
INDEX

- absorption 56, 71, 73–5, 77–9, 177
- affective and thought disorder 90–1
- affirmation of the consequent 18–19
- anxiety disorder 3, 71, 86–9, 91–4, 130–1
- appraisal
 - approach 9, 11, 62
 - coping 141, 201
 - model 115–16
- assumption 55
- attention 7, 47
- attentional allocation 96
- augmented instructions 28
- automated and controlled processing 34

- Bayes' theorem 83
- Bayesian probabilistic task 82, 84, 85, 87, 88, 90
- Beck
 - all-or-nothing thinking 7
 - catastrophic thinking 60
 - cognitive specificity hypothesis 4, 7, 213
 - over-generalization 7, 60
 - personalization 7, 60
 - psychopathology model 4–5
- beliefs 62–3
 - bias 28
 - challenging 175–6
 - disorders 12–13, 15
 - fixity of 62
 - inflated responsibility 5
 - intolerance to ambiguity 5
 - intolerance to uncertainty 5, 88
 - irrational 6
 - narrative and 62–4
 - over-estimation of threat 5
 - over-importance of thought 5
 - perfectionism 5
- bias 39
 - belief 28
 - confirmation 21, 29
 - jumping to conclusion (JTC) 85, 90
 - matching 21
 - omission 201
 - reasoning 29
 - threat 39
- biased coin task 85

- bizarre idea formation 86
- bridging (given-new contracts) 42, 89

- category errors 116
- causality 86
- certainty 8, 161
- cognition 9, 41, 42–5, 209–11
- cognitive
 - errors 86
 - processes 7
 - remediation 96
 - structure 8, 41
- cognitive behavioral therapy (CBT) 4, 16, 41, 96, 101, 144, 145, 178, 199, 186–7, 204–8
- common elements *see* theory
- common-sense philosophy 38
- comparable events 116
- competence, measures of 81
- compulsion 1
 - checking 1, 11, 12, 167
 - neutralization 150, 180
 - subtypes of 2
- concept
 - attainment 62
 - formation 62
- conceptual blending 60–1, 67
- conditional
 - reasoning 20, 28
 - rule 21, 205
- confirming evidence 16
- conjunction fallacy 30
- consciousness 46–7, 60–70, 119
- constructionism 40, 43–4, 77, 105, 171–2, 211
- constructionist
 - approach 41
 - perspective 40
 - version 40
- constructivism 42
- contamination fears 11–12, 78, 114, 156–7
- content 7–8, 90–4
 - of reasoning 24, 81
- context 15, 21, 45–6, 50, 51
- contextual behaviorism 45
- conviction
 - obsessional 14–15
 - strength of 14

