

ABCDE Model

The ABCDE model – conceptualized by Albert Ellis is used as a method of helping people learn about the ways they have caused themselves emotional disturbances and overall psychological difficulty. The ABCDE model is an approach which can be used to defuse, challenge and change maladaptive, unhelpful thinking and create the space and opportunity to develop more adaptive, logical or rational beliefs.

The ABCDE model is one which we use constantly with clients throughout their Cognitive Behavioural Therapy sessions at Evolve and it is a model with an end goal of equipping clients to learn how to use deductive and logical reasoning in their day to day lives. This approach aids the client in gaining the ability to prevent negative feelings, overcome them and restructure and change their attitudes, behaviours and perceptions.

Activating Event – Something happens which is a trigger for you and this event happens either to you, or in the environment around you.

Beliefs – You have a belief or beliefs about the event and these beliefs are usually formed and driven from your interpretation/perception.

Consequences – The belief or beliefs you hold have consequences and these will have a direct impact upon your feelings and behaviours.

Disputing the beliefs – This is where we challenge the beliefs and as a result this has a more positive impact upon the consequences.

Effective new beliefs – This is where we take on and implement new and more adaptive beliefs ultimately creating the change we need.