



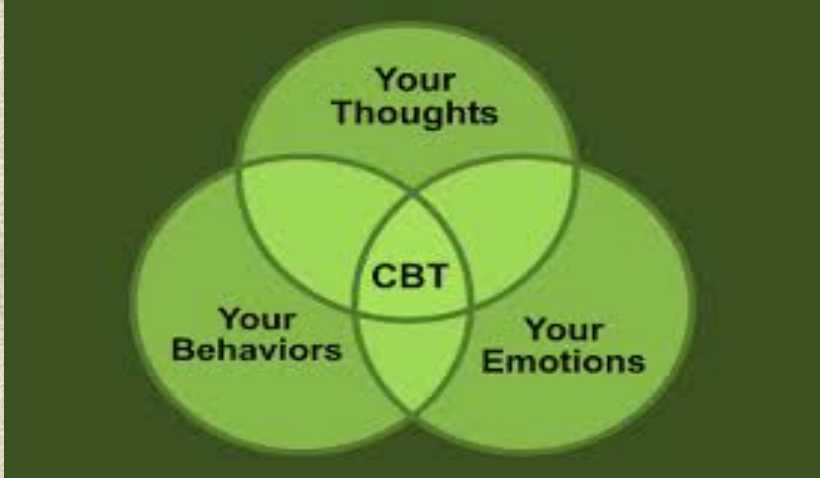
COGNITIVE BEHAVIOUR THERAPY AND DEPRESSION


By

Meischa cholera

ANTARMAN

Centre for psychosocial wellbeing



- Aaron T. Beck developed an approach known as cognition behavioural therapy as a result of his intensive research on depression.
- The success on depression was phenomenal also it had a great impact on many anxiety related psychological difficulties as well.
- The primary focus  to ***examine*** and ***reconstruct*** the core beliefs (or core schema) in order to ***alter*** maladaptive or unhealthy actions and behaviour.
- CBT focuses on modifying ***automatic negative irrational thoughts*** and encouraging ***realistic thinking and balanced thoughts***.

CHARACTERISTICS OF CBT



- Active
- Time limited
- Problem oriented
- Directive
- Present-centred
- Collaborative
- Structured
- empirical

COGNITIVE DISTORTIONS

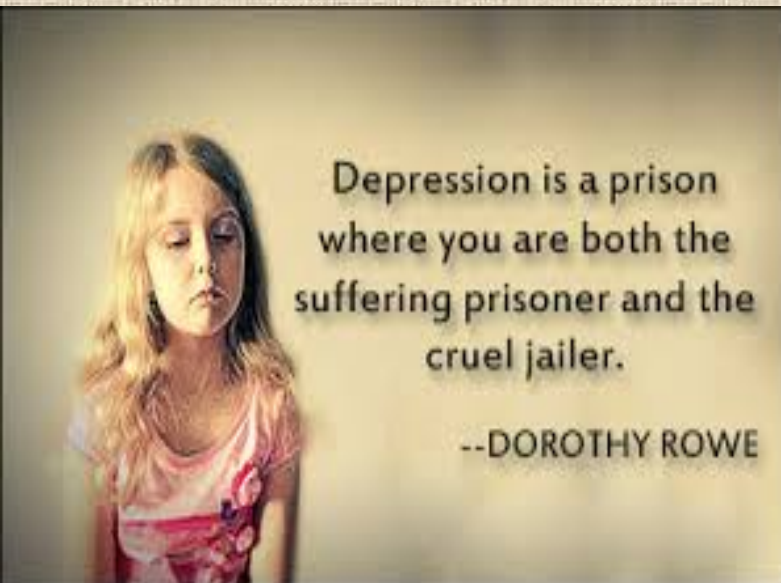


1. ALL OR NOTHING THINKING
2. OVERGENERALIZATION
3. MENTAL FILTER
4. DISQUALIFYING THE POSITIVE
5. JUMPING TO CONCLUSIONS (THE MIND READER , THE FORTUNE TELLER)
6. MAGNIFICATION AND MINIMIZATION
7. EMOTIONAL REASONING
8. SHOULD STATEMENTS
9. LABELLING AND MISLABELLING
10. PERSONALIZATION

DEPRESSION



- Depression is characterised with feelings of sadness and feeling miserable for more than two weeks or even months with not being able to cope with daily routine and normal life situations.
- Start to blame yourself for being lazy or lacking willpower
- Notice pains, constant headaches or sleeplessness.



