

Cognitive Behavioural Therapy



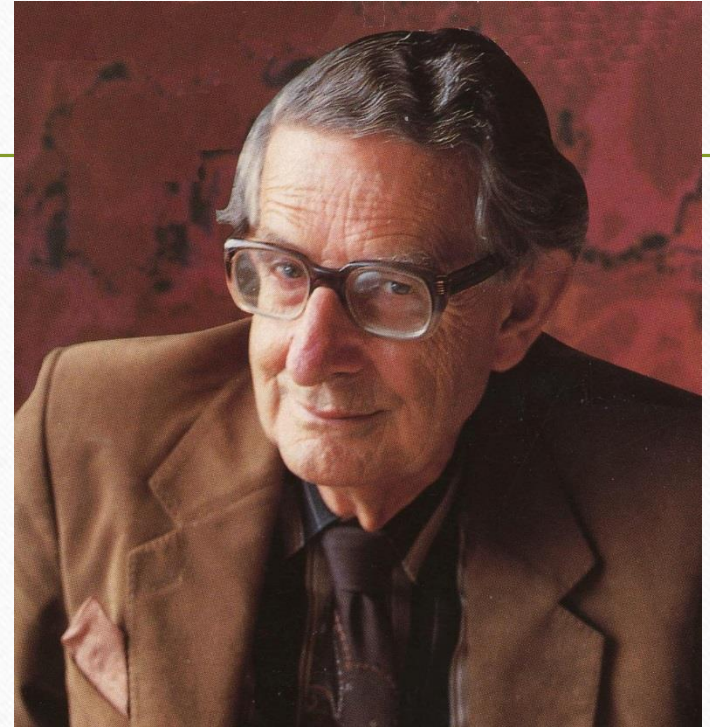
Aims

- To become familiar with the origins of Behaviour therapy and Cognitive Behaviour Therapy
- To understand the UK and US development of CBT.



Origins

- Behaviour Therapy – Cognitive Behaviour Therapy?
- Initially strong opposition to psychologists
- Hans Jurgen Eysenck
- “Neurotic symptoms are *learned patterns of behaviour which for some reason or another an unadaptive*”. (Eysenck, 1959)



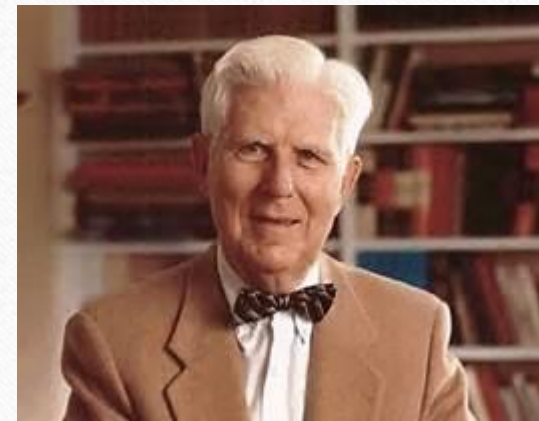
Aaron T. Beck and Albert Ellis

- Albert Ellis:

Developed a comprehensive cognitive model of psychopathology



- Aaron T. Beck developed Behaviour therapy and eventually merged CT and BT.



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



BBC Documentary

A Secret History 1. Mind Control

- [The Brain - A Secret History 1. Mind Control](#)



Origins of Behaviour Therapy

- Pavlov – conditioning
- Pavlov's work laid the foundation for scientific study of abnormal behaviour and the conditioning theory of fear acquisition



Skinner (1904-1990)



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- Skinner (Operant Conditioning) US
 - Reinforcement
 - Behaviour which is reinforced tends to be repeated (i.e. strengthened)
 - Behaviour which is not reinforced tends to die out (i.e. weakened)



Skinner 1904- 1990

- **Neutral operants:** Responses from the environment that neither increase nor decrease the probability of a behaviour being repeated
- **Reinforcers:** Responses from the environment that increase the probability of a behaviour being repeated. Reinforcers can be either positive or negative
- **Punishers:** Responses from the environment that decrease the likelihood of a behaviour being repeated. Punishment weakens behaviour



Skinner 1904- 1990

- Skinner found that people's behaviours were as a result of what they observed or experienced after an event.
- If a person is rewarded for a particular behaviour, they will repeat that behaviour.
- If they receive a punishment, that behaviour will not be repeated
- Skinner Operant Conditioning



Our own behaviours

- What behaviours have you experienced that have been affected by reinforcers and punishers?



