

Chapter 16 Big Ideas

Methodological Behaviorism

Albert Ellis

- Rational Emotive Behavior Therapy (REBT)
- The A-B-C Theory of Personality
- Inherited Nature of Dysfunction

Aaron Beck

- Cognitive therapy
- Thoughts largely influence our behaviors
- Collaborative, “Turned the client into a colleague who researches verifiable reality”
- Rooted in empirical evidence

Schema

Beck's Cognitive Theory

Beck's Specific Vulnerability Hypothesis

- Sociotropy
- Autonomy

Automatic Thoughts

Cognitive Distortions

Beck's Cognitive Therapy

Reformulated Learned Helplessness

- People who make internal, stable, and global attributions for bad events and external, unstable, and specific attributions for good events are said to possess a depressogenic explanatory style
- Conversely, individuals who possess a non-depressogenic explanatory style (e.g., internal, stable & global for good events; external, unstable & specific for bad events) are considered to be a buffered against depression

Measuring Explanatory Style

- Attributional Style Questionnaire (ASQ)

Optimism and Health

Optimism and Longevity

Optimism and U.S. Presidential Candidates