Main streams of psychotherapies

Behaviour (external)	Behaviour (internal)	Humanistic views	Subjective experience
Behaviourism	Cognitive therapies	Person-centered approach	Psychoanalysis
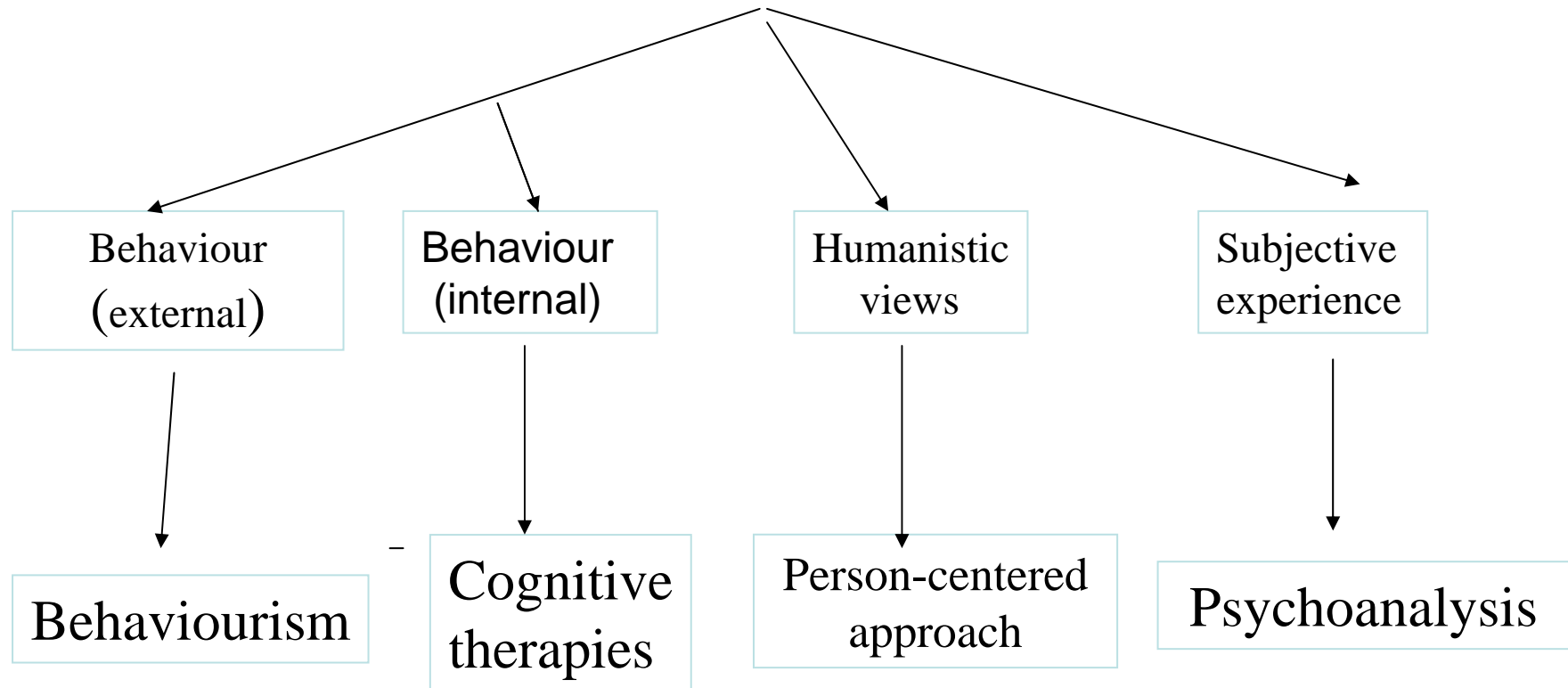
Das Gesetz Yerkes-Dodson

