**Aaron Beck : founder of Cognitive Therapy**

* The goal in this therapy is **to identify the core beliefs** which are responsible for the dysfunctional thoughts, feelings and actions. Once the core beliefs are exposed, **one gains the freedom to evaluate the Core Belief as a cognitive distortion and re assign a more beneficial Core Belief of self**.
* An individual complaining of dysfunctional behavior may be **suffering from cognitive distortions that originated early in their childhood.**
* An individual will develop a ‘**Core Belief**” about oneself at the basic level of evaluating life itself resulting from a combination of genetics, biological factors and environment.
* This Core Belief may be positive or negative and we then generate **Intermediate Beliefs** which are attitudes, expectations and assumptions about oneself and the world.
* **Automatic Thoughts** occur to us reflecting our Intermediate Beliefs. When stressor is present, & Automatic thoughts are negative, then dysfunction can result.

Cognitive Therapy

* Thoughts are related to feelings and actions
* Thoughts result from our intermediate beliefs & the more entrenched core beliefs. .
* Understanding connections between beliefs and behaviors.

**Socratic Questioning**: Challenges client to think rationally.

**Thought Stopping**: Variety of ways to prevent negative thoughts. **Rational-Emotional role play**: Utilized when emotional attachments are too great and the realization of their own cognitive dysfunction as insufficient