Review sheet for Chapter 16: Cognitive Behavioral Theories

What does the term methodological behaviorism mean?

How is Ellis' theory of personality similar to that of Maslow and Rogers? How does it differ?

What do we mean when we talk about the A-B-C theory of personality? How does this theory depart from assumptions we tend to make about the connection of events to emotions? What does the D stand for and how does it work in the A-B-C theory?

What are masturbatory beliefs? Absolute musts?

How does therapy in REBT work?

What is a schema (cognitive schemata)? When we talk about schemas, what do we mean when we say that information is assimilated or accommodated by our schemas?

What is the cognitive triad? How does it work?

In what two ways does Beck believe that our early life experiences lead us vulnerable to the development of depression?

What are cognitive distortions? How do some common cognitive distortions function?

How does Beck's cognitive therapy differ from psychodynamic psychotherapy?

What is a depressogenic explanatory style (you should know the 3 components)?

What are some general implications for optimism vs. pessimism in our everyday lives?