

Cognitive explanation

LO: TO OUTLINE and evaluate the COGNITIVE explanation of DEPRESSION

KEY TERM: COGNITIVE APPROACH

KEY TERM: NEGATIVE TRIAD

KEY TERM: ELLIS'S ABC MODEL

BECK'S COGNITIVE THEORY OF DEPRESSION – shows how negative thinking affects our emotional state

FAULTY INFORMATION PROCESSING:

NEGATIVE SELF-SCHEMAS:

THE NEGATIVE TRIAD:

- 1.
- 2.
- 3.

ELLIS'S ABC MODEL - Shows us how irrational thoughts affect our emotional state

A:

B:

C:

EVALUATIONS

P:

P:

P: