

**Psychology, mental health nursing,
social psychology**

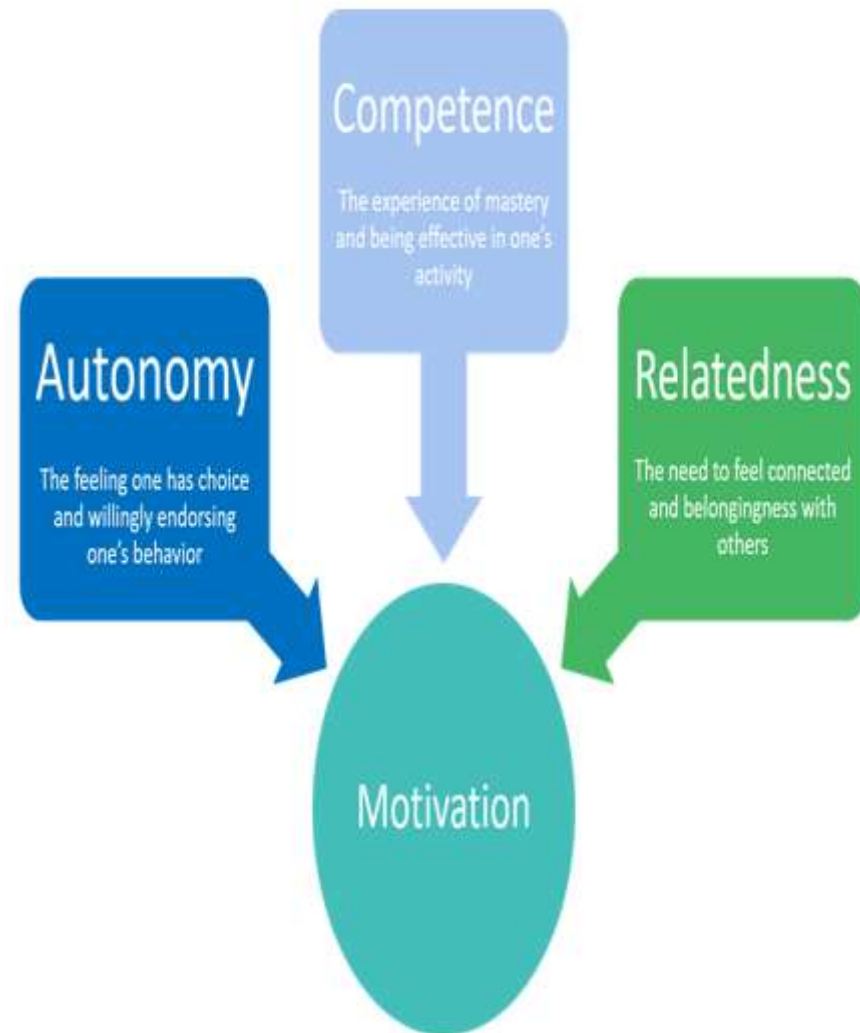
Self-Determination Theory: Understanding Human Motivation and Well-being

Relationships among cognitions, emotions, and actions are the focus of cognitive behavioral therapy (CBT).

Developed by Aaron T. Beck and Albert Ellis.

Key principles of CBT:

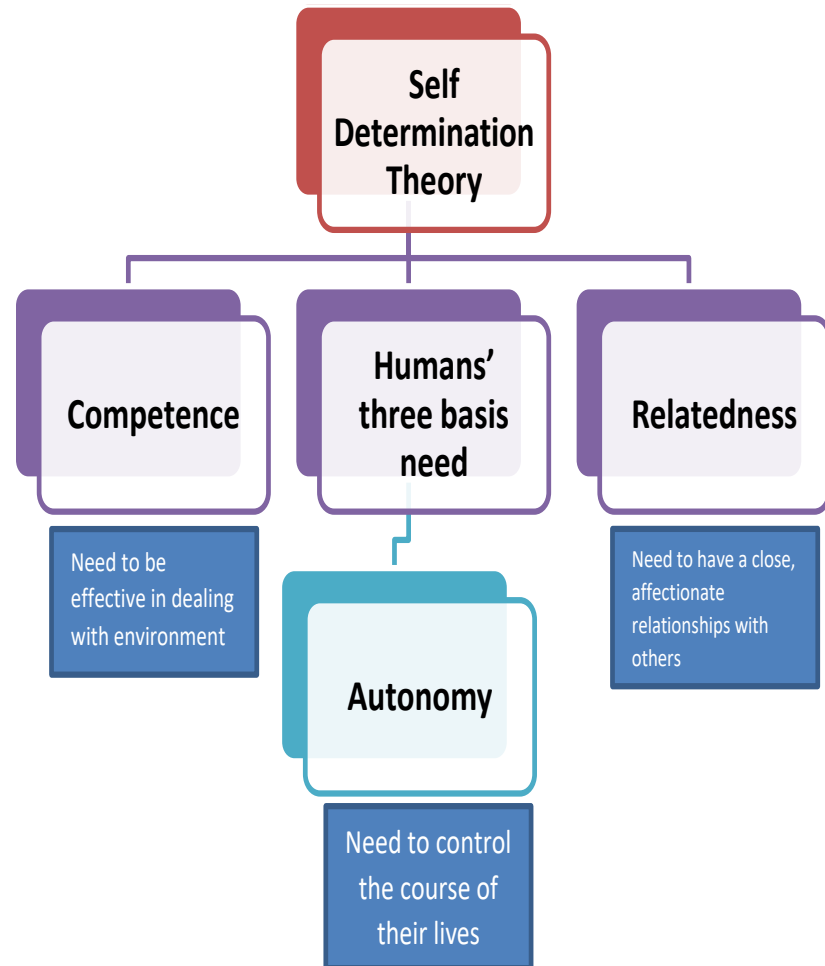
- Emotions and actions follow thoughts.
- Feelings of dissatisfaction may be exacerbated by one's own negative or misguided beliefs.
- When we recognize and question our negative thoughts, we may alter our feelings and actions for the better.
- Negative feelings and attitudes may be reinforced by engaging in certain actions.
- Better mental health may be achieved by modifying maladaptive habits.



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Applications of CBT:

- **Psychology:** Depression, anxiety, & phobias are just some of the mental health issues that may be treated.
- **Mental Health Nursing:** Using cognitive behavioral therapy (CBT) methods in mental health nursing to help patients cope with their symptoms.
- **Social Psychology:** The study of how people's thoughts and behaviors affect their relationships with others.



Self-Determination Theory:

Seminal researchers/authors:

Cognitive Behavioral Therapy (CBT) was developed primarily by Aaron T. Beck and Albert Ellis.

Theoretical and conceptual dates:

Ellis expanded on Beck's work in the 1960s with rational emotive behavioral therapy (REBT).

Theory/Concept	Contributions
CBT	Revolutionized psychotherapy by merging cognitive analysis with behavioral approaches
	Introduced a systematic, evidence-based approach to recognizing and treating mental health concerns
	Demonstrated effectiveness in improving conditions such as depression, anxiety, and addiction

Self-Determination Theory:

Suggestions/Assumptions	
CBT	- Thoughts, feelings, and actions are interconnected and mutually influential
	- Negative or distorted thoughts contribute to emotional suffering
	- Challenging and disputing negative thoughts can improve emotional and behavioral well-being
	- People can learn knowledge and skills to make positive changes in their thought patterns and behaviors

Application of Cognitive Behavioral Therapy (CBT) in Mental Health Nursing

Link with the NMC (2018) Future Nurse Standards:

Evidence-based practice and patient-centered care are emphasized in the NMC Future Nurse Standards. CBT complies with these norms since it offers a systematic, research-based framework for mental health care.

Relating CBT to Annexe A Skills in the Future Nurse Standards:

Assessment and Care Planning:

Using cognitive behavioral therapy (CBT) methods, mental health nurses may evaluate their patient's mental health and provide individualized treatment programs.

Communication and Therapeutic Relationships:

CBT encourages open lines of communication and builds trust between the mental health nurse and the client.



