

TEORIILE COGNITIVE ALE DEPRESIEI. IMPLICAȚIILE ACESTORA ÎN CONSILIERE

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Abstract

In this article we are discussing five theories of depression and their implication in counseling activities. Beck identified the cognitive triad that characterize depression: a negative view of the self, a negative view of the world, a negative view of the future. Ellis suggest three main causative cognition of depression: one's personal inadequacy, the horror of not having what one needs and the awfulness of the way things are. Recent research has focused on the testing of diathesis-stress hypothesis and on the role of depressogenic causal attributions style.

Keywords: *counseling, theories, cognition*

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