Depression is a prison where you are both the suffering prisoner and the cruel jailer.

--DOROTHY ROWE



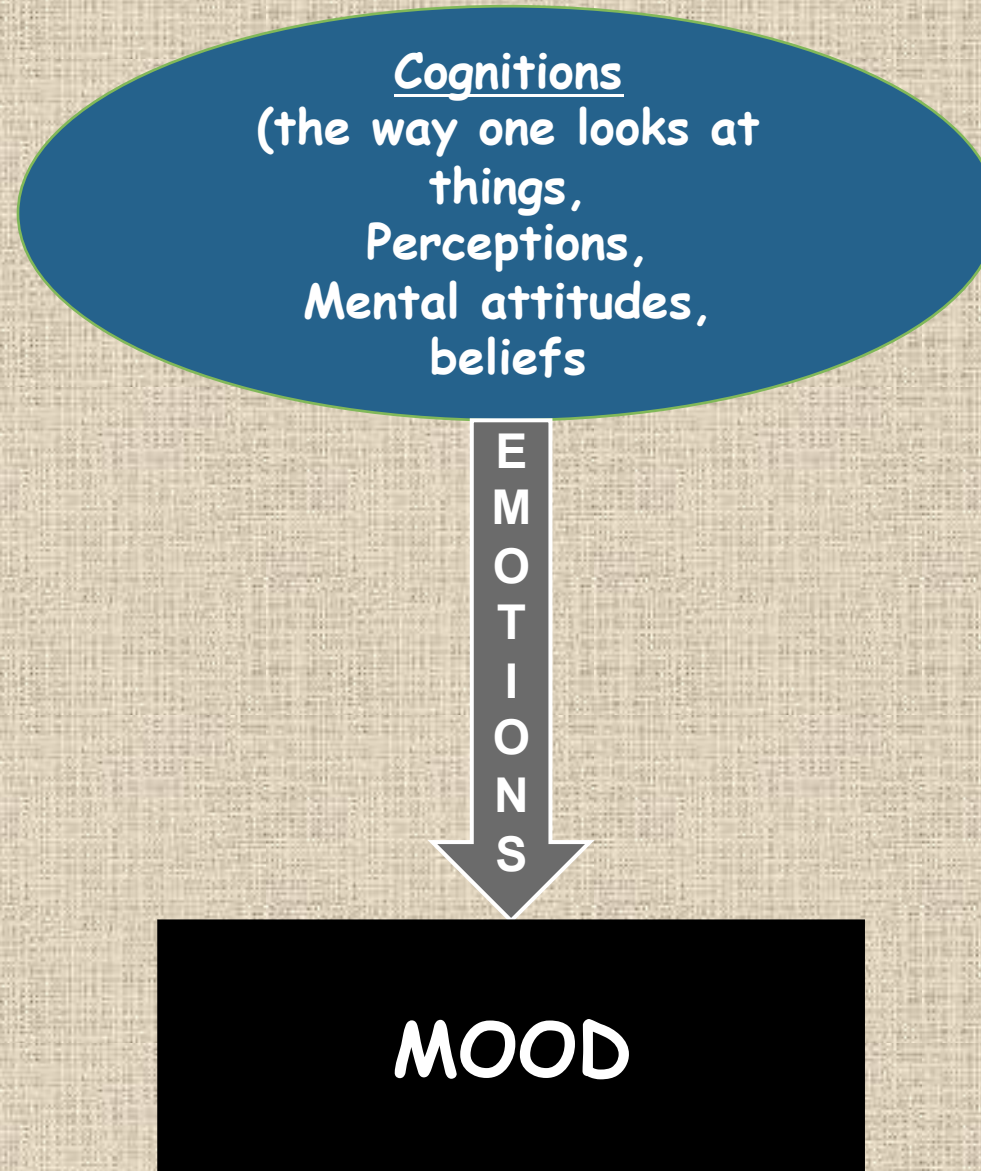


Applying CBT TO TREAT DEPRESSION

PRINCIPLE .1.



