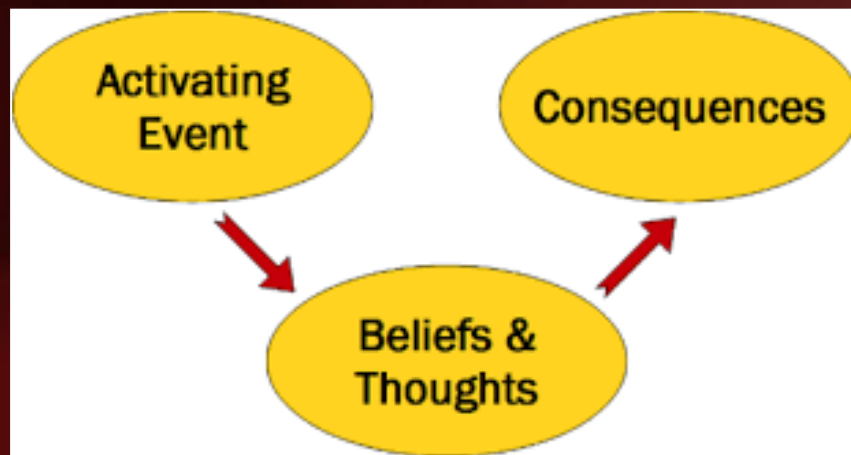


The first task is to loosen up some of these fixed beliefs in order to prompt the person into questioning the validity of these beliefs.



A second part of therapy is to initiate behavioural activation; giving the person an activity to achieve and rating their levels of enjoyment and mastery before and after.

THE ABC MODEL OF COGNITION (ELLIS, 1950`S) AND CBT OF BECK.



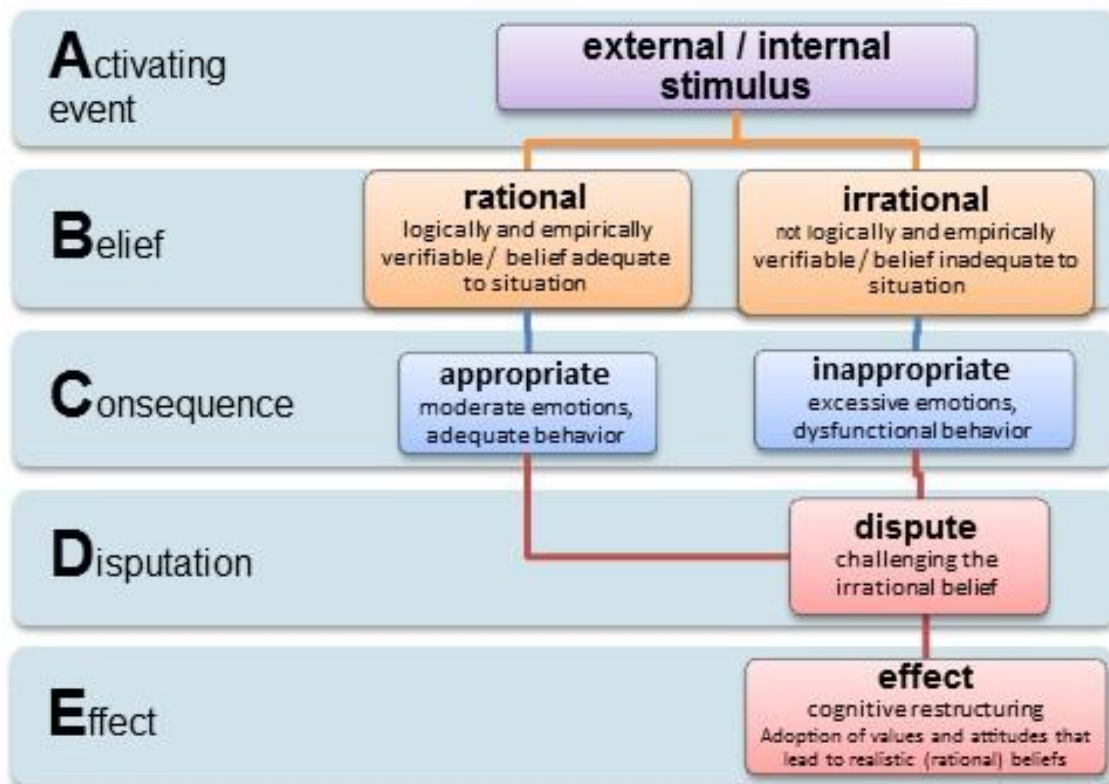
REBT is not just a set of techniques – it is also a comprehensive theory of human behaviour.