- crossing over 158–60
- data gathering 77
 - deficit 86, 87, 95
 - excess 87, 95
- decision-making 32, 83, 84, 85
- deconstructing 65, 104–5
- deduction 17–19, 40
- deductive
 - competence 24
 - logic 26, 33, 37
 - performance 24, 25
 - reasoning 20, 23–5
- delusion 84–6
- delusional
 - belief 79
 - disorder 3, 12, 79, 85, 127, 202–3
- denial of facts 81
- denying the antecedent 19
- detachment 74
- dialogical approach 107–9, 112
- dialogicity 107–9
- direct realism 44
- discursive approach 104–5
- dissociativity 76
- distorted perceptions 77
- distrust of the senses 116, 118
- doubt 8, 114
 - obsessional 9, 149–53, 166–9
 - primary inference of 150–1
 - secondary inference of 150–1
- ecological structure 44
- emotional engagement 66
- emotion-based reasoning 36, 93
- evidence 119
- ex-consequential reasoning 36, 91, 93
- experience 37–42, 42–5
 - ego-dystonic 146
 - ego-syntonic 146
- exposure *in vivo* 13
- exposure and response prevention (ERP) 3–4, 15, 140
- extensionalization 99
- external validity 22
- facts 56, 116
- falsification 21
- far-fetched narrative 119
- fear 3, 11–12, 174
- feelings 120–1
- fiction 56
- fixed beliefs 62
- framing effect 35
- gambler's fallacy 30
- hallucination 77
- heuristic
 - affect 35–6
 - anchoring (adjustment) 31–2
 - availability 26, 31
 - representativeness 30–1
- hypnosis 75–6
- hypnotic
 - delusion 76
 - illusion 76
- hypothetico-deductive reasoning 37
- ideation, over-valued 10, 179
- illusion 78
- imaginary context 46
- imaginary beliefs 56, 75–7, 154–5
- imaginary sequences 116
- imagination 70–1, 169–70
- imagined possibilities 154–5
- induction
 - mechanism 26
 - techniques 76
- inductive
 - behavior 37
 - logic 26, 33, 37
 - psychology 37
 - reasoning 25–7
- inference 10–12, 26, 61, 67–71, 118
 - primary 118–20, 140, 176–7
- Inference Based Approach (IBA) 115–21
 - case studies 178–97
 - clinical trials 140–6
 - future developments 211–13
 - idiosyncratic content *see* obsession
 - model 147–8
 - step-by-step program 149–66
 - treatment 187–94
 - Treatment Manual 149–97
 - trouble shooting guide 170–8
- inferential approach 109
- inferential confusion 12–13, 16, 113–15, 117, 120–1
 - distrust of the senses 118
 - experimental studies 131–9
 - inverse inference 118
 - measurement 121–31
 - overvalued ideation (OVI) 13, 140
 - Questionnaire (ICQ) 123–5, 126, 129, 130–1, 143, 144, 145, 147, 212
 - treatment outcome 144–6
- intentionality 40–1, 46, 48, 49, 51, 63, 110
- internal modalities 120
- interpretation 22
- intolerance to ambiguity 5
- intolerance to uncertainty 5, 6, 88
- introspection 211
- intrusion 10–12, 118–20
- intrusive thought 10

- inverse inference 116, 118, 123
 Irrational Beliefs Inventory 6
 irrational thinking/belief 86
 irrelevant associations 119
- judgment of probability 45
- knowledge 37–42
- language 46–50, 57–8, 110, 174–5
 clean 102
 games 47
- laws
 of logic 25
 of thoughts 25
- linguistic constructionist model 47
- Linda problem 30–1, 58
- lived-in experience 76, 78
- living “as if” 74–5, 76, 114, 157, 160
- logic 22, 28
 experience 32–5
 self-referent ordering 101
- logical
 if–then inferences 205
 strategies 102
- material realistic 39–40
- memory 7, 47, 101
- mental
 models 20, 25, 27–8, 32, 44, 138–9
 states 47
 tics *see* obsession
- Mentalese 49
- meta-cognition 59, 77, 97
- meta-cognitive model 208–9
- metaphor 51, 59, 103, 104, 109, 174–5
 as if qualities 74–5, 76, 209
 stance 74, 78
- meta-reference 58
- metonym 51, 59, 103, 104, 109
- mime 45–6
- mindfulness 98
- mindlessness 98
- miscategorization 60, 67
- misinterpreted necessity 28
- misplaced concreteness 59
- models
 cognitive appraisal 140, 199–203
 dual process 34
 multifactorial 85
 realist 39
- Modus ponens* 18–19, 32
- Modus tollens* 18–19, 32
- mood states 61, 126
- narrative 156–8
 –action couplings 62
 approach to thoughts 54–7
- believability 56
 device 59–61
 language of 53, 57–8
 misplaced concreteness 59
 scripted 51
 structure 53, 54–5
 theme 189–90
 therapies 105–8, 110
 unit 51
 unspoken 58–9
- narrative therapy 105–7, 109
- negativity 6, 120
- neutralization 2, 12, 150, 180
 covert 140, 150
- non-discursive narrative therapy 105–6
- “non-logical” issues 28
- normalization 8
- normative system problem 22
- obsession
 content 9
 generalizing 173
 idiosyncratic content *see* IBA
 occurrence of 9
- Obsessive Beliefs Questionnaire (OBQ) 5–6, 9
- Obsessive-Compulsive Disorder 6
 course 2–3
 devices of 1
 non-phobic characteristic of 12–13
 rituals 1–2
 therapy 3–4
- Obsessive-Compulsive Personality Disorder (OCPD) 88
- otherness 41
- overestimation of threat 5, 8
- overestimation of the threat scale 212
- over-responsibility 209
- over-valued
 ideas 13, 62, 145, 202, 203
 Ideas Scale (OVIS) 143
 ideation 12, 144–5
- Padua-Revised Inventory 125, 126
- Padua Washington State University Revision (P1-WSUR) 125, 126, 141, 203
- panic attack 100
- pathology of doubt 8
- perception 7, 44
- perceptual disturbances 125–6
- perceptual processing 77
- perfectionism 5, 6, 89, 175, 206
 dysfunctional 87–8
 functional 87
 pathological 87, 206
- personal
 probabilities 37
 utility 37
- personal construct psychology 100, 101

