

MODELS OF PSYCHOLOGICAL CARE BASED
ON ROBUST SCIENCE, PRACTICE AND POLICY:
What role for IAPT ?

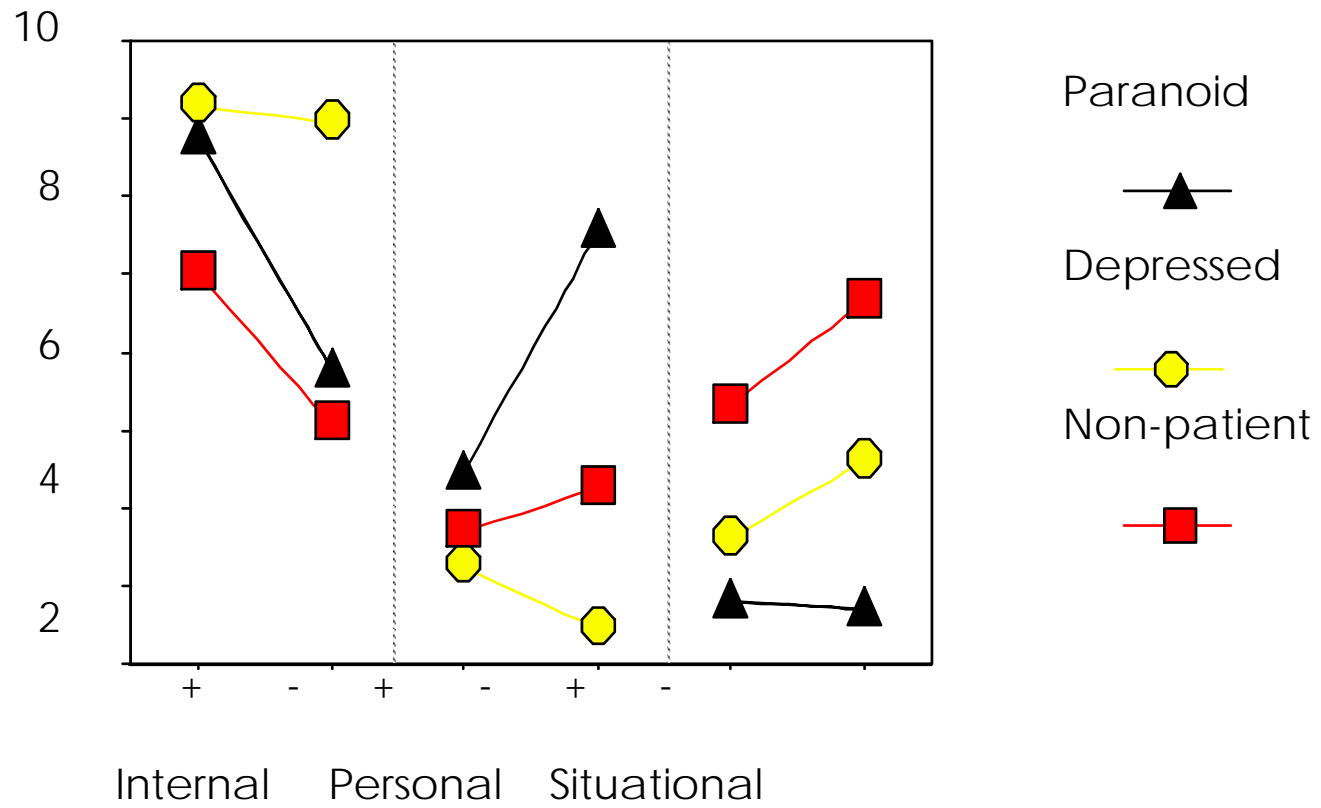
Peter Kinderman

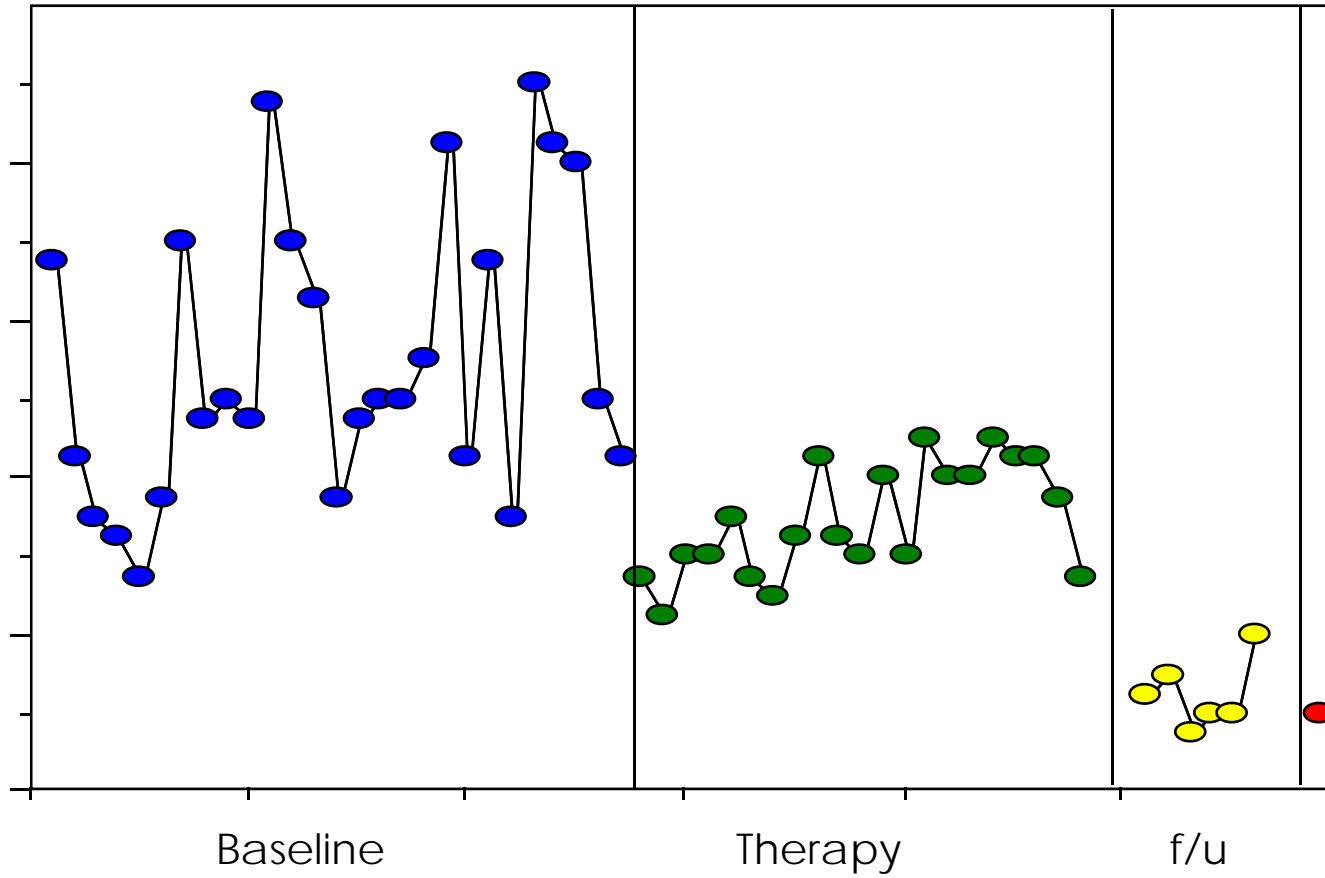
24th November 2011



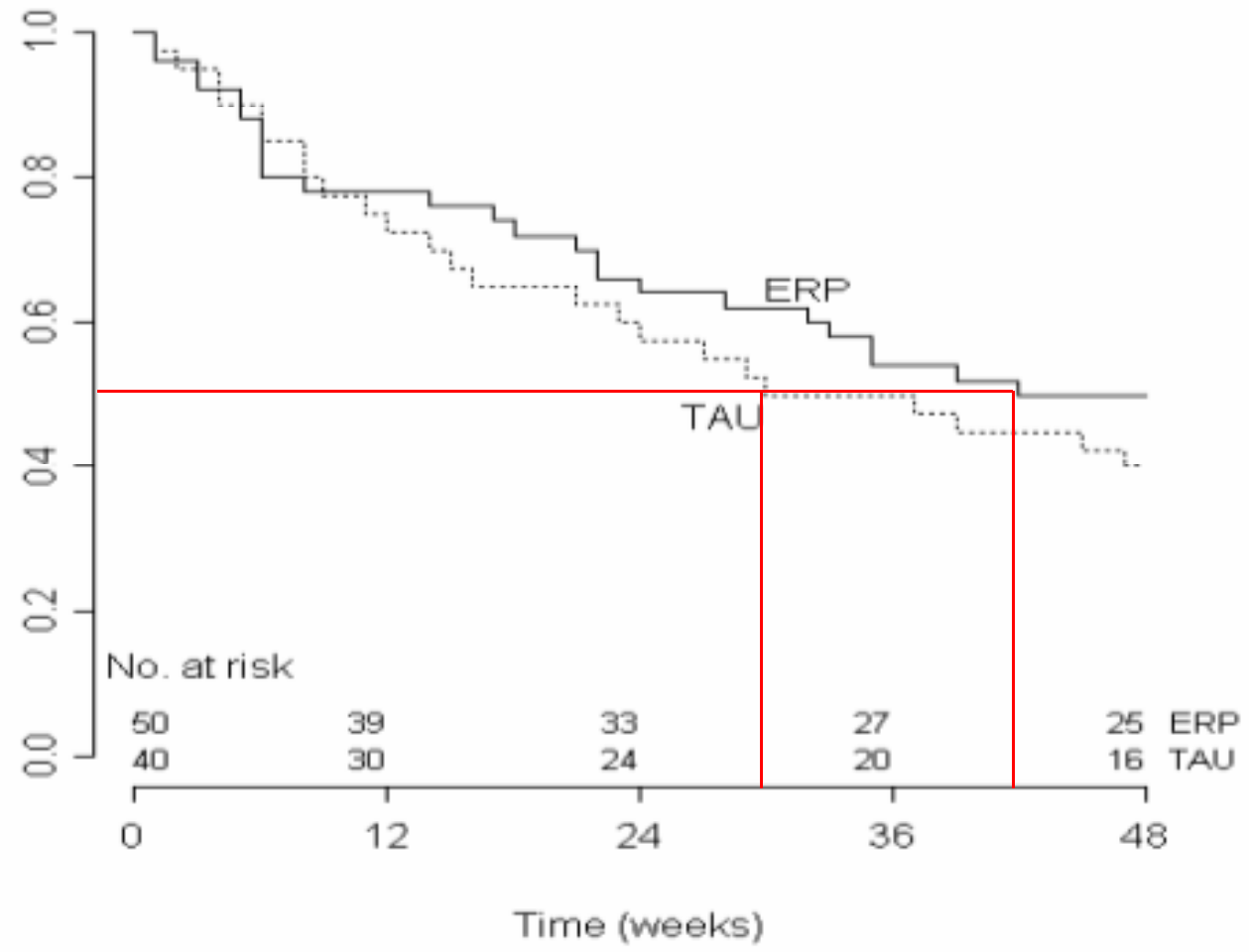
UNIVERSITY OF
LIVERPOOL

mean # of attributions





Probability of recurrence of any episode



We are shaped by thoughts.

Our thoughts, emotions and behaviour are largely determined by our understanding of the world; thoughts about ourselves, other people, the world and the future.

Biological factors, social factors and circumstantial factors affect us because they impact on key psychological processes that develop and maintain our understanding of the world – psychological factors are mediators.

Experience, rather than biology, has the greatest impact on these processes, and therefore the greatest influence on our understanding of the world.



UNIVERSITY OF
LIVERPOOL