
Cognitive therapy in the treatment of low self-esteem

Melanie J. V. Fennell

Beck's cognitive therapy originally developed as a short-term treatment for depression (Beck *et al.*, 1979). It has been shown to be effective with a range of other disorders including panic disorder, generalised anxiety disorder, social phobia, eating disorders and sexual dysfunction (Roth *et al.*, 1996). It is promising in the treatment of yet more disorders, many of which have traditionally been thought relatively impervious to psychotherapy; for example, bipolar disorder, chronic fatigue and psychosis (Clark & Fairburn, 1997). However, not everyone responds well to short-term cognitive therapy. In particular, it has been proposed that people with multiple, chronic problems that are apparently expressions of personality, rather than temporary responses to adverse life experiences, require more extended therapy (Beck *et al.*, 1990).

Low self-esteem (often a major focus of interest in other psychotherapies) has been relatively neglected in cognitive therapy. This is perhaps because it is neither a specific psychiatric disorder nor a personality disorder. Rather, it emerges as an aspect of, consequence of or vulnerability factor for many presenting problems. For example, a negative self-image is central to depression (aspect), but characteristically evaporates as mood lifts. Alternatively, self-denigration may occur only once a specific disorder, such as generalised anxiety disorder, has persisted over time (consequence) and may improve on its own as the presenting problem is addressed. Low self-esteem may predispose to a range of other difficulties (vulnerability factor), such as depression and suicidality, eating disorders and social anxiety. Here it may hinder progress in treatment and persist even after presenting problems have been successfully resolved.

I aim: (a) to introduce practitioners unfamiliar with the approach to the concepts and methods of

cognitive therapy; (b) to show readers more familiar with cognitive therapy how a cognitive model may be helpful in understanding low self-esteem (Fennell, 1997); (c) to outline a cognitive-behavioural treatment programme, which follows logically from the model and integrates methods from the treatment of specific disorders with recent developments in cognitive therapy for personality disorders; and (d) to provide some sense of how the model and related treatment methods may apply in practice, through an illustrative case example.

The model and treatment programme have not yet been empirically evaluated. However, as noted above, research has repeatedly demonstrated the efficacy of the cognitive treatments for anxiety and depression on which it draws, and has supported the proposed relationships between cognition, affect and behaviour in both anxiety and depression (Clark & Steer, 1996).

Cognitive model of emotional disorder

Beck's cognitive model of emotional disorder (Beck, 1976) suggests that, on the basis of experience, people form conclusions (beliefs and assumptions) about themselves, other people and the world (predisposing factors). When experience is negative, these conclusions are also negative. Some core beliefs are descriptions of how things appear in the eyes of the person, for instance, 'I am no good', 'people cannot be trusted' and 'life is a struggle'. These may be experienced as statements of fact, rather than opinions formed on the basis of experience. Other beliefs (dysfunctional assumptions) are more like

Cognitive Therapy In The Treatment Of Low Self Esteem

Mike Jess



Cognitive Therapy In The Treatment Of Low Self Esteem:

Overcoming Low Self-Esteem Melanie Fennell, 2016-10-06

Cognitive-Behavioral Therapy for Anxiety

Disorders Gillian Butler, Melanie Fennell, Ann Hackmann, 2010-04-20 Helping therapists bring about enduring change when treating clients with any anxiety disorder this invaluable book combines expert guidance in depth exploration and innovative clinical strategies The authors draw on extensive experience and research to provide a framework for constructing lucid formulations of complex cases They identify obstacles that frequently arise during the early middle and later stages of treatment and present a wide range of practical solutions The volume demonstrates clear cut yet flexible ways to enhance client engagement foster metacognitive awareness facilitate emotional processing address low self esteem and fear of uncertainty and much more Reproducible handouts and forms are included *The Overcoming Low Self-esteem Handbook* Melanie Fennell, 2021-05-06 Boost your confidence and change your life for the better Low self esteem can make life difficult in all sorts of ways It can make you anxious and unhappy tormented by doubts and self critical thoughts It can get in the way of feeling at ease with other people and stop you from leading the life you want to lead It makes it hard to value and appreciate yourself in the same way you would another person you care about Melanie Fennell's acclaimed and bestselling self help guide Overcoming Low Self esteem has become a classic of self help literature winning widespread praise for its practical and user friendly approach At last this benchmark work is available as a large format practical manual complete with worksheets diaries and exercises The Overcoming Low Self esteem Handbook will help you to understand your low self esteem and break out of the vicious circle of self destructive thinking distress and unhelpful behaviour Using practical techniques from cognitive behavioural therapy CBT this book will help you learn the art of self acceptance and so transform your sense of yourself for the better Specifically you will Find out how low self esteem develops and what keeps it going Question your negative thoughts and the attitudes that underlie them Identify your strengths and good qualities allow yourself to enjoy life to the full and discover a more balanced kindly view of yourself Trace your progress monitor your behaviour and record step by step improvements Ideal for working through on your own or with guided assistance this is a complete step by step treatment guide Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical Many guides in the Overcoming series are recommended under the Reading Well scheme Series Editor Emeritus Professor Peter Cooper [Present and Future of EMDR in Clinical Psychology and Psychotherapy](#) Benedikt L. Amann, Isabel Fernandez, Gianluca Castelnuovo, 2019-11-22 Eye Movement Desensitization Reprocessing EMDR therapy is an evidence based psychotherapy which has been recognized by the World Health Organization WHO as a first choice treatment for Posttraumatic Stress Disorder PTSD Beyond PTSD there has been increasing research into its mechanism of action and in the efficacy of EMDR in other psychiatric and somatic disorders with comorbid psychological trauma The motivation of this research topic was to offer new and innovative research on EMDR

across the globe to an increasing number of clinicians and researchers with an interest in this trauma focused intervention

Encyclopedia of Cognitive Behavior Therapy Stephanie Felgoise, Arthur M. Nezu, Christine M. Nezu, Mark A.

Reinecke, 2006-06-18 One of the hallmarks of cognitive behavior therapy is its diversity today Since its inception over twenty five years ago this once revolutionary approach to psychotherapy has grown to encompass treatments across the full range of psychological disorders The Encyclopedia of Cognitive Behavior Therapy brings together all of the key aspects of this field distilling decades of clinical wisdom into one authoritative volume With a preface by Aaron T Beck founder of the cognitive approach the Encyclopedia features entries by noted experts including Arthur Freeman Windy Dryden Marsha Linehan Edna Foa and Thomas Ollendick to name but a few and reviews the latest empirical data on first line therapies and combination approaches to give readers both insights into clients problems and the most effective treatments available Common disorders and conditions anxiety depression OCD phobias sleep disturbance eating disorders grief anger Essential components of treatment the therapeutic relationship case formulation homework relapse prevention Treatment methods dialectical behavior therapy REBT paradoxical interventions social skills training stress inoculation play therapy CBT medicine combinations Applications of CBT with specific populations children adolescents couples dually diagnosed clients the elderly veterans refugees Emerging problems Internet addiction chronic pain narcolepsy pathological gambling jet lag All entries feature reference lists and are cross indexed The Encyclopedia of Cognitive Behavior Therapy capably fills practitioners and educators needs for an idea book teaching text or quick access to practical workable interventions **Overcoming**

Obstacles in CBT Craig Chigwedere, Yvonne Tone, Brian Fitzmaurice, Michael McDonough, 2011-12-16 While many textbooks explain the techniques of CBT few fully explore the issues surrounding their application in real life practice This unique book comes to the rescue of anyone struggling with the challenges of practising CBT whether you are a trainee working under supervision or a qualified practitioner It examines key obstacles issues and difficulties encountered over the course of the therapy illustrated with extensive case examples Learning objectives practice exercises and further reading lists help you engage with and relate the issues to your own practice Acknowledging that people are more complex than just the presenting disorder the authors consider questions around o Good practice in assessment and case formulation o The challenge of diagnosis o Key client issues such as guilt and shame perfectionism and inability to tolerate storing feeling o The therapeutic relationship o Organisational factors This succinct and accessible guide throws a lifeline to any CBT trainee or therapist struggling under the realities of today s psychotherapy and counselling practice particularly within NHS settings