Case Study: John's Journey towards Mental Well-being

Timeline of Events:

- John had a wonderful upbringing because of his loving and encouraging family.
- John's self-esteem was damaged and he developed social anxiety as a teen because he was bullied at school.
- John's anxiety worsened as he entered adulthood, interfering with his ability to continue his schooling and hold down a job.
- John seeks assistance from mental health services and is given information on cognitive behavioral therapy (CBT).

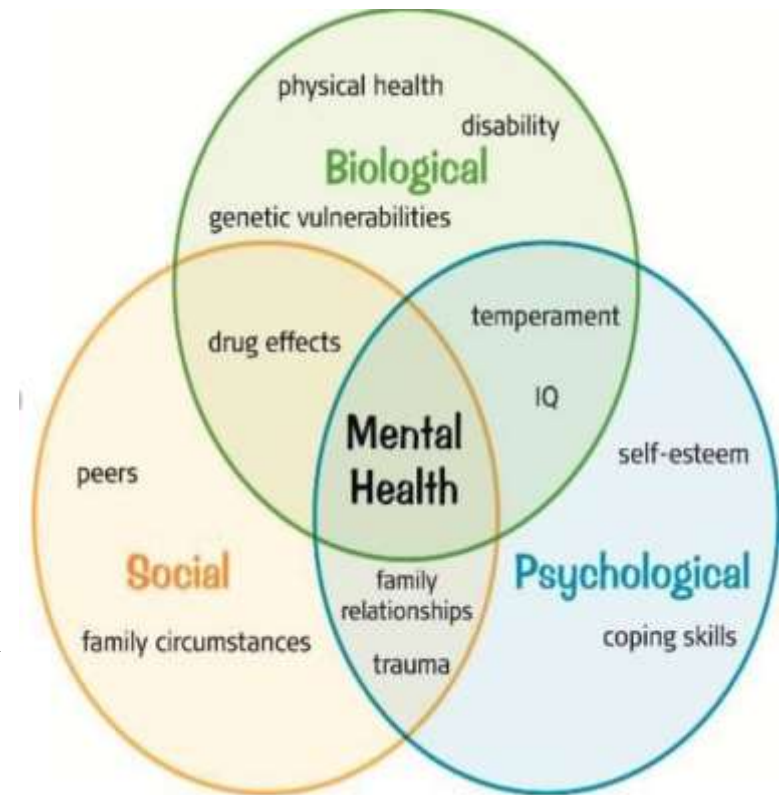
Behaviors	Thoughts	Emotions	Feelings
Avoids parties	Worries that others will look down on him and disgrace him	Anxiety, fear	Disappointment, anger, determination
Avoids public speaking	Worries about being judged and embarrassed	Anxiety, fear	Disappointment, anger, determination
Increased heart rate		Anxiety, fear	Disappointment, anger, determination
Perspiration		Anxiety, fear	Disappointment, anger, determination

Case Study: John's Journey towards Mental Well-being

Pertinent Aspects:

Biological, Social, and Psychological:

- The biological factors that may make John more susceptible to anxiety disorders include his family history and any underlying neurochemical abnormalities.
- Adolescent bullying may have a significant influence on self-esteem, which in turn can contribute to the onset and maintenance of social anxiety.
- Social anxiety is, in large part, maintained by negative self-beliefs and cognitive distortions, which are psychological factors.
- Due to his social anxiety, John may have trouble with social graces like making and keeping eye contact, starting conversations, and taking part in groups.



