

PSY 444 Unit 6 Essay Tiffany Elliott Cognitive Behavior Therapy

1. An aspect of Cognitive-Behavioral perspective which aligns with the Biblical and Christian point of view could be generational sin. For example, Beck's work in depression showed clients with depression have a negative bias, a pessimistic view about how they view the world, certain life events and make meaning of outcomes and beliefs which comes from this active processing of cognitive distortion which gets reinforced by parents who are depressed and plant these beliefs and thought patterns into their children's minds. Of course, negative thinking is not only nurture but nature including influences which are biological and genetic and environmental. It is possible to draw parallels between people from no religious beliefs or shallow faith who are hopeless, pessimistic and self-critical. These traits are handed down to future generations. Perhaps evil forces possess the family member? The elements of CBT which conflict with a Christian worldview include the concept that people do not seek divine intervention in their healing.

2. Rational Emotive Behavior Therapy is the first of today's Cognitive Behavioral therapies and has much in common with the therapies focused on cognition and behavior because they share emphasis on thinking, assessing, deciding, analyzing and doing. The premise is people are the reason for their psychological problems, their symptoms and their extreme beliefs about situations and events. A person's thinking, feeling and acting/behaving interact and have a reciprocal cause and effect relationship, and in fact, Albert Ellis points to the parent of this holistic and integrative approach and credits his work in REBT was influenced by Alfred Adler and Karen Horney's mind traps of the "shoulds" and the early formation of his therapy model. Ellis's application of rational and behavioral methods helped even himself overcome his fears and overcome some of his own emotional blocks. REBT also relies on ancient Greek and Eastern philosophy particularly Epictetus's view that people create their rigid beliefs which cause emotional reactions and influence our thinking and behaving, often in irrational ways which are self-damaging and self-limiting. These irrational beliefs unfortunately are passed to us during our childhood, and we continue to rely on them in our lives. They become hardwired in our cognition and become an autoplay causing us to behave consistently based on these dysfunctional beliefs, attitudes and thoughts which got reinforced by our parents. Those of us who are absolutist in thinking and believing with "shoulds" and "musts" and "oughts" are run by commands and demands which are often dysfunctional. These self-defeating beliefs and thoughts limit our ability to achieve and maintain good psychological health. Aaron Beck developed Cognitive Therapy around the same time, but it differs slightly from REBT because it was based on empirical research. It shares with REBT, a focus on education and prevention but it allows the therapists to link assessment, conceptualization and treatment strategies and was specifically

designed to get to the heart of treating depression compared to existing pharmacotherapy and psychotherapy.

5. Some of the main irrational ideas that people often internalize include arbitrary inferences or catastrophizing the worst possible outcome, selective abstraction which is forming conclusions based on an isolated detail of an event and disregarding all other information. Overgeneralization of holding extreme beliefs on the basis of one data point or even dissimilar events and magnification and minimization of perceptions of a situation is greater or lesser than it is in reality are other examples of how this cognition occurs. An example of how this thinking is manifested would be making a cognitive error of assuming even a minor mistake in counseling a client creates major psychological damage. REBT strategies to apply to exploration of my belief system could include identifying and examining my beliefs about what makes a good therapist, where do these beliefs originate and modification of these beliefs if they cannot be grounded by evidence to support them.

6. An example from your own life experience that illustrates the A-B-C theory of personality looks at the existence of an A which is an activating event or adversity or inference about an event or individual. The C is the emotional and behavioral consequence or reaction to the individual which is healthy or unhealthy. It is important to note that A does not cause C. Rather B, which is the person's belief about A, largely creates C, the emotional response. An example I could think of is A occurred when I asked my son about his credit card debt, and when he told me it was about \$1,000 and I knew it was much more (but I had not disclosed this to him and apparently he either forgot I am a joint cardholder or figured since I never mentioned the credit card for more than 7 years, I did not ever look at the balance) and when I chose not to ask him why he did not tell me the truth I instead was extremely sad and worried about him, which is C, my emotional response, and it is based on my beliefs about honesty and why would he keep the truth from me and what happened to the son I raised and the values I thought my husband and I imparted.