

LEARNING EXERCISES

REVIEW AND REFLECTION:

- Consider what you think about the basic principles of CBT outlined in this chapter. Do they make sense to you? Are there any principles that do not fit, or do not make sense to you?
- What do you think of the cognitive theory underpinning CBT? Does it make sense to you? Does it fit with your clinical experience?
- Does it matter that the evidence for the theory of CBT is less solid than the evidence for its efficacy as a treatment?

TAKING IT FORWARD:

- Observe your own experience of ATs, UAs and core beliefs. Try to tune in to your thoughts and images, especially when you are upset or emotionally aroused in some way. Do your thoughts follow any of the patterns described here? What are the similarities or differences between your experience and our descriptions of different kinds of cognition?
- Does this observation of your own thoughts have any implications for your clinical practice?
- If so, how will you adapt your clinical practice?
- If you are drawn to this way of working, how could you start to take that forward? Are there training and supervision opportunities that you could tap into?