Debilisierende Angst

Leistung

Spannung
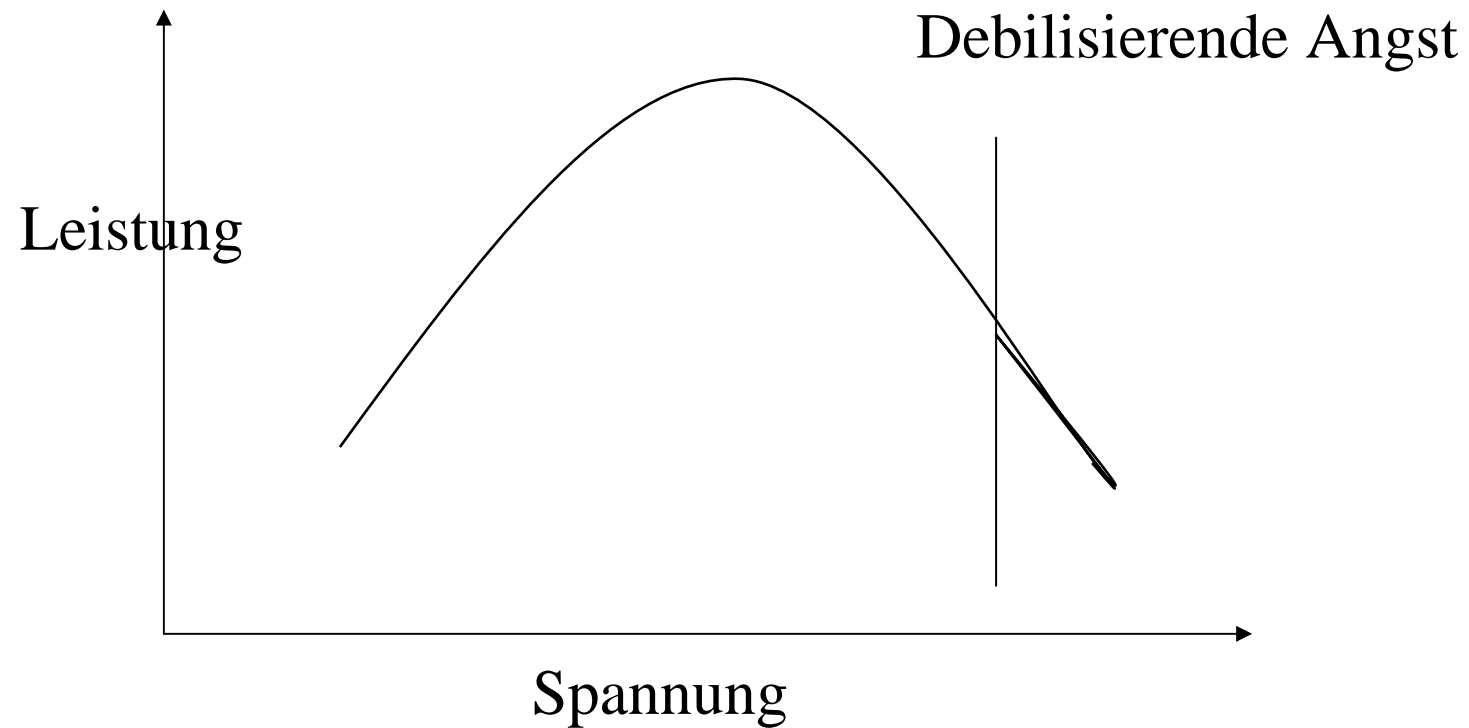
Learning principles

- Classical conditioning (Pavlov)
- Operant conditioning (Watson, Thorndike)
- Learning by imitation – model-learning (Miller, Dollard)

Techniques of behaviour therapy

- Systematic desensitisation
- Flooding
- Operant conditioning
- Token economy
- Negative feedback
- Covert sensitisation

The cognitive revolution in the history of ideas

- Positivism

- Linguistics (Chomsky)

- Philosophy of languages (Wittgenstein)

- Existentialism (Heidegger)
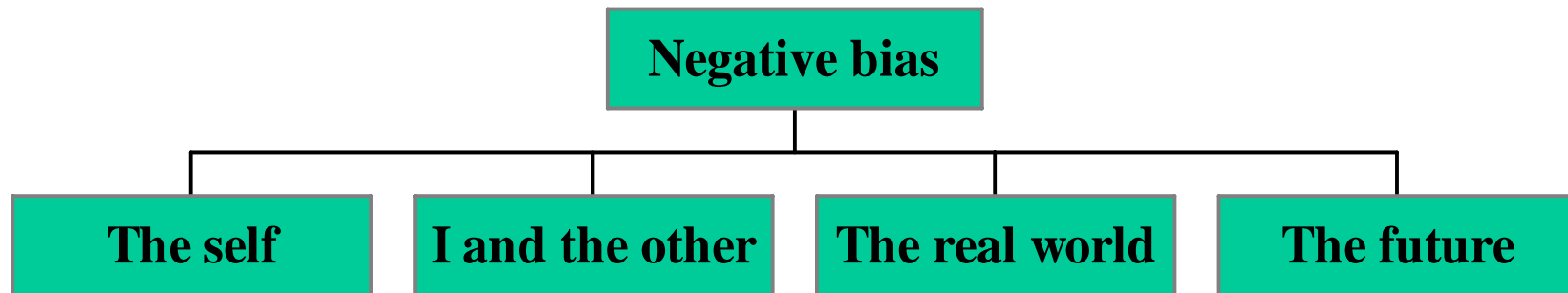
- Philosophical ethics (Moore)