Little Albert

- Little Albert (Classical Conditioning)



Anxiety Treatments

- Joseph Wolpe – Systematic Desensitization (UK)
 - Three Steps: Relaxation, Hierarchy of Anxiety, Full relaxation whilst imaging the anxiety producing stimulus.
 - Using Humour in Systemic Desensitization



Question

- Advocates of the psychoanalytical approach, which emphasizes identifying and resolving the underlying causes of behavioural problems, challenge behaviour therapists by predicting that other symptoms will be substituted for the ones treated unless the underlying causes are also treated.
- Where do you stand with respect to this challenge?



Albert Ellis

- Rational Emotive Behaviour Therapy (REBT)



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.
- Rational Emotive Therapy - Ellis

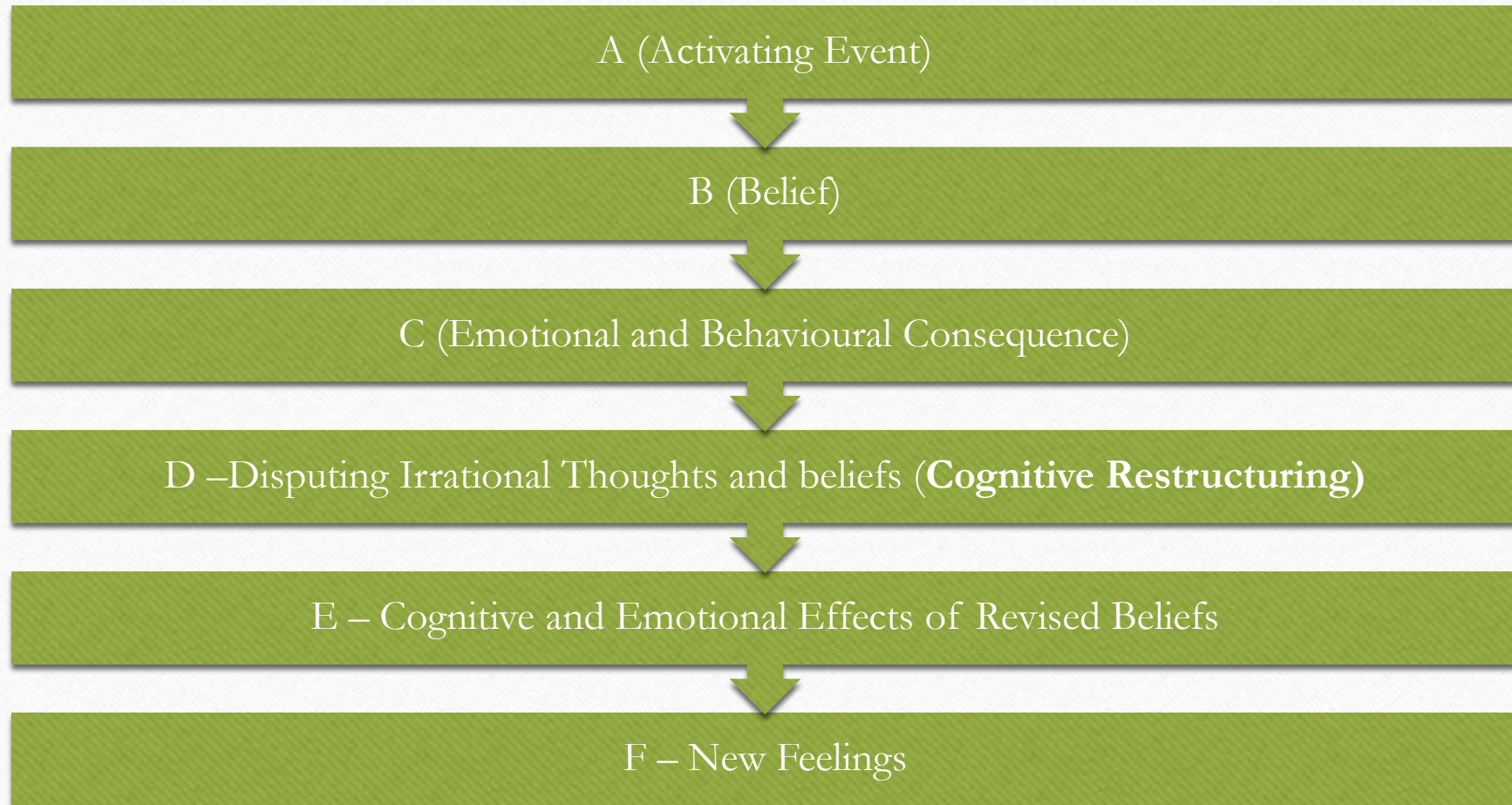


Good Mental Health

- Think positive thoughts.
- Focus on our own self respect, not the opinions of others
- Life should be about self actualising, growth.
- Three ideas which support good mental health
 - Love others
 - Create or get involved in other things
 - Becoming involved in ideas



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.
- [Aaron Beck on Freud](#)



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.



CBT in the UK

- NICE guidelines
- CBT

