

The cognitive approach to treating depression



Learning objective:

To outline and evaluate the strengths and limitations of the cognitive approach to treating depression- CBT including challenging irrational thoughts

Starter

<http://www.nhs.uk/video/pages/cbtexpert.aspx>

Task:

1. What is CBT?
2. How does it work?

The cognitive approach to treating depression

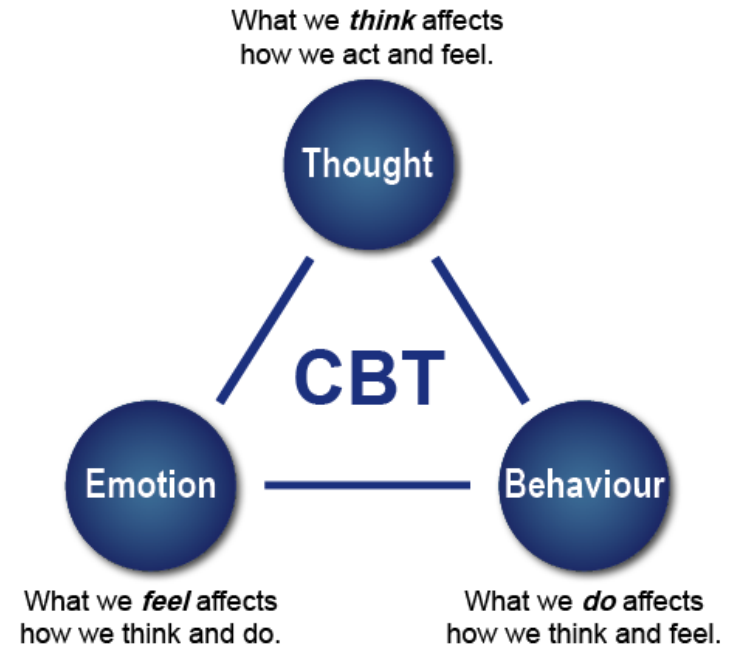


CBT: Beck's cognitive therapy

- Talking therapy- cognitive and behavioural element
- Identify the negative thoughts- negative triad and challenge this
- Therapists help patients test the reality of these thoughts
- Therapists may set homework- to record when they enjoyed an event or when people were nice to them = patient as scientists
- In future sessions if patients is in a negative state the therapist will present this evidence to them and use it to challenge their thoughts

CBT: Ellis's rational emotive behaviour therapy (REBT)

CBT: Beck's cognitive therapy



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CBT: Ellis's rational emotive behaviour therapy (REBT)

REBT extends the ABC model to an ABCDE model

D = dispute; E= Effect

REBT identifies and disputes (challenges) irrational thoughts

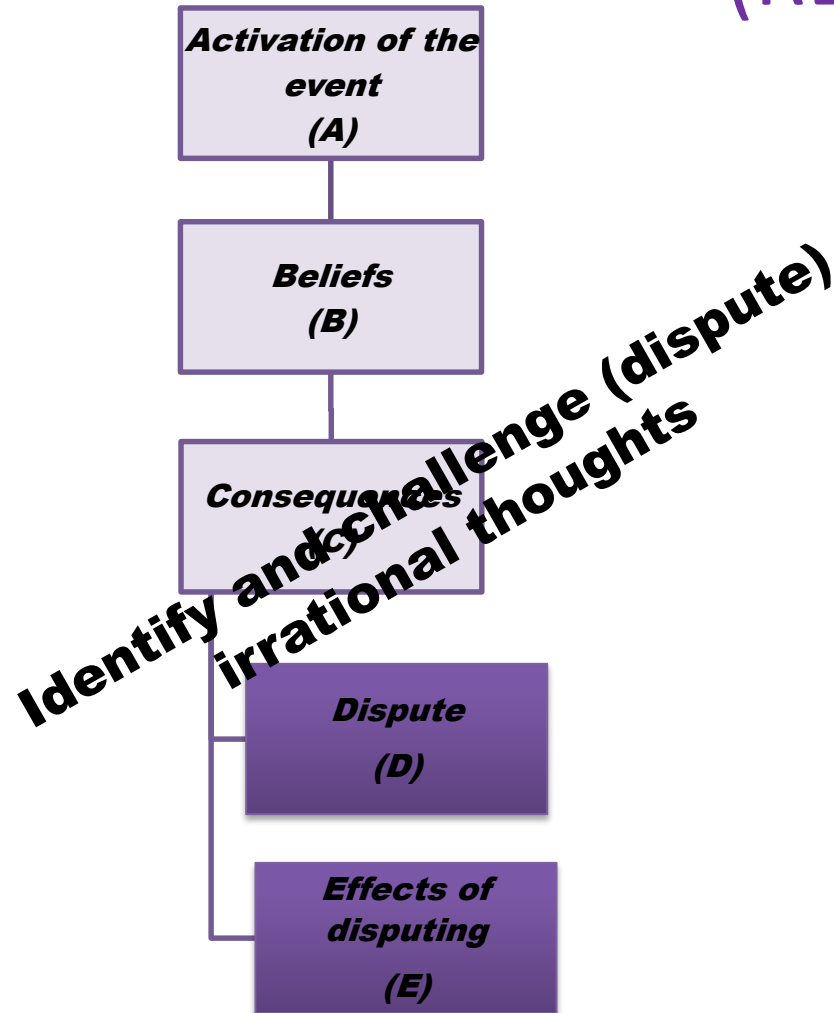
Dispute is a vicarious argument which intends to break the link between negative life events and depression

Empirical argument: disputing whether there is actual evidence to support the negative belief

Logical argument: whether the negative thought logically follows from the facts

Pragmatic disputing: Disputing whether the negative thought is useful or not

Ellis's Rational Emotive Behaviour Therapy (REBT)



