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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
  - 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