

# **Principles of Cognitive Therapy**

## **Cognitive Therapy is based on the cognitive model:**

Thoughts influence emotion and behavior

## **Cognitive Therapy has the following characteristics:**

Present-oriented  
Time limited – goal connected  
Structured  
Collaborative  
Educative

## **Cognitive Therapy uses a variety of cognitive techniques:**

Identifies automatic thoughts and images  
Uses guided discovery to ascertain meaning (If this thought were true, what would it mean to you?)  
Restructures dysfunctional thoughts and beliefs

## **Cognitive therapy uses a variety of behavioral techniques:**

Activity monitoring and scheduling  
Graded task assignments  
Behavioral experiments to test out thoughts and beliefs  
Exposure to steps on hierarchy  
Relaxation

## **Structure of the Therapeutic Interview**

1. Mood Check
2. Setting the agenda
3. Bridge from last session – homework – feedback about last session.
4. Discussion of today's agenda items
5. Homework assignment
6. Capsule summaries plus summarization of session
7. Feedback from patient

## *Informed consent for Cognitive Behavioral Therapy*

The purpose of treatment is to **feel better/ be better**, to **understand why** you got depressed or anxious, and to **learn strategies to cope** more effectively in the future.

Cognitive Behavioral Therapy is a collaborative, time-limited approach and requires a commitment to working between sessions and making necessary behavioral changes.

Some of the things you may be asked to do between sessions are to schedule more productive and rewarding activities, become more assertive with people, monitor your mood, and record the negative thoughts that upset you. People who do these self-help assignments between sessions usually make the most rapid gains. People who are unwilling to help themselves between sessions are often slow to improve.

It is crucial for you to decide whether you are willing to make an effort to help yourself as part of your treatments. Please read the following questions and answer them thoughtfully.

	Yes	No	Needs Discussion
1. I am willing to do things to help myself between therapy sessions.	_____	_____	_____
2. I am willing to commit to spending time every day on assignments.	_____	_____	_____
3. I understand the importance of making and keeping commitments.	_____	_____	_____

Some of the things you may be asked to do are schedule activities, improve diet, increase exercise, reduce or stop substance abuse, keep a daily mood log, complete worksheets, read chapters from self-help books, complete self-assessment tests, therapist empathy assessment, and exposure exercises.

I have read the following consent and understand that I have an important role to play in my recovery. I will work hard and let my therapist know if I am having difficulty or don't understand or agree with any part of the treatment.

*Signed*

*Date*

*Reviewed*

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