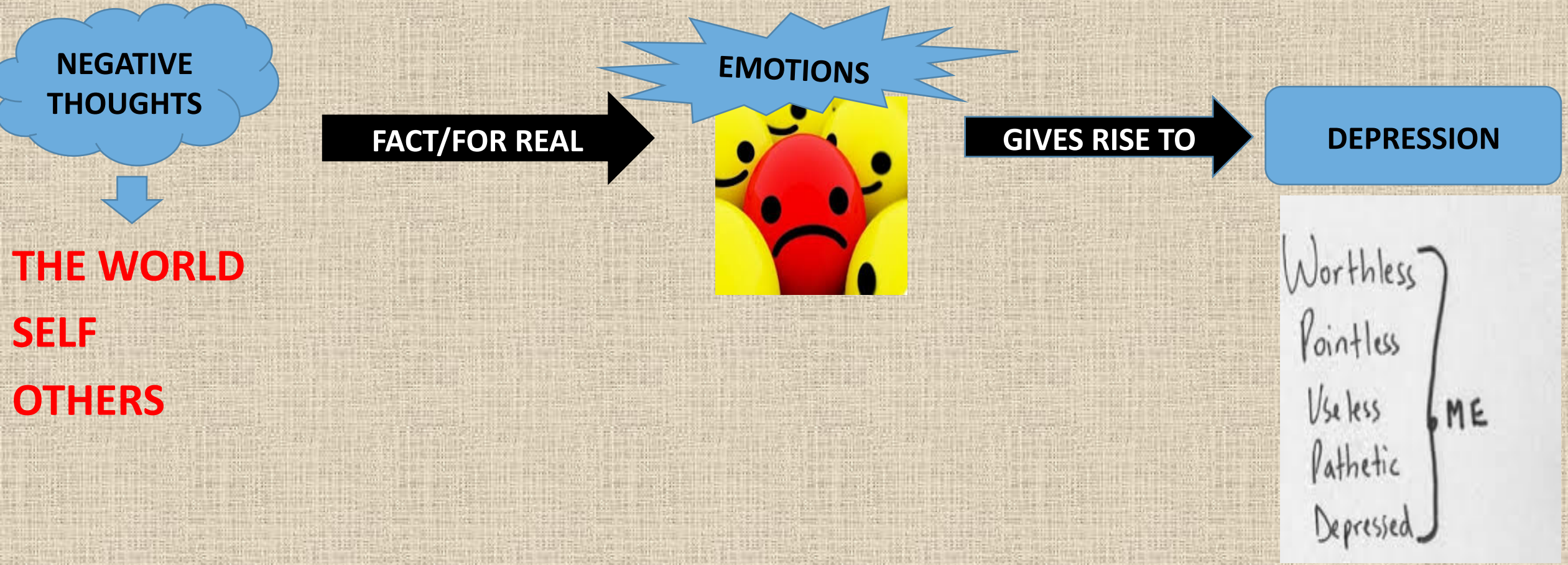
All moods are affected by ones thoughts(cognitions)through creating emotions.



PRINCIPLE.2.



