**The cognitive approach to treating depression- Cognitive behavioural therapy (CBT)**

**Use your psychopathology pack to answer the following the questions:**

1. In the cognitive approach behaviour is seen as being generated by what?
2. Therefore the most logical and effective way to change maladaptive behaviour is to change ……..?
3. The aim of CBT is to assist patients to do what?
4. The therapist may also encourage patients to do what?
5. Summarise in the space below the aim of beck’s cognitive therapy (referring to the cognitive triad)
6. What do the letters ABCDE stand for in Ellis’ REBT?
7. What two ways may a therapist dispute the patient’s irrational thoughts?
8. What is the aim of the therapy?