Hierarchical structure of cognitive distortions

- Ellis: Hot and cold cognitions
- Beck: Basic and secondary assumptions
- Tringer: Ontological and epistemological level
- Central and peripheric

Classification of cognitive schemata
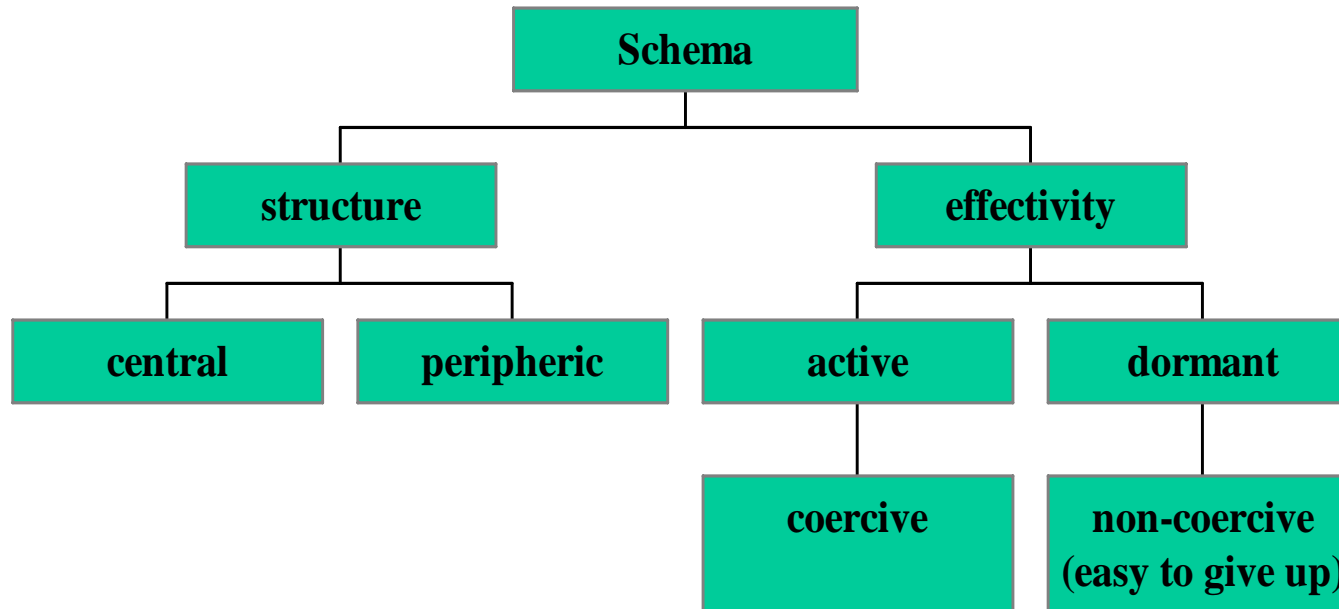
Hierarchy of the cognitive „tetrade"

```
                    ┌─────────────────┐
                    │  Negative bias  │
                    └────────┬────────┘
        ┌──────────────┬─────┴──────┬──────────────┐
┌───────────────┐┌────────────────┐┌────────────────┐┌──────────────┐
│   The self    ││I and the other ││ The real world ││  The future  │
└───────────────┘└────────────────┘└────────────────┘└──────────────┘
```

Basic assumtions concerning the Self

```
                        ┌──────────┐
                        │   Self   │
                        └────┬─────┘
        ┌──────────────┬─────┴──────┬──────────────┐
┌───────────────┐ ┌─────────┐ ┌────────────────┐ ┌─────────────┐
│ Worthlessness │ │ Disease │ │ Special person │ │ Immobilism  │
└───────────────┘ └─────────┘ └────────────────┘ └─────────────┘
```

