Topic & specification ref: Individual differences 6 – cognitive treatments

Lesson aim: invite consideration of how beliefs can be changed by examining the use of cognitive therapy with anxiety disorders.

Material to be learned:

Concepts	Facts	Skills	Metacognitive
Cognitive therapy Cognitive restructuring Rehearsal Habituation	Procedures for doing cognitive therapy Studies of effectiveness	Questioning Problem solving Evaluation	Use of mnemonics to support writing.

Assessment strategies	**Details as appropriate**
Question and answer	Throughout. Assertive. AfL. Scaffolding.
Self assessment	
Peer assessment	
Individual learner review	
Group presentation	
Observation of skill	
Assignment/homework	Essay question – describe and evaluate cognitive treatments for one anxiety disorder
Summative test	

Teaching and learning techniques (tick as applicable):

Whole class teaching	✓	Presentations	
Coaching and instruction		Discussion	✓
Working in small groups		Practical exercises	✓
Individual project work		Practical demonstrations	
Role-playing exercises	✓	Copying notes	
Case study		Thought questions	

Inclusion:

SEN	
G&T	
Other	

Health & safety: see departmental risk assessment

Lesson sequence:

Timing:	Content:
0-10	**Orientation exercise.** In groups of 4. One student given an indefensible POV to argue for. After a couple of minutes, get them to describe how successful they have been & why. Question: why is it so difficult to change what people think? **Discuss** suggestions. Introduce **session aims.**
10-20	**Question:** what to cognitivists believe about the causes of anxiety disorders? How might this influence the way they try to treat anxiety disorders? Take suggestions from named individuals. **Presentation:** cognitive therapy – main ideas. Cognitive restructuring.
20-30	**Activity:** questioning to identify the problem. In pairs. Clients have a description of an anxiety problem. Therapists must question them to find out what it is. Clients must be truthful but minimally helpful – must not volunteer information that has not specifically been requested. Allow 3-5 mins. **Question** individuals about how the process has gone; what sort of qualities does a cognitive therapist need to have? **Discuss** suggestions.
30-40	**Activity:** restructuring exercises. How could the client's catastrophic thinking be challenged & changed? NB. Must realise possibility of making things worse. Allow a few mins then take examples. **Discuss.**
40-50	**Presentation:** more cognitive treatments. **Question:** how would these techniques help to address anxiety? Allow short discussion then explore. Questions to prompt evaluation (see slide).
50-60	**Homework:** essay question – use TEARS evaluation; use textbook to flesh out points of discussion.

Resources:

Anxiety 6 slides.
Indefensible arguments cards
Anxiety beliefs cards
Essay criteria sheets