- personality disorder 170
 persuasion 65, 102
 phenomenological
 approach 44–5
 descriptive 100
 phenomenology 9, 100–2, 146
 interpretative 101
 linguistic-experimental 102–4
 physical-out-thereeness 38
 physicalness 39–40, 41, 68
 possibilistic status 68
 possibility 67–71
 possibility distributions 71–3, 77
 post-rationalist cognitive therapy 101, 102
 post-traumatic stress disorder 93–4
 primary inferences 118–20, 140, 150, 156, 176–7
 probabilistic
 mechanism of reasoning 22
 reasoning 82–3, 88
 probability 24, 83
 psychological reduction 54
 psychopathology 4–5, 7, 78–9, 81–112

 radical constructionism 43
 Rational Emotive Therapy (RET) 4, 97–8
 rationality 21–2, 24, 102
 1 and 2 22, 34
 reality 41, 78, 119
 sensing 16, 39, 74, 165–6, 193–4
 real-life reasoning 22
 reasoning 24, 35–6
 biases 28–9
 cognitive structural approach 96–100
 competence 89
 emotion-based 93–4
 errors 15, 97
 faulty 86
 fear-confirming 92–3
 intrusion-based 93–4
 inverted 97
 mechanisms 85, 86–9
 in obsessions 9
 probabilistic 29–30
 studies 81
 relevance 21–2, 24
 repertory grid technique 100
 repetitiveness 81
 responsibility 5, 11, 49, 54–5
 response bias theory 23
 rhetoric 64–7, 111
 rhetorical persuasion 66
 rhetorician 64
 ritual 1–2, 113–14, 150, 171
 rule 34

 schema 41, 62, 112, 196, 204, 207–8
 schizophrenia 84–6
 self
 contradiction 81
 deceptions 101, 21
 doubt 63, 164, 197
 fragility 200
 preservation 57
 signaling processes 97
 –society relationship 104
 –world 38, 40, 41, 51, 74, 104
 semantic(s) 99, 103
 senses 32–51, 170
 sequence 116
 social constructive approach 43
 Socratic dialogue (SD) 206
 story 57, 164–5
 structural connectedness 56
 subjective 56
 probability 29
 utility 29
 suggestibility 65, 70
 superstition 100
 suspicion, hermeneutics of 104
 syllogistic reasoning 22–3, 28
 syllogism 22–3, 100

 task, hypothetico-deductive 81
 theory
 of abstraction 20
 atmosphere 23
 common elements 26
 of general semantics 99
 prototype 26
 self-perception 210
 thinking 45, 98
 thought
 action fusion (TAF) 5, 100, 201, 208–9
 disorder 84–6
 event fusion (TEF) 208–9
 mechanism of 81
 object fusion (TOF) 208–9
 tolerance 6
 treatment 13–16
 exposure 3–4

 vulnerability theme 164–5

 Wason Selection Task 20–1, 29–30, 35, 89, 91, 92

 Y-BOCS 141, 143, 202