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Lucock, Mike, Olive, R.E., Sinha, A, Horner, C.Q and Hames, R.

Graduate primary care mental health workers providing safe and effective client work: what is realistic?

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Figure 2. Cognitive model incorporating experience and beliefs

Experience

Beliefs (about self, world, future, relationships)
Unconditional (core) beliefs
  e.g. “I am inferior to others”
    “people can’t be trusted”
Conditional beliefs
  e.g. “If someone criticises me, they don’t like me”
    “I must do things 100% or I have failed”

Coping strategies
  e.g. perfectionism, trying to please

Critical Incidents
  e.g. break up relationship
  losing job

Emotional reaction

Thoughts

Behaviour

Feelings

Physiology
Figure 1. Five systems cognitive model

- FEELINGS <-> THOUGHTS
- BEHAVIOUR <-> PHYSIOLOGY

Impact of life circumstances, stresses and external environment