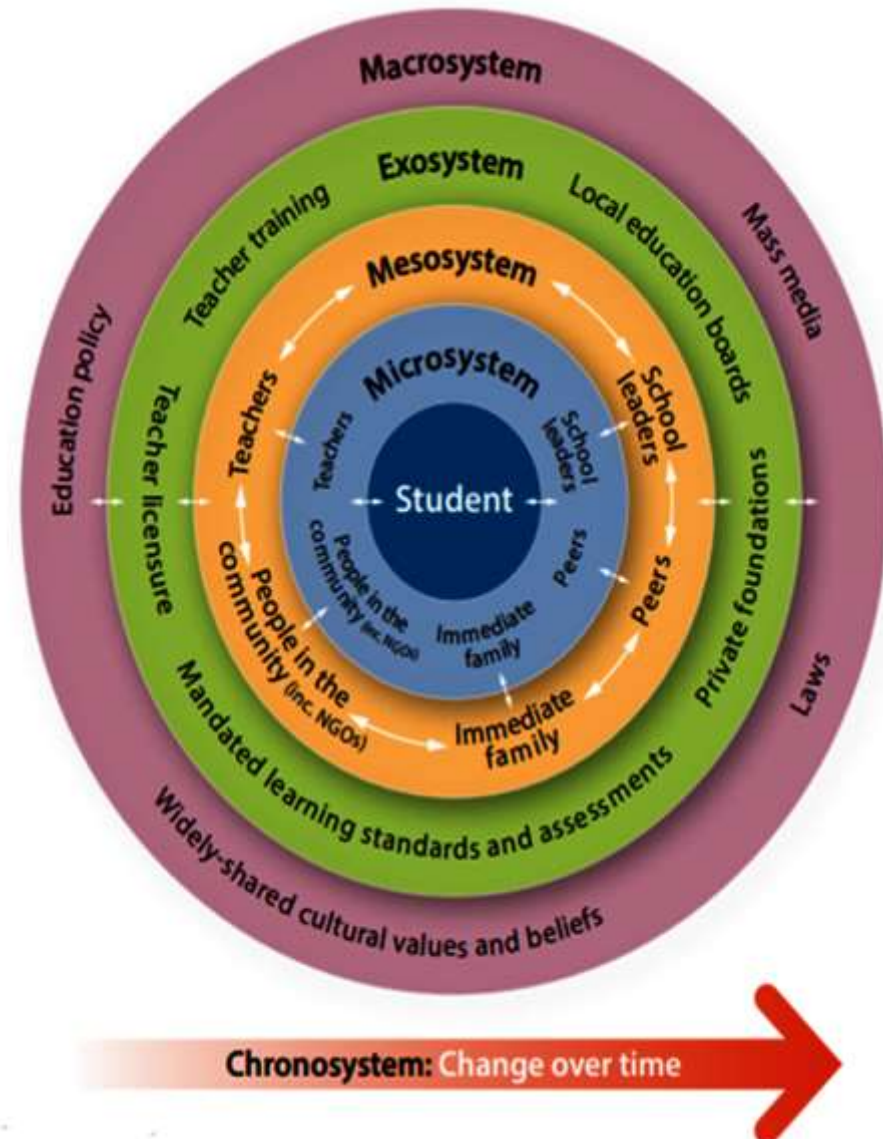
Critique the theory

- ✓ Cognitive Behavioral Therapy (CBT) aids in this endeavor by offering a theoretical framework for doing just that: examining the interplay between one's ideas, feelings, and actions, and so drawing attention to the impact these factors have on one's psychological well-being.
- ✓ An issue with CBT is that it may place too much focus on mental processes while ignoring the role that one's social and physical surroundings play in shaping their emotions and outlook.
- ✓ Because of its emphasis on the individual, CBT may overlook broader social and structural variables that exacerbate a person's mental health problems.
- ✓ CBT therapies may lack cultural sensitivity, ignoring the cultural context and the distinctive experiences of people from different backgrounds.
- ✓ It is essential to think about a person's financial situation, cultural background, support networks, and prior traumas to get a whole picture of their experience. The state of their mind may be greatly affected by these circumstances.

Communicate your own learning/ reflexivity

Learning about Myself and Attitudes/Values:

- Recognized the value of learning new things and brushing up on my knowledge of the latest developments in the fields of psychology and mental health nursing.
- I have learned about the preconceived notions and prejudices I have had about mental health concerns.
- came to see that showing service users and patients compassion and understanding is essential to delivering quality care and assistance.
- learned to value the many ways in which people with mental health issues have lived and seen the world.



Communicate your own learning/ reflexivity

Influencing Communication and Sharing Understanding:

- Encourage honest, considerate dialogue with clients, patients, and coworkers, keeping in consideration that each person you interact with has a unique story to share.
- Make sure your patients understand and are involved in their care by explaining difficult psychological topics to them in simple terms.
- Consider the biological, psychological, and social contexts of people's experiences while discussing them.
- Respect the individuality of your clients by encouraging group decision-making and teamwork while developing treatment plans and strategies.

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Thank you