University of Huddersfield Repository

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?

Original Citation


This version is available at http://eprints.hud.ac.uk/17985/

The University Repository is a digital collection of the research output of the University, available on Open Access. Copyright and Moral Rights for the items on this site are retained by the individual author and/or other copyright owners. Users may access full items free of charge; copies of full text items generally can be reproduced, displayed or performed and given to third parties in any format or medium for personal research or study, educational or not-for-profit purposes without prior permission or charge, provided:

- The authors, title and full bibliographic details is credited in any copy;
- A hyperlink and/or URL is included for the original metadata page; and
- The content is not changed in any way.

For more information, including our policy and submission procedure, please contact the Repository Team at: E.mailbox@hud.ac.uk.

http://eprints.hud.ac.uk/
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 cant 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**

**Feelings**

**Behaviour**

**Physiology**
Figure 1. Five systems cognitive model

- FEELINGS ← THOUGHTS
- BEHAVIOUR ← PHYSIOLOGY

Impact of life circumstances, stresses and external environment