REBT proposes a 'biopsychosocial' explanation of causation – i.e. that a combination of biological, psychological, and social factors are involved in the way humans feel and behave.

The most basic premise of REBT is that almost all human emotions and behaviours are the result of what people think, assume or believe.

It is what people believe about the situations they face – not the situations themselves – that determines how they feel and behave.

RET AND REBT
(ELLIS, 1950'S
ONWARDS)



LATER ADDITIONS TO THE MODEL:

Later on a further two elements were added to the model, D and E:

D – disputing inaccurate beliefs

E – effective cognitive restructuring

A.1. Activating event
– Friend passed me in
the street without
acknowledging me.

A.2. Inferences about
what happened -
He's ignoring me. He
doesn't like me.

B. Beliefs about A -
I'm unacceptable as
a friend – so I must be
worthless as a person.
(Evaluation)

C. Reaction -
Emotions: depressed.
Behaviours: avoiding
people generally.

REBT, however, also argues that a person's biology also affects their feelings and behaviours – an important point, as it is a reminder to the therapist that there are limitations to how far a human being can change.

A person's belief system is seen to be a product of both biological inheritance and learning throughout life.

ACCEPTANCE AND COMMITMENT THERAPY

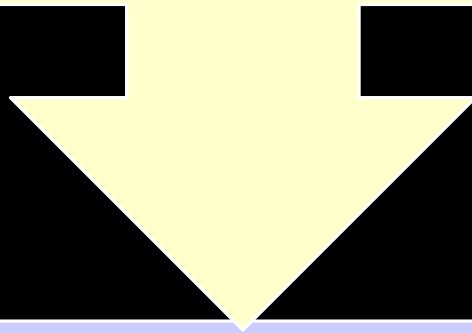


ACCEPTANCE AND COMMITMENT THERAPY

Acceptance and commitment therapy (ACT) is an action-oriented approach to psychotherapy that stems from traditional behaviour therapy and cognitive behavioural therapy.

Clients learn to stop avoiding, denying, and struggling with their inner emotions and, instead, accept that these deeper feelings are appropriate responses to certain situations that should not prevent them from moving forward in their lives.

With this understanding, clients begin to accept their issues and hardships and commit to making necessary changes in their behaviour, regardless of what is going on in their lives, and how they feel about it.



ACT has been used effectively to help treat workplace stress, test anxiety, social anxiety disorder, depression, obsessive-compulsive disorder, and psychosis.

It has also been used to help treat medical conditions such as chronic pain, substance abuse, and diabetes.

MINDFULNESS BASED COGNITIVE THERAPY

MINDFULNESS-BASED COGNITIVE THERAPY (MBCT) is designed to aid in preventing the relapse of depression, specifically in individuals with major depressive disorder (MDD).



MBCT uses

- ☐ traditional cognitive behavioural therapy (CBT) methods and
- ☐ mindfulness and mindfulness meditation



What is Mindfulness?

MINDFULNESS BASED COGNITIVE THERAPY

Mindfulness-Based Cognitive Therapy (MBCT) is a modified form of cognitive therapy that incorporates mindfulness practices such as meditation and breathing exercises.

Using these tools, MBCT therapists teach clients how to break away from negative thought patterns that can cause a downward spiral into a depressed state so they will be able to fight off depression before it takes hold.

