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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 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 ending

- **Emotional reaction**

- **Behaviour**

- **Feelings**

- **Physiology**

- **Thoughts**
Figure 1. Five systems cognitive model

- FEELINGS ↔ THOUGHTS
- BEHAVIOUR ↔ PHYSIOLOGY

Impact of life circumstances, stresses and external environment