Effects of disputing

- Changes **self-defeating/negative beliefs** into more rational beliefs
- Move from **catastrophizing** (no one will ever like me) to more **rational interpretations** (My friend was probably thinking about something else and didn't even see me)

Evaluating treatments for psychological disorders (AO3)

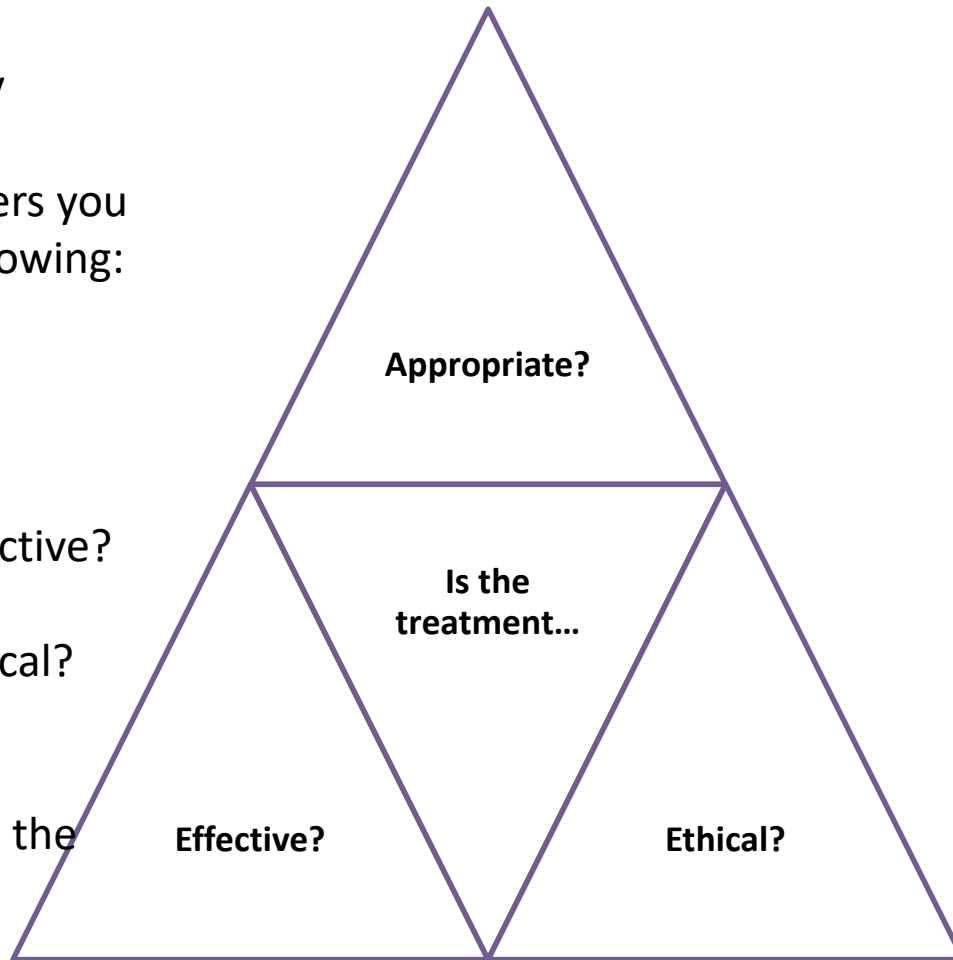
When evaluating any treatments for any psychological disorders you must answer the following:

Is the treatment appropriate?

Is the treatment effective?

Is the treatment ethical?

Remember your paragraphs must use the PEEL structure



Is CBT effective?	Is CBT appropriate?	Is CBT ethical?
<p>Supporting evidence that CBT is just as effective as drug therapy.</p> <p>March et al (2007) 327 adolescents diagnosed with depression After 36 weeks:</p> <ol style="list-style-type: none"> 1. CBT- 81% 2. Antidepressants- 81% 3. CBT + Antidepressant- 86% <p>Showed significant improvement</p> <p>Validates CBT as an effective treatment for CBT, however it is important to note that it is more effective when combined with drug therapy. For this reason patients should be offered both as a treatment option depression</p>	<p>Unfortunately CBT is not appropriate for all patients, including patients with high levels of irrational beliefs that are both rigid and resistant to change; patients with high levels of stress where the therapy cannot resolve and those who simply do not want the advice provided during CBT sessions. For this reason CBT has to be offered on an ad hoc basis rather than a standard treatment for all, each case needs to be carefully considered and assessed to see if it would be appropriate for the patient.</p>	<p>Other than ensuring patients fully understand what is involved in CBT and have given their consent, there are no other ethical considerations. It is also important to remind patients that they are free to withdraw from the treatment when they want to and that non-compliance will however affect the management of their symptoms</p>

A03- CBT

Drug therapy, namely SSRI's are an alternative treatment for depression which helps patients to manage some of their symptoms. Keller *et al* (2000); Recovery rates (from depression), 55% drugs alone; 52% CBT alone and 85% when used together. This challenges and contradicts the claim that CBT is just as effective as drug therapy. These findings suggest that the overall effectiveness of CBT as a standard treatment for depression is limited and is more effective when combined with a drug therapy. For this reason it may be best practice to offer combined treatment for a majority of patients as this is likely to increase their recovery rate.

A limitation of CBT is that it does not challenge the cause/ social situation (activating event) which resulted in the depressive state for example poverty, unemployment, abuse. As it is just the negative response/ irrational thoughts about these activated events which are challenged, it is possible that some patients may relapse and having recurring depression. This limits the overall effectiveness of CBT as it may not work for the most severe cases.

Homework

1. Consolidation cards:

- CBT- Cognitive therapy
- REBT

2. visit- <http://www.ocduk.org/ocd>