I and the other

```
                    ┌─────────────────────┐
                    │   I and the other   │
                    └──────────┬──────────┘
          ┌────────────────────┼────────────────────┐
┌──────────────────┐ ┌──────────────────────────┐ ┌──────────────────────┐
│ I cannot be loved│ │Who is not for me is      │ │Being not understood  │
│                  │ │against me                │ │                      │
└──────────────────┘ └──────────────────────────┘ └──────────────────────┘
```
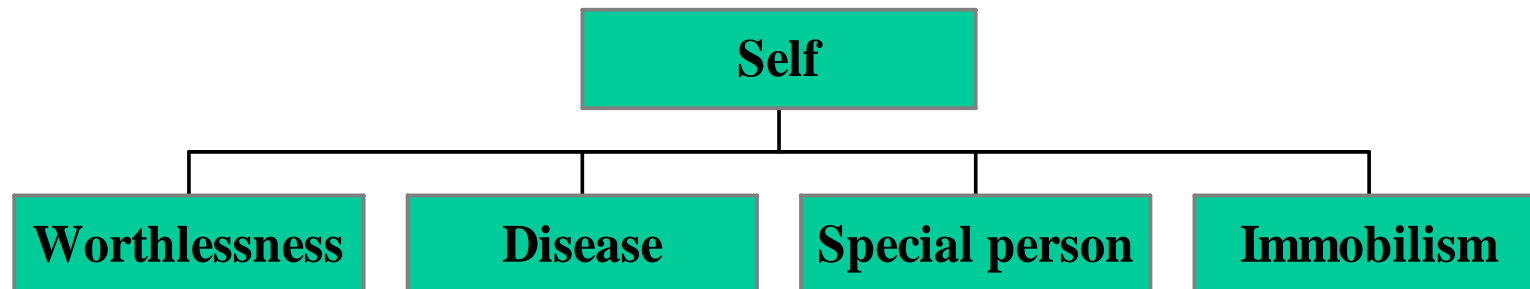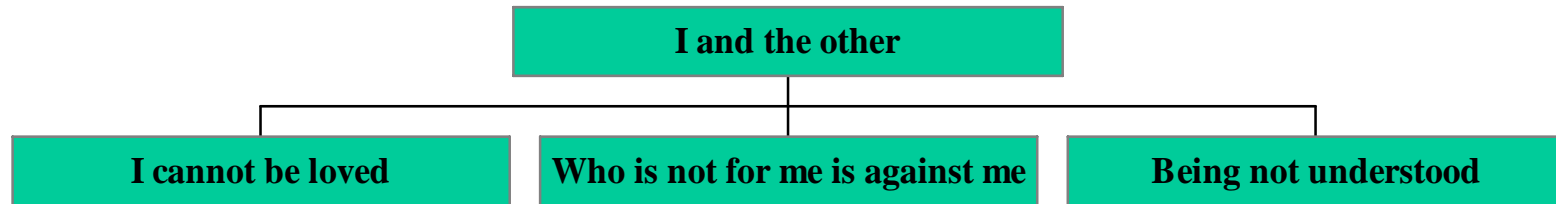
The future
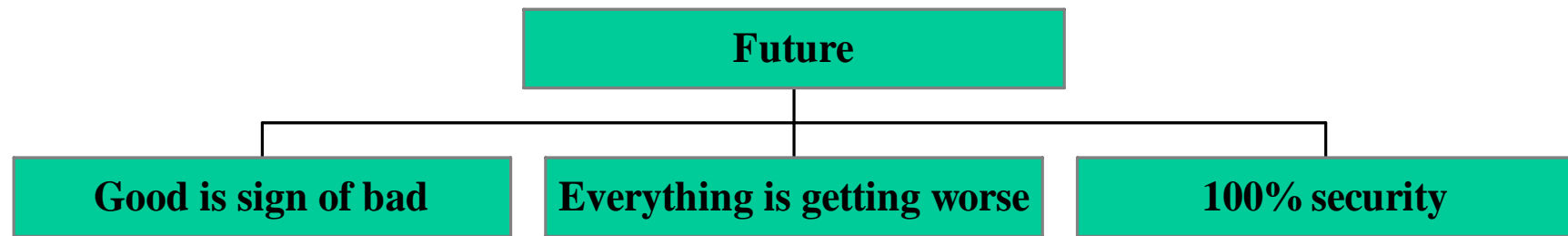
Cognitive distortions

- All or nothing (dichotomous thinking
- Exaggerated generalisation
- Mental filter (selective abstraction)
- Disqualification of the positive
- Mind reading (early conclusion)
- Future telling
- Catastrophising
- Minimalisation - maximalisation
- Emotional logic
- Should statements
- Labelling
- Personalisation

Dimensions of cognitive schemata

- Approval
- Love
- Achievement
- Perfectionism
- Entitlements
- Omnipotence
- Autonomy

The process of cognitive therapies

- Establishing contact
- Aims and priorities
- Identification of automatic thoughts
- Control of automatic thoughts
- Identification and modification of schemata
- Correction of the self-image

Vermehrung der Zahl der Psychotherapien

	1959	1976	1986	1996	2000
	Harper	Parloff	Karasu		$Y=2{,}07 \cdot x^{1{,}7}+36$