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Cognitive Model**

**Evidence Based Treatment (EBT)  
Cognitive Behavioral Therapy (CBT)  
Type of theory: Consistency Model  
Cognitive Dissonance Version**

**CORE TENDENCY**

**People respond to situations based on how these situations are consciously and automatically evaluated in terms of relevant underlying beliefs.**

**CORE CHARACTERISTICS**

**Personality is an expression of a conglomerate of basic schemas (i.e., rules that govern information processing and behavior)**

**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, Emery 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--->Negative  
Affect—>Response**

### **Introspection**

## Peripheral Statement

**Personality “traits” identified by adjective such as “dependent,” “withdrawn,” “arrogant,” or “extraverted” may be conceptualized as the overt expression of underlying belief or schematic structures.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.**

Beck, Freeman, et al. 1990

**TABLE 2.1**  
***Basic Beliefs and Strategies Associated with Traditional Personality Disorders***

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

