TABLE 9.1 Systematic Biases in Processing Information

Disorder	Bias
Depression Hypomania Anxiety disorder Panic disorder Phobia Paranoid state Hysteria Obsession Compulsion Suicidal behavior Anorexia nervosa Hypochondriasis	Negative view of self, experience, and future Inflated view of self and future Sense of physical or psychological danger Catastrophic interpretation of bodily/mental experiences Sense of danger in specific, avoidable situations Attribution of bias to others Concept of motor or sensory abnormality Repeated warnings or doubts about safety Rituals to ward off perceived threat Hopelessness and deficiencies in problem-solving Fear of being fat Attribution of serious medical disorder

Source: Beck and Weishaar (2000), p. 251.

## Behavioral Merger

Lack of success in treating depression by behavioral means led therapists to consider the cognitive concepts set forth by Albert Ellis and Aaron Beck (Rachman, 1997). While radical behavioral psychologists, like B. F. Skinner, have usually been at odds with cognitive psychologists, behavioral and cognitive therapists have been in sympathy. Behavior therapists quickly saw the passent of the pas

change to potentiate the repeat of the des: effects" (p. 49).

Reverence for scientific method and e havioral and cognitive therapists. Belief in keeping, treatment integrity, and measu (Rachman, 1997) has resulted in published of the scientific community. This stance a hypotheses and to alter their approaches by behavioral therapy (CBT) an evolving field

## Problem-Solving

Many cognitive-behavioral therapies can be ments, if we define *problem* as a situation or a their novel aspects, complexities, ambiguitie present circumstances that involve the fails (D'Zurilla & Goldfried, 1971). A person with those listed in Table 9.1, creates automatic responses that are not conducive to effective distress decreases a person's ability to con Rush, Shaw, & Emery, 1979), all of which as think up a variety of potentially effective resphavioral therapy assists a person in learning when presented with a certain situation, who to prepare the person to deal with day-to-dar Goldfried, 1971). One of the first efforts the tile