

Highlight 2.7

Key Learning Points



The appraisal model initially gained traction by treating thoughts as neutral events, addressing challenges posed by traditional cognitive approaches.



Appraisal-based CBT aims to normalize thoughts, targeting appraisals that overvalue obsessions while leaving the initial thought unchanged



The appraisal model's focus on appraisals may overlook crucial cognitive processes, potentially neglecting the role of obsessions.

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