

Study Guide - Chapter 10

A. Theory – Cognitive Behavioral Therapy

B. Key Figures and Major Focus

a. Key Figures -

- i. Albert Ellis – REBT
- ii. Aaron & Judith Beck – CT
- iii. Christine Padesky & Judith Mooney's – SB-CBT
- iv. Donald Meichenbaum – Cognitive behavioral modification

b. Major Focus

- i. "Traditional Cognitive Therapy has broadened, over time, toward CBT
- ii. Cognitive Therapy and Cognitive Behavioral Therapy both maintain the assumption that beliefs, behaviors, emotions and physical reactions are all interconnected and affect one another
 1. If you change one, you change the others" (French, 2023, slide 4).

C. Basic Assumptions

a. "The various cognitive behavioral approaches share the following attributes:

- i. A collaborative relationship between client and therapist
- ii. The premise that psychological distress is often maintained by cognitive processes
- iii. A focus on changing cognitions to produce desired changes in affect and behavior" (Corey, 2021, slide 3)
- iv. "A present-centered, time-limited focus
- v. An active and directive stance by the therapist
- vi. An educational treatment focusing on specific and structured target problems" (Corey, 2021, slide 4)
- vii. "Additionally: both CT and CBT take a psychoeducational approach, use homework, place responsibility on client to take active part in Tx, emphasize a strong therapeutic alliance, and draw from cognitive and behavioral strategies to help facilitate change
 1. Clients are encouraged to explore their understandings of self and the world and to try out new behaviors" (French, 2023, slide 3).

D. REBT

a. Key Concepts

- i. "1st behavioral therapy - still a major CBT approach
- ii. Believes that clients contribute to their own psychological problems and to the symptoms they experience b/c of the rigid, irrational, or extreme beliefs they hold
- iii. REBT maintains a cause-effect view of cognitions, emotions, and behaviors
 1. Each is seen to significantly influence the other

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