NHS choices CBT expert

<http://www.nhs.uk/Conditions/Cognitive-behavioural-therapy/Pages/Introduction.aspx>

What is cognitive therapy? Part 1

[www.youtube.com/watch?v=gdFovvVJpr8&feature=related](http://www.youtube.com/watch?v=gdFovvVJpr8&feature=related)

Part 2

[www.youtube.com/watch?feature=relmfu&v=a4o2ujvXsmM](http://www.youtube.com/watch?feature=relmfu&v=a4o2ujvXsmM)

Individual approaches to the treatment of depression.

Use p174 in the Course Companion to answer the following questions:

1. What is meant by an individual approach to therapy? (See bottom of p167 if needed)
2. Who pioneered cognitive therapy?
3. What are the principles of Cognitive therapies?
4. What time in a person’s life does CBT focus on?
5. How long does CBT last for?
6. What is the behavioural aspect of CBT? Explain how it is used.
7. The first aim of CBT is cognitive restructuring. What is meant by this?
8. Outline three examples of faulty thinking
9. What is the second aim of CBT?

How effective is cognitive therapy in treating depression?

1. Outline the study by **Riggs et al 2007**. (Aim, Method, Results, Conclusion)
2. Describe the strengths of CBT.
3. Describe the weaknesses of CBT.

Remember the **Elkin et al study 1989** can also be used here.

Could also substitute Riggs with Luty et al from p63 of the Study Guide pdf

Individual approaches to treating Bulimia

Use the bottom of p180

1. Why is CBT used for patients with bulimia nervosa?
2. How is CBT for patients with bulimia nervosa carried out?
3. Outline **Wilson’s 1996 study**, which investigated the effectiveness of CBT on patients with bulimia.

Detailed information on CBT if you want some extra reading.

<http://www.nhs.uk/news/2012/12December/Pages/When-the-drugs-dont-work-for-depression-CBT-can.aspx>