Evidence Based Treatment (EBT). Interventions for which systematic empirical research has provided evidence of statistically significant effectiveness as treatments for specific problems.

Cognitive Behavioral Therapy (CBT)

Personality is an expression of a conglomerate of basic [thoughts]/schemas (i.e., rules that govern information processing and behavior)
People respond to situations based on how these situations are consciously and automatically evaluated in terms of relevant underlying beliefs.

**THINKING DISTORTIONS**

1. **ALL-OR-NOTHING THINKING**: You see things in black-and-white categories. If your performance falls short of perfect, you see yourself as a total failure.

2. **OVERGENERALIZATION**: You see a single negative event as a never-ending pattern of defeat.

3. **MENTAL FILTER**: You pick out a single negative detail and dwell on it exclusively so that your vision of all reality becomes darkened, like the drop of ink that discolors the entire beaker of water.

4. **DISQUALIFYING THE POSITIVE**: You reject positive experiences by insisting they "don't count" for some reason or other. In this way you can maintain a negative belief that is contradicted by your everyday experiences.
5. JUMPING TO CONCLUSIONS: You make a negative interpretation though there are no definite facts that convincingly support conclusion.

a. Mind reading: You arbitrarily conclude that someone is reacting negatively to you and you don't bother to check this out.

b. The Fortune Teller Error: You anticipate that things will turn out badly, and you feel convinced that your prediction is an already-established fact.

6. MAGNIFICATION (CATASTROPHIZING) OR MINIMIZATION: You exaggerate the importance of things (such as your goof-up or someone else's achievement), or you inappropriately shrink things until they appear tiny (your own desirable qualities or the other fellow's imperfections). This is also called the “binocular trick.”

7. EMOTIONAL REASONING: You assume that your negative emotions necessarily reflect the way things really are: “I feel it, therefore it must be true.”

8. SHOULD STATEMENTS: You try to motivate yourself with shoulds and shouldn'ts, as if you had to be
whipped and punished before you could be expected to do anything. “Musts” and “oughts” are also offenders. The emotional consequence is guilt. When you direct should statements toward others, you feel anger, frustration and resentment.

9. LABELING AND MISLABELING: This is an extreme form of overgeneralization. Instead of describing your error, you attach a negative label to yourself: “I'm a loser.” When someone else’s behavior rubs you the wrong way, you attach a negative label to him: “He's a goddamn louse.”

Mislabeling involves describing an event with language that is highly colored and emotionally loaded.

10. PERSONALIZATION: You see yourself as the cause of some negative external event which in fact you were not primarily responsible for.

11. SELF-WORTH: You make an arbitrary decision that in order to accept yourself as worthy, okay, or to simply, feel good about your- self, you have to perform in a certain way; usually most or all the time. (Chris Morley)
Evaluation of the particular demands of a situation precedes and triggers an adaptive (or maladaptive) strategy [behavioral traits or tendencies].

Cognitions (verbal or pictorial “events” in a person’s stream of consciousness) are based on attitudes or assumptions (schemas), developed from previous experiences.

Beck, Rush, Shaw, Emergy 1979

The psychological sequence progresses from evaluation to affective and motivational arousal, and finally to selection, and implementation of a relevant strategy. We regard the basic structures (schemas) upon which these cognitive, affective, and motivational processes are dependent as the fundamental units of personality.

Beck, Freeman, et al. 1990

Automatic thoughts.

Stimuli----->Automatic thought----->Affect----->Behavior
Situation—>Negative thought--->NegativeAffect—>Response

Introspection, i.e., the examination of one’s thinking processes can be learned
Peripheral Statement

Personality "traits" identified by adjective such as "dependent," "withdrawn," "arrogant," or extraverted" may be conceptualized as the overt expression of underling belief or schematic structures. By assigning meanings to events, the cognitive structures start a chain reaction culminating in the kinds of overt behavior (strategies) that are attributed to personality traits.

<table>
<thead>
<tr>
<th>Personality Disorder</th>
<th>Basic Beliefs/Attitudes</th>
<th>Strategy (Overt Behavior)</th>
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</thead>
<tbody>
<tr>
<td>Dependent</td>
<td>I am helpless.</td>
<td>Attachment</td>
</tr>
<tr>
<td>Avoidant</td>
<td>I may get hurt.</td>
<td>Avoidance</td>
</tr>
<tr>
<td>Passive-aggressive</td>
<td>I could be stepped on.</td>
<td>Resistance</td>
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<tr>
<td>Paranoid</td>
<td>People are potential adversaries.</td>
<td>Wariness</td>
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<tr>
<td>Narcissistic</td>
<td>I am special.</td>
<td>Self-aggrandizement</td>
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<tr>
<td>Histrionic</td>
<td>I need to impress.</td>
<td>Dramatics</td>
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<tr>
<td>Obsessive-compulsive</td>
<td>Errors are bad. I must not err.</td>
<td>Perfectionism</td>
</tr>
<tr>
<td>Antisocial</td>
<td>People are there to be taken.</td>
<td>Attack</td>
</tr>
<tr>
<td>Schizoid</td>
<td>I need plenty of space.</td>
<td>Isolation</td>
</tr>
</tbody>
</table>

Beck, Freeman, et al. 1990