MBCT was developed for people with recurring episodes of depression or unhappiness, to prevent relapse. It has been proven effective in patients with major depressive disorder who have experienced at least three episodes of depression.

Mindfulness-based relapse prevention may also be helpful for treating generalized anxiety disorders and addictions.

MBCT has also been shown to improve symptoms of depression in some people with physical health conditions, such as vascular disease and traumatic brain injury.

DIALECTICAL BEHAVIOURAL THERAPY

Dialectical Behavior Therapy

Mindfulness

Being focused and learning to live in the present moment.

Regulating Emotions

Reduce the intensity of emotional pain until the feelings pass.

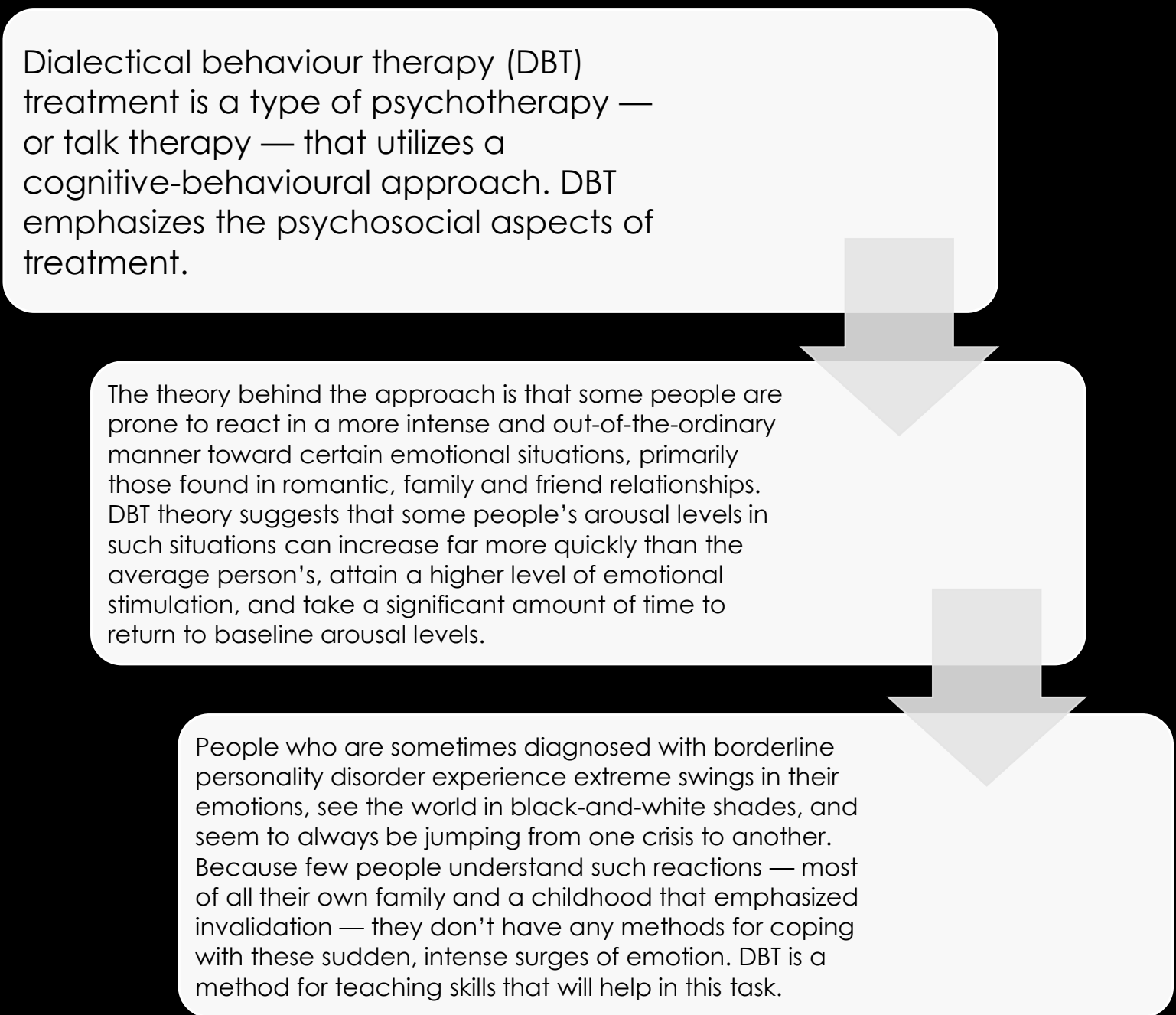
Distress Tolerance

Learn to defuse stressful or painful situations resulting in better health.

Interpersonal Effectiveness

Understand how to set boundaries and clearly express your needs.

Dialectical behaviour therapy (DBT) treatment is a type of psychotherapy — or talk therapy — that utilizes a cognitive-behavioural approach. DBT emphasizes the psychosocial aspects of treatment.



The theory behind the approach is that some people are prone to react in a more intense and out-of-the-ordinary manner toward certain emotional situations, primarily those found in romantic, family and friend relationships. DBT theory suggests that some people's arousal levels in such situations can increase far more quickly than the average person's, attain a higher level of emotional stimulation, and take a significant amount of time to return to baseline arousal levels.

People who are sometimes diagnosed with borderline personality disorder experience extreme swings in their emotions, see the world in black-and-white shades, and seem to always be jumping from one crisis to another. Because few people understand such reactions — most of all their own family and a childhood that emphasized invalidation — they don't have any methods for coping with these sudden, intense surges of emotion. DBT is a method for teaching skills that will help in this task.

DIALECTICAL BEHAVIOURAL THERAPY

Dialectical behaviour therapy (DBT) is a specific type of cognitive-behavioural psychotherapy developed in the late 1980s by psychologist Marsha M. Linehan to help better treat borderline personality disorder.

