

Do It Now

Date: Wednesday, 07 February 2024

Title: Cognitive Behaviour Therapy



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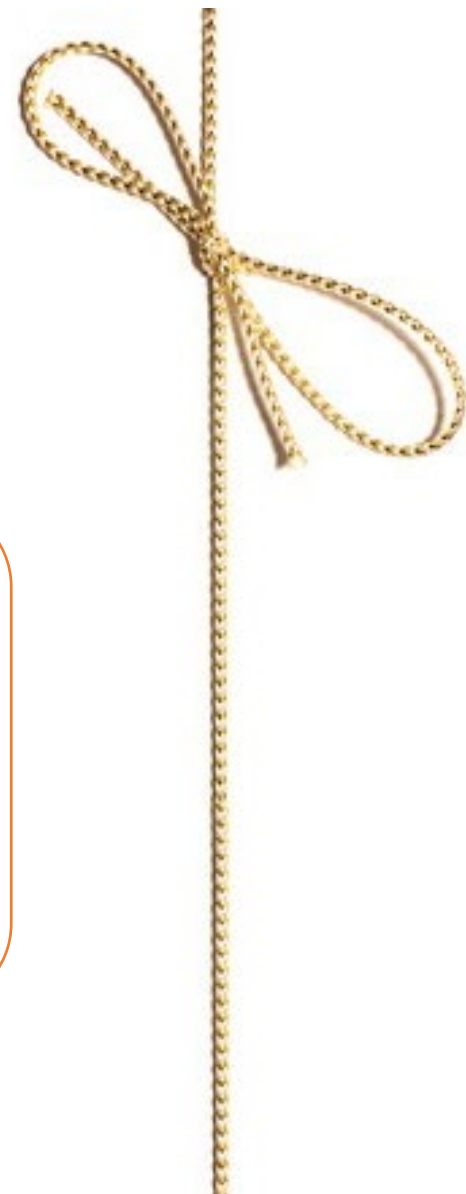
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Tie your learning together through the golden threads of psychology

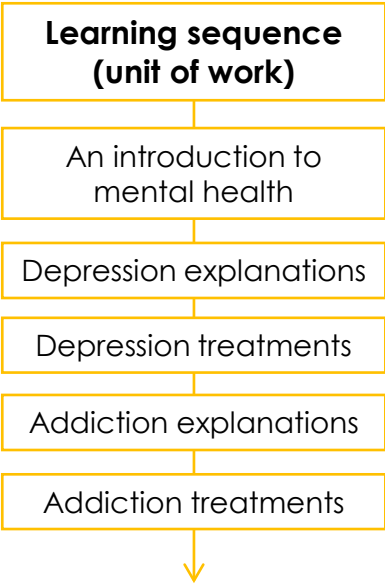


The golden threads in Psychological Problems are:

- 1) Culture
- 2) Use of schemas
- 3) Nature vs Nurture
- 4) Brain areas
- 5) Understanding difference
- 6) Psychology in the real world

Learning Intention: How does CBT work?

Tier 3 Vocabulary	Definition
Cognitive behavioural therapy	
Irrational thoughts	
Holistic	



Cognitive Behavioural Therapy (CBT)

As you watch the video, try to fill out any details about the three main components of CBT.

Stretch (AO3): Can you spot any evaluation arguments?



C	COGNITIONS
B	BEHAVIOUR
T	THERAPY

Cognitive Behavioural Therapy (CBT)

<p>C</p>	<p>COGNITIONS</p> <p>CBT aims to challenge the faulty thoughts or cognitions which are characteristic of depression. Thoughts are changed from irrational to rational so that the client can feel more happy and free from pain.</p>
<p>B</p>	<p>BEHAVIOUR</p> <p>CBT also targets the client's behaviour. The way we think can affect how we feel and behave so by changing the thoughts, this can also have a positive impact on how the patient behaves. CBT targets this through behavioural activation.</p>
<p>T</p>	<p>THERAPY</p> <p>The therapy is a talking therapy which can take place individually or in group sessions. The therapist uses a method called disputing. The therapist might also set Homework tasks.</p>



CBT: How does it work in practice?



<https://www.youtube.com/watch?v=isu2YH8bxMQ>

On your sheet you have three examples of irrational thoughts.

Imagine you are the therapist – write down what you would say to the client in order to **dispute** their faulty thought process.

AO2 Apply it!

You're the therapist!



CBT: Evaluation (AO3)

How effective do you think CBT is in the long term?

Do you think it works for everyone? Why/why not?

In your answers state whether it is a strength or weakness and justify your opinions.

What difficulties might depressed patients experience when engaging with the therapy? (think about the symptoms of depression)

Do you think it is more or less effective than SSRIs? Why?

Stretch: Write your arguments as full P-E-C burger points.



CBT: Evaluation (AO3)

How effective do you think CBT is in the long term?

More long term than drugs – provides more tools to help the patient to manage their symptoms. They can apply these over and over again.

Do you think it works for everyone? Why/why not?

Does not work for everyone – depends on severity and willingness to engage

In your answers state whether it is a strength or weakness and justify your opinions.

What difficulties might depressed patients experience when engaging with the therapy? (think about the symptoms of depression)

People with depression have a lack of motivation – this means that they will struggle to attend sessions and complete homework – poor effectiveness overall as it creates higher drop out. It is also higher in cost – due to time given up.

Do you think it is more or less effective than SSRIs? Why?

More holistic than drugs. Looks at the bigger picture rather than a small part of depression such as neurotransmitters. Deals with how they think and feel so more effective overall. CBT is more time consuming and requires active participation. Where as drug therapy is more passive and requires less time.

Stretch: Write your arguments as full P-E-C burger points.



A Compromise?

Some argue that a combination therapy is the most effective method as the drugs alleviate the symptoms, making it easier for patients to access CBT sessions. These sessions then tackle the thoughts and feelings.



Exam Q (AO2)

Bessie is talking to her doctor about treatment options for her depression. Her doctor says that the best options would be antidepressant medication or cognitive behavioural therapy (CBT).

Briefly outline how these TWO treatments would be used to treat Bessie's depression and give one evaluation point for each treatment (9 marks)

AO1 = 3

AO2 = 3

AO3 = 3

