

## Highlight 2.4

### Key Learning Points



The cognitive-specificity hypothesis states that each mental health condition has distinct dysfunctional beliefs and thought patterns.



Pinpointing specific cognitive patterns in OCD is complicated by the diverse range of obsessions and themes.



The two factor model is more of a psychoanalytic than cognitive model that fails to provide a specific cognitive account fo OCD.

**Copyright © 2024 by Frederick Aardema. Mount Royal Publishing. All Rights Reserved.**

Permission is granted for personal use and use with clients. Any reproduction, distribution, or use beyond these permissions, in any form or by any means, without prior written consent, is strictly prohibited.