Narrative CBT John Rhodes, 2013-09-05 The popularity of using narrative metaphor and building solutions in CBT has increased in recent years Narrative CBT part of the third wave of cognitive therapies recognises the importance of helping to build new ideas and practices in order to create change examining a person s multiple and evolving narratives and their behaviour as intrinsically meaningful In Narrative CBT John Rhodes presents the features of NCBT in thirty key points The

first fifteen summarise how the theory of narrative can clarify difficulties with emotions motives and interactions and address how rebuilding confidence and trust is crucial for change to be achieved In the second half of the book case conceptualisation and the techniques of NCBT are explained and illustrated Narrative solution orientated and CBT techniques are integrated and specific NCBT approaches for trauma depression and OCD are highlighted Ideal for clinical and counselling psychologists both established and in training psychotherapists and all professionals carrying out therapy in the field of mental health this book clearly and accessibly presents the techniques and key concepts of Narrative CBT

Curing the Dread of Death Rachel E. Menzies, Ross G. Menzies, Lisa Iverach, 2018-08-10 This unique book explores the dread of death and its management from a wide range of perspectives with researchers and writers from a variety of cultures academic traditions and disciplines across the globe The fields covered are broad including palliative care and grief psychodynamic theory social developmental and clinical psychology sociology and anthropology counselling practice as well as history art and philosophy

Handbook of Homework Assignments in Psychotherapy Nikolaos Kazantzis, Luciano L'Abate, 2006-12-11 The aim of this Handbook of Homework Assignments in Psychotherapy Research Practice and Prevention is to provide comprehensive resource on the role of homework assignments in psychotherapy and prevention However the process of generalizing in session therapeutic work through between session activity has a long history in psychotherapy This Handbook is designed to elucidate and extend that history by presenting theoretical and clinically focused descriptions of the role of homework assignments in a range of psychotherapies clinical populations and presenting problems Designed for both the beginning and the experienced psychotherapy practitioner this Handbook assumes a basic knowledge of psychopathology and practice of psychotherapy and prevention The Handbook aims to contribute to the professional resources for all psychotherapy practitioners and researchers in private and public practice graduate students in clinical and counseling psychology couples and family therapists as well as residents in psychiatry This book does not aim to review the theories of psychotherapy in detail specific treatments of psychopathology clinical assessment or basic psychotherapy and prevention processes that are currently available in numerous psychotherapy textbooks This Handbook is a clinical resource designed to provide a focused coverage of how to integrate homework assignments into psychotherapy practice and in the prevention of mental illness

Outline for the Handbook This Handbook comprises four distinct parts Formulation in Psychology and Psychotherapy Lucy Johnstone, Rudi Dallos, 2013-07-18 The first edition of Formulation in Psychology and Psychotherapy caught the wave of growing interest in formulation in a clinical context This completely updated and revised edition summarises recent practice research developments and debates while retaining the features that made the first a leading text in the field It contains new chapters on personal construct formulation formulation in health settings and the innovative practice of using formulation in teams The book sees formulation as a dynamic process which explores personal meaning collaboratively and reflectively taking account of relational and social contexts Two case studies one adult and one child

illustrate the use of formulation from the perspectives of expert clinicians from six different theoretical positions The book encourages the reader to take a constructively critical perspective on the many philosophical professional and ethical debates raised by the process of formulating people's problems Among the issues explored are The social and political context of formulation Formulation in relation to psychiatric diagnosis The limitations of formulation Controversies and debates about formulation This readable and comprehensive guide to the field provides a clear up to date and thought provoking overview of formulation from a number of perspectives essential for clinicians working in all areas of mental health and social care psychology therapy and counselling

The Oxford Handbook of Eating Disorders W. Stewart Agras M.D., 2010-07-06 Oxford Handbooks offer authoritative and up to date reviews of original research in a particular subject area Specially commissioned chapters from leading figures in the discipline give critical examinations of the progress and direction of debates as well as a foundation for future research Oxford Handbooks provide scholars and graduate students with compelling new perspectives upon a wide range of subjects in the humanities social sciences and sciences A rich source of authoritative content that supports reading and study in the field The Oxford Handbook of Eating Disorders reviews current research and clinical developments through synthetic chapters written by experts from various fields of study and clinical backgrounds Epidemiologic studies suggest that eating disorders are not only common but have increased in prevalence in recent decades and this handbook refines and updates the state of research The book is divided into four sections phenomenology and epidemiology of the eating disorders approaches to understanding the disorders assessment and comorbidities of the disorders and prevention and treatment The first section deals with classification and epidemiology of the disorders considerations for revisions to the Diagnostic and Statistical Manual of Mental Disorders and the somewhat neglected topic of eating disorders in childhood and early adolescence The second section describes research basic to understanding the eating disorders and addresses biological factors psychosocial risk factors cultural factors and the effects of behaviors such as dieting and eating and weight concerns in the genesis of the eating disorders The third section describes assessment of the eating disorders medical and psychological comorbidities and medical management The final section deals with various treatment modalities that have been found successful including psychotherapeutic and psychopharmacologic approaches an overview of evidence based treatment for the eating disorders and a consideration of what we know about cost effectiveness of existing treatments The multiple perspectives and breadth of scope offered by The Oxford Handbook of Eating Disorders make it an invaluable resource for clinicians researchers and educators as well as scholars and students

