

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

Study Guide For School Counseling

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Guidance Counselor, Elementary School National Learning Corporation, 2011. The Teachers License Examination Series is designed to provide objective measurement of the knowledge, skills, and abilities required of teachers.

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