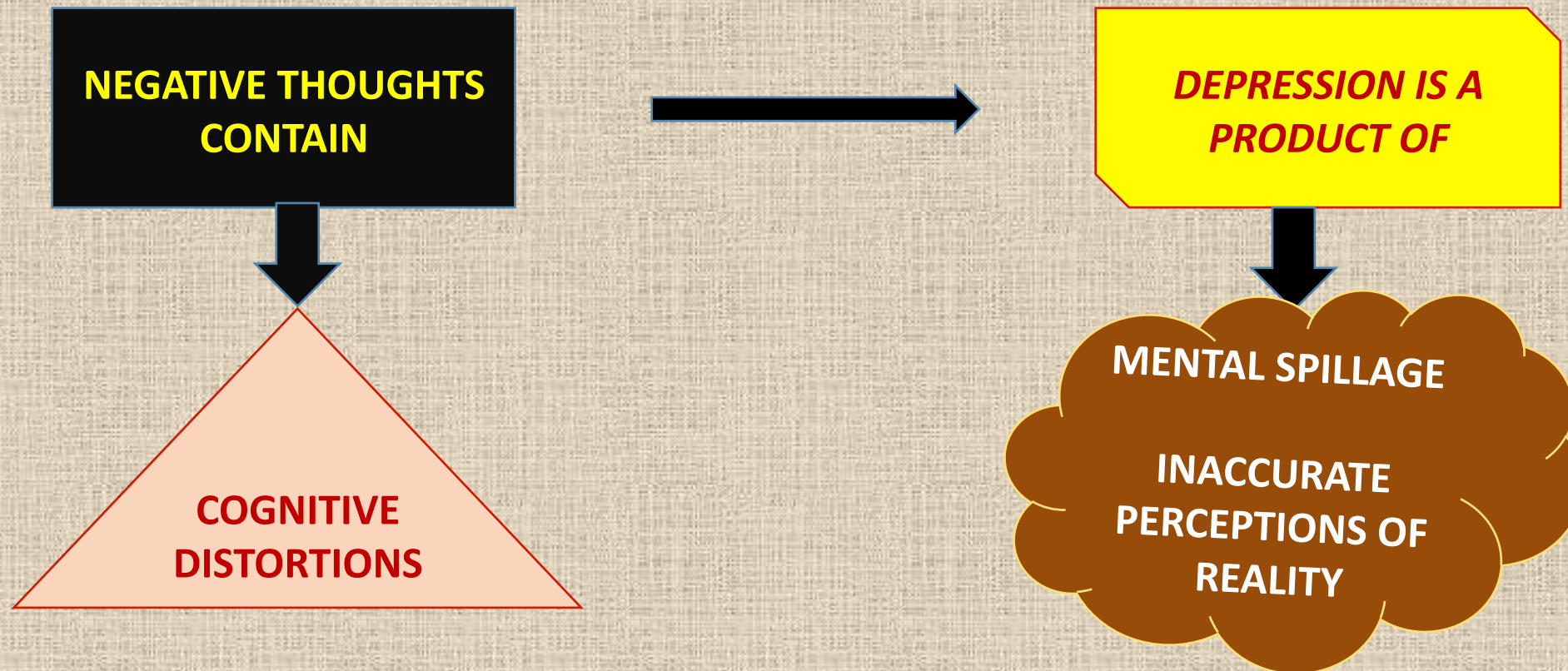
- If thoughts about self, others, and the world are negative then it leads to assuming negative thoughts being absolutely real. This is called illogical thinking making one feel inadequate and hopeless for a long period of time.



PRINCIPLE.3.



