NOTES B & C – COG THERAPY

BECK'S COG THERAPY
Automatic Thoughts ... [H-O]

Neurological Basis of Depression
- **⇓ Norepiniphrine**
  - **Intervention**
    - **Tricyclics (Elavil)**
    - **MOA inhibitors (Marplan)**
- **⇓ Serotonin**
  - **Intervention**
    - **Prozac Zoloft**
    - **Paxil**
- **Electro Convulsive Therapy (ECT)**

Psychodynamic Model
- **Anger Turned Inward => Abuse**
- **Unexpressed Loss ... [Other, Job, Health, Reputation]**

Cognitive Model ... [Beck]
- **Cognitive Triad**
  - **(–) Self**
  - **(–) Present**
  - **(–) Future**

Cognitive Distortions
- **Arbitrary Inferences ... [Catastrophizing]**
- **Selective Abstraction**
- **Overgeneralization**
- **Magnification & Minimization**
- **Personalization**
- **Labeling & Mislabeling**
- **Polarized Thinking**

Therapy
- **Evaluation**
- **Collaborative Effort ... [Rogerian]**
- **Socratic Dialogue**
- **Reality Testing ... [Confronting Faulty Beliefs]**
- **Homework**
- **Observation & Monitoring**

Beck v Ellis
- **Therapeutic Relationship**
- **Confrontation v Socratic**
- **Irrational Beliefs v Guided Discovery**
- **Philosophy**
  - **Irrational Beliefs => Emotional Disturbance**
  - **Cog Distortions => Interference W/ Cog Processing**

COG-BEH MODIFICATION ... [Meichenbaum]
Cog Structures => Affect

Beh Modification

Process of Interactions => S-Talk ... Cog Strux ... Beh's

1) **Self-observation**
   - **Listen to Self-talk**
   - **Monitor Behaviors with Others**
   - **Monitors Feelings**
2) **New Internal Dialogue ... [Restructuring]**
   - **New S-Talk => New Behavior**
   - **Basis ... S-Observations & Desired Changes**
3) **New Skills ... [Restructuring]**

Stress-Inoculation Training (SIT) ... [3 Stages]

- **Conceptual Phase – Reconceptualization of Problem**
  - **Observe Specific Stressful Situations**
  - **Learn Role of Cog's/Emotions in Creating/Maintaining Stress**
  - **Observe Reactions to Stressful Situations**
- **Skills Acquisition & Rehearsal – New Strategies/Techniques**
  - **Note Specific Stressful Situations**
  - **Note Behaviors That Lessen Stress**
    - **"How Can I Prepare for a Stressor?"**
    - **"What Can I Do?"**
  - **Acquire Relaxation/Social/Time-Manag Skills**
  - **Develop New S-Talk**
    - **"How Can I Make Reinforcing S-Statements?"**
    - **"How Can I Give Myself Credit?"**
  - **Rehearsal of Strategies/Techniques**
- **Homework**
  - **Evaluation**
  - **Booster Sessions ... [3-6-12 Mos]**