

Psychological Approaches

A brief look at the CBT approach, with a case example

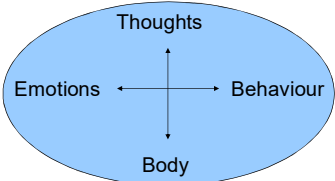
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Cognitive Behavioural Therapy

- * Cognitive Therapy developed by Aaron Beck in 1960s
- * Role of “negative automatic thoughts” in maintaining depression
- * Identifying and challenging negative thoughts about self, world and others central to this approach
- * Developed into CBT and 3rd-wave CBT
- * Adapted for working with many difficulties including anxiety disorders, depression, psychosis, chronic health conditions, eating disorders, PTSD
- * NICE recommended for certain mental health problems

Cognitive Behavioural Therapy

- * Central – **Thoughts, Emotions, Behaviour and Bodily feelings** are inter-connected
- * Christine Padesky’s ‘Hot Cross Bun’



Cognitive Behavioural Therapy

Example: Anxiety

- * Situation: Public speaking

Thoughts I can't do this They'll think I'm an idiot I'll say something stupid	Emotions Panic Low
Behaviour Avoid eye contact Rush Mumble	Body Increased heart and breathing rate Blushing, Shaking

Example: Cross sectional formulation

Cognitive Behavioural Therapy

- * Breaking the ‘vicious cycle’
- * Challenging unhelpful thoughts (evidence for, against and balanced alternative)
- * Relaxation techniques
- * Overcoming avoidance (e.g. graded exposure)
- * A CBT therapist may also work with underlying core beliefs and rules for living, if appropriate, including developing a longitudinal formulation

Cognitive Behavioural Therapy

Early Experiences

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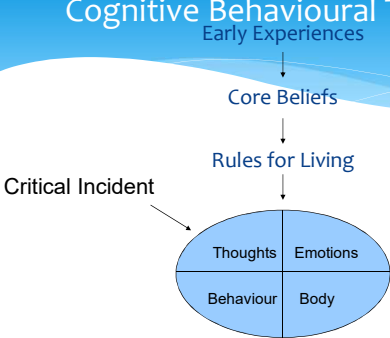
Core Beliefs

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Rules for Living

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Critical Incident



Example: Longitudinal formulation