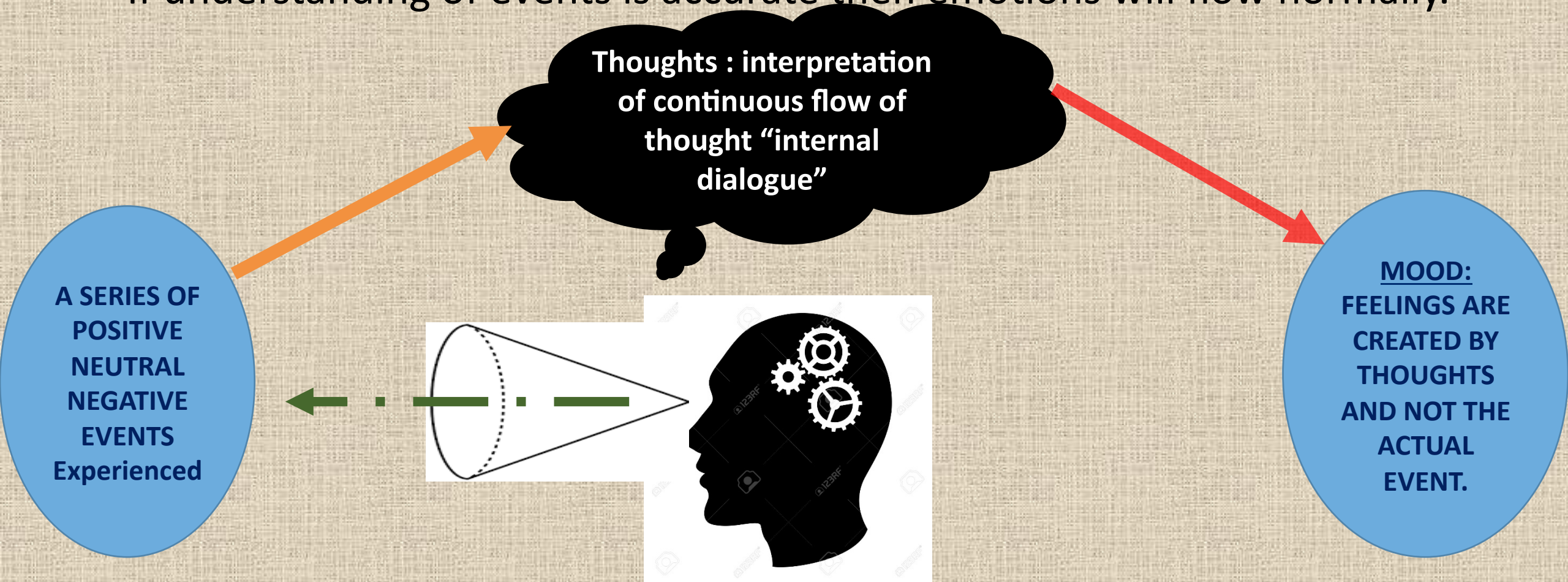
- In CBT for depression, the implications play an important role because it is the thought distortion that makes a person feel and do bad things, therefore thinking objectively will make a person feel better.



UNDERSTANDING AND MOODS



- One must understand what is happening to them before they can feel it.
- If understanding of events is accurate then emotions will flow normally.





APPLYING CBT TO TREAT SOCIAL PHOBIA

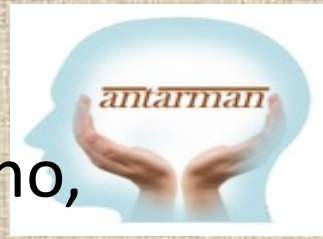
SOCIAL PHOBIA



- ▶ Shyness is a common sort of mild fear – if it's mild, it doesn't really matter.
- ▶ A phobia is also a fear.
- ▶ A fear becomes a phobia when it stops us from enjoying things or doing them easily.
- ▶ Get very anxious when they are with other people, usually because they worry that they may be critical or they may do something embarrassing.



