

### Assumptions of Cognitive Interventions

1. Cognition: One's current thoughts or self-statements, as well as perceptions, appraisals, be attitudes, memories, goals, expectations, and attributions.
2. Most cognitive behavioral programs are based on a common set of principles:
  - A. Thinking affects behavior.
  - B. Distorted/irrational/antisocial thinking causes unproductive feelings and behavior.
  - C. Thinking can be changed.
  - D. We can change how we feel and behave by changing what we think.

### ELEMENTS OF GOOD COGNITIVE PROGRAMS

1. Must help clients identify what they think.
2. Must link what they think to how they behave.
3. Must show them how to change what they think.

Three steps:

- a) Identify the thought
  - b) Evaluate the thought
  - c) Modify thought
4. Must give them appropriate skills to succeed in life.
  5. Must allow for practice of these skills.
  6. Must be **INDIVIDUALIZED** for each client (one size does not fit all).