Since its development, it has also been used for the treatment of other kinds of mental health disorders



Components of DBT



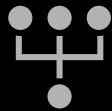
Support-oriented:

It helps a person identify their strengths and builds on them so that the person can feel better about him/herself and their life.



Cognitive-based:

DBT helps identify thoughts, beliefs, and assumptions that make life harder: "I have to be perfect at everything." "If I get angry, I'm a terrible person" & helps people to learn different ways of thinking that will make life more bearable.



Collaborative: It requires constant attention to relationships between clients and staff. In DBT people are encouraged to work out problems in their relationships with their therapist and the therapists to do the same with them.



These skills, a crucial part of DBT, are taught in weekly lectures, reviewed in weekly homework groups, and referred to in nearly every group. The **two elements** to DBT are individual weekly sessions and weekly group sessions.



The **4 modules of DBT** are **Mindfulness, Interpersonal Effectiveness, Distress Tolerance and Emotion Regulation.**

DIALECTICAL BEHAVIOURAL THERAPY

EVALUATING THE COGNITIVE APPROACH

Strengths

A viable approach which has been used to create the multi-store model of memory processes, supported by many other experiments.

Can also be applied to idiographic case studies.

Easily combined with other approaches. Cognitive-Behavioural Therapy is a popular and successful form of treatment for issues such as obsessive compulsive disorder.

Takes into account the internal, invisible thought processes that affect our behaviour, unlike the behavioural approach.

EVALUATING THE COGNITIVE APPROACH

Weaknesses -

Depends largely on controlled experiments to observe human behaviour, which may lack ecological validity (being compared to real-life behaviour).

Does not take into account genetic factors; for example hereditary correlations of mental disorders.

Reductionist to an extent, although case studies are taken into account, the behavioural approach attempts to apply the scientific view to human behaviour, which may be argued to be unique to each individual.

NEXT WEEK: HUMANISTIC PSYCHOLOGY AND POSITIVE PSYCHOLOGY

