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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 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
  - **Emotional reaction**

- **Thoughts**
- **Feelings**
- **Physiology**

- **Behaviour**

- **Incidents**
e.g. break up relationship
  - losing job
Figure 1. Five systems cognitive model

- FEELINGS ↔ THOUGHTS
- BEHAVIOUR ↔ PHYSIOLOGY

Impact of life circumstances, stresses and external environment