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**COGNITIVE APPROACH TO EXPLAINING DEPRESSION**

**Evaluation of Beck**

**Beck’s Cognitive Theory of Depression**

**Faulty Information Processing:**

**Negative Self Schemas:**

**The negative cognitive triad:**

**Ellis’s Cognitive Model of Depression**

**Evaluation of Ellis**

**A = Activating Event**

**B = Beliefs**

**C = Consequences**

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***Include SUMMARISED elaborated evaluations here!***