

COGNITIVE APPROACH

(Aaron Beck, Donald Meichenbaum)

Beck's Cognitive Therapy -

- Beliefs are examined according to the "cognitive triad" - views of self, the future, and the world.
- Focus on automatic thoughts, which in turn lead to affective responses
- People make logical errors which lead them to difficulty = cognitive distortions:
 - Arbitrary inferences Personalization
 - Overgeneralizations Polarized thinking
 - Magnification & minimization
 - Labeling & mislabeling
- Goal of therapy is to restructure underlying "schemata"
- Therapeutic relationship is collaborative