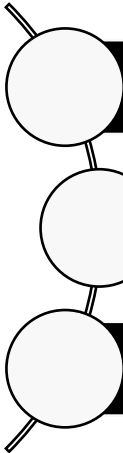


### Highlight 2.3.

## Key Learning Points

- 
- Cognitive models emphasize the role of thoughts, appraisal and beliefs in the development and maintenance mental health issues.
  - Treatment based on cognitive models focuses on changing dysfunctional beliefs and appraisals.
  - Cognitive models were successfully applied to many mental health conditions in a short amount of time, except for 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.