Boost Your Confidence Melanie Fennell, 2011-01-06 Overcoming app now available Low self confidence affects many of us from time to time and at its worst it can have a devastating impact on your life preventing you from pursuing your dreams and leading the life you want to lead Even in milder forms it can impact on your relationships studies career social life and home life By recognising what has caused your own low self esteem and then starting to address

negative thoughts and habits that have kept it low you can gradually build your confidence Improving your self confidence will have an enormously positive effect on your life allowing you to flourish and grow and taking you a step closer to fulfilling your dreams and ambitions

Suicide Explained Federico Sanchez, 2007-12-14 Finally a book that explains suicide a must read for the survivors of suicide who want to understand why suicide happens and it also should prove extremely helpful for anyone suffering mental disorders The material in this book should be incorporated into the curriculum of psychology and psychiatry because suicide is such a vital topic hardly covered in medical schools It is an important book for all professionals who deal with mental disorders in general and suicide in particular It is the authors fourth book where suicide is explained not as a mysterious process but as a natural consequence of the reactions of the brain under certain conditions when suffering mental disorders In this book on suicide the author begins with a brief summary of the statistics of the whos the hows and the wheres of suicide This gives us a clear idea of the magnitude of the problem of suicide of the cost not only in lives but of the emotional toll of the survivors as well as the financial burdens on society as a whole Then as an important first step to understanding the medical communitys standard approaches to mental disease he reviews briefly the current psychiatric terminology and the diagnostic tools concerning mental disorders He presents the most accepted current theories and models of suicide He explains what a psychiatric emergency is and what to expect if one ever encounters such a situation And he explains how suicide risk assessment is currently done along with other important considerations He proceeds to explain in every day language where possible his theory of how the brain works beginning with a simple explanation of how neurons communicate with each other Later he explains how the brain controls the body and how we see with the back of our heads how memory systems become a logical extension or expansion of our sensory and motor systems Awareness and attention are introduced first as an evolutionary tool that aids the senses gather more information from the environment and ultimately as tools that aid in thinking reasoning and constructing our past our lives and our identities But all this would mean nothing without the introduction of emotions and how the brain constructs contexts He explains how emotions are an integral part of memories and how these are related to contexts how basically the brain has created a very concise and compact filing memory system A clear explanation of how emotions are triggered regulated and dissipated is next These leads to a learned discussion of how these various systems can go haywire leading to mental disorders A brief but perhaps new and revolutionary approach to these mental disorders is presented next including Obsessive Compulsive Disorder Delirium Dementia and Other Amnestic Disorders Manic Depression and Depression and Schizophrenia Ultimately it becomes clear how under certain conditions these disorders can lead to suicide He then presents a suicide autopsy as an exercise to show how varied the opinions of experts in the field of suicidology are and compares it to his own theories and lets the reader decide for himself who is closer to the truth Finally he gives a few words of advice on various therapies and the rationality of their approaches and cautions against their limitations He closes with some important suggestions of how to

lessen suicide rates particularly among the young Self-esteem Virgil Zeigler-Hill,2013 In this edited collection a distinguished set of contributors present a broad overview of psychological research on self esteem Each chapter is written by leading experts in the field and surveys current research on a particular issue concerning self esteem Together the chapters provide a comprehensive overview of one of the most popular topics in psychology Each chapter presents an in depth review of particular issues concerning self esteem such as the connection that self esteem has with the self concept and psychological adjustment A number of further topics are covered in the book including How individuals pursue self esteem The developmental changes in feelings of self worth over the life span The existence of multiple forms of high self esteem The role that self esteem plays as an interpersonal signal The protective properties associated with the possession of high self esteem This collection of state of the art reviews of key areas of the psychological literature on self esteem will be of great interest to researchers and academics and also to graduate and advanced undergraduate students of social psychology

