

Background to CBT : Social Learning Theory and Modelling

Background to these approaches can be found in the work principally, but not exclusively, in work of Bandura (1977)

People's learning is achieved through their perceptions and thinking about what they experience. They learn by *copying* the examples of others around them

2 sets of expectations:

- ***Outcome expectations*** – behaving in a certain way will produce a particular outcome
- ***Efficacy expectations*** – belief that the person has the capacity to produce successfully the behaviour necessary for achieving the desired outcome

Cognitivebehavioural Social Work In Practice

N Noddings



Cognitivebehavioural Social Work In Practice:

Reviewing **Cognitivebehavioural Social Work In Practice**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Cognitivebehavioural Social Work In Practice**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Cognitivebehavioural Social Work In Practice Introduction

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