PRINCIPLE.1



CBT aims at modifying beliefs and expectations of a person who,

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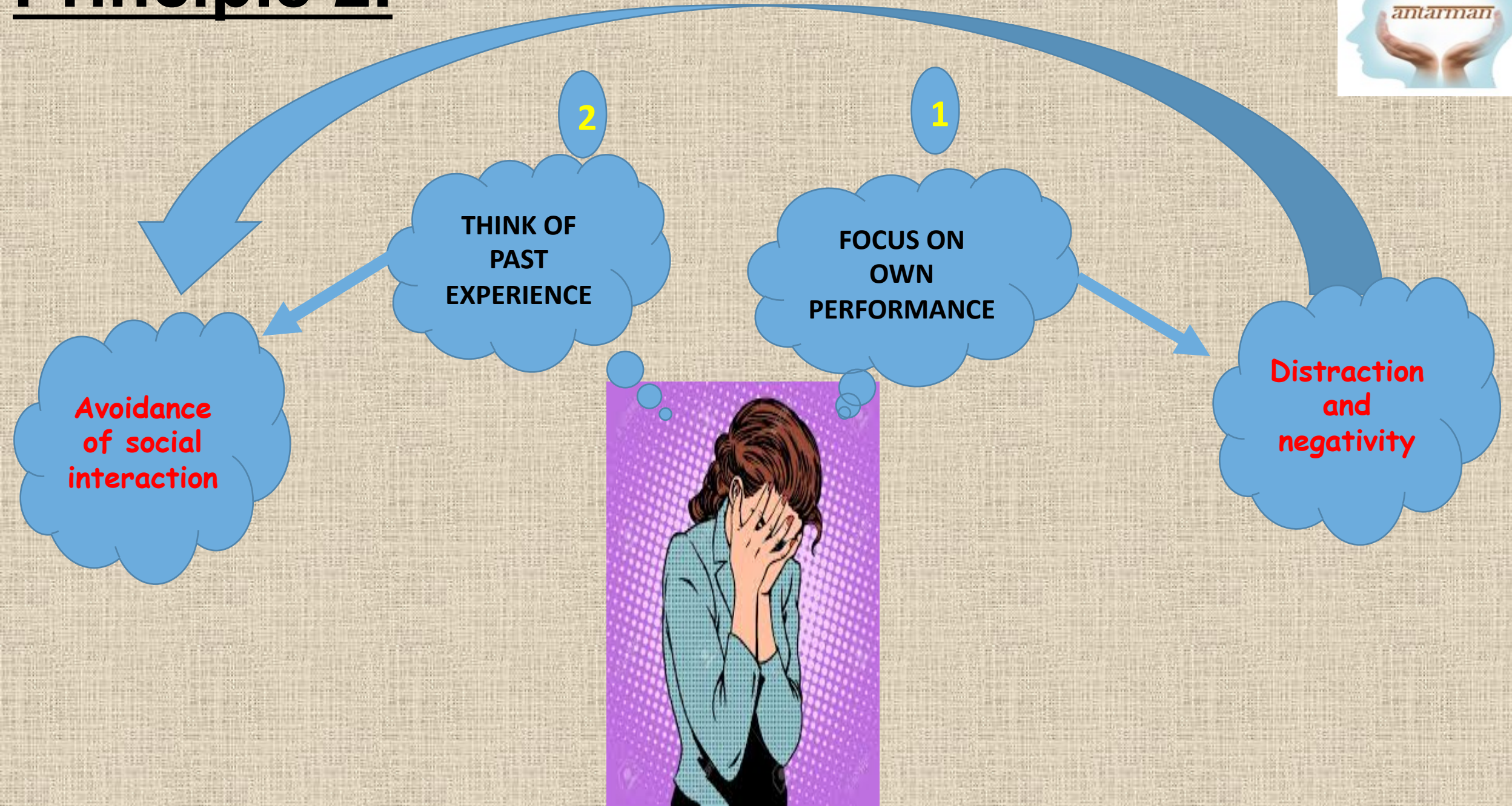
THE POSITIVE
ASPECT AND
ABILITY TO
HANDLE SOCIAL
INTERACTION



THREAT AND
NEGATIVE
OUTCOME OF
SOCIAL
INTERACTION

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Principle 2.



Match the following system of treatment (CBT)



1. Changing CORE beliefs of
2. Evaluating and modifying
3. Supports individuals to engage in
4. Bringing rational thought process to

- A. Social interaction
- B. Disturbed mind
- C. Failure
- D. Negative expectations

ANSWER



1. Changing CORE beliefs of
 2. Evaluating and modifying
 3. Supports individuals to engage in
 4. Bringing rational thought process to
- A. Social interaction
 - B. Disturbed mind
 - C. Failure
 - D. Negative expectations
- Diagram illustrating the connection between the four numbered items and the four lettered options:
- Item 1 (Changing CORE beliefs of) connects to Option A (Social interaction) via a yellow arrow.
 - Item 2 (Evaluating and modifying) connects to Option D (Negative expectations) via a green arrow.
 - Item 3 (Supports individuals to engage in) connects to Option B (Disturbed mind) via a red arrow.
 - Item 4 (Bringing rational thought process to) connects to Option C (Failure) via a brown arrow.