Health Psychology Surila Agarwala,Ira Das,Kavita Kumar,Surat Kumar,2016-04-04 In Indian context **Using CBT in General Practice** Lee David,2013-08-05 How to use CBT within a typical 10 minute consultation Using CBT in General Practice second edition provides GPs with an overview of the basic principles of CBT and shows how these principles can be applied within a typical 10 minute consultation The book is written in a user friendly interactive and practical style and focuses on realistic ways to make CBT work by helping patients to make positive changes to their lives Key features of this second edition include case examples to highlight how the techniques can be applied in practice for patients with particular problems or clinical conditions such as coping with negative thoughts problem solving sections describe how to manage time constraints a new consultation model that can be used to implement CBT in general practice detailed overviews of the major clinical psychological conditions that can be treated using CBT such as panic low self esteem and insomnia Using CBT in General Practice uniquely provides the practical advice needed to implement CBT within the time constraints of a busy practice it is therefore essential reading for all GPs who must now offer CBT as a treatment option As this is a practical manual and not just a book of theory it will also appeal to other professionals involved in the management of patients with psychological problems such as practice nurses health visitors community psychiatric nurses practice counsellors and palliative care doctors Psychiatry Review and Canadian Certification Exam Preparation Guide James Bourgeois,Usha Parthasarathi,Ana Hategan,2012 The first comprehensive psychiatry review textbook designed expressly for the Canadian market Psychiatry Review and Canadian Certification Exam Preparation Guide is the resource residents and psychiatrists need to master the qualifying examinations in psychiatry of the Royal College of Physicians and Surgeons of Canada These exams are required for certification both for graduating residents and most foreign trained psychiatrists seeking to practice in Canada This new volume based on The American Psychiatric Publishing Board Review Guide for Psychiatry has been carefully edited to include only material relevant to the Canadian exam References have been taken from both the U S and

Canadian psychiatric literature and laboratory units medication names and doses and the language used have been edited to be consistent with Canadian psychiatry The volume takes the reader from the basic sciences comprising the foundation of psychiatry through the psychiatric interview and other diagnostic topics to syndrome specific chapters paralleling DSM IV TR and finally to current treatment options Rounding out the review is a 200 question practice exam that reflects the structure of the actual board examinations Although no substitute for quality medical and residency training Psychiatry Review and Canadian Certification Exam Preparation Guide will help the prospective exam taker ameliorate weaknesses and enhance strengths in preparation for a successful exam experience Manual of Dietetic Practice Briony Thomas,Jacki

Bishop,2013-07-08 The standard work for all those involved in the field of clinical nutrition and dietetics The Manual of Dietetic Practice has been equipping health care professionals with the essential foundations on which to build expertise and specialist skill since it was first published in 1988 The fourth edition responds to the changing demand for multidisciplinary patient centred evidence based practice and has been expanded to include dedicated chapters covering adult nutrition freelance dietetics complementary and alternative therapies Compiled from the knowledge of both individual experts and the British Dietetic Association s Specialist Groups this truly is the essential guide to the principles of dietetics across its whole range Study Guide for the NCE Exam DSM-5 DR. Linton Hutchinson,2014-01-19 This Counselingexam com Test prep

study guide covers the NCE National Counseling Exam DSM 5 material The study guide prepares for NCC certification and state licensure It covers CACREP areas and can be used to prepare for the CPCE The study guide for LPC licensure include human growth and development social and cultural foundations helping relationships group work career and lifestyle appraisal research program evaluation professional orientation and ethics Additional material cover the DSM 5 and the Work Behavior Areas for the national counseling mental health exam **Towards Cyberpsychology** Giuseppe Riva (Ph.D.),Carlo Galimberti,2001 Drawing on research in the social sciences communications and other fields this book wants to analyze how the online environment is influencing the experience of psychology However understanding how the Internet is changing our everyday experience presents a substantial challenge for the psychologists Now research in this area is still sparse and limited in both the number and scope of studies actual research especially studies with strict methodologies is only just beginning The contributions in this book are among the first scientific attempts to take a serious look at various aspects of Internet related psychology However we need not start from scratch Psychology has a broad knowledge about the factors that affect human behaviour in other setting So the papers collected for this book are descriptive and practical oriented in nature

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