

Pharmacotherapy-Integrated Cognitive-Behavioral Therapy

PSYCHIATRIC SYMPTOM (Treated with Medication)	UNDERLYING PSYCHOLOGICAL SCHEMATIC	CONCERNS AND FRUSTRATIONS (Treated with CBT)	RATIONAL REAPPRAISAL EXAMPLES
Guilt (Self recrimination)	Strong sense of Responsibility.	My team has not done well on a project.	It's out of my control - I'll focus on my work.
Anxiety (Catastrophizing)	Overvalue Importance of peripheral events.	My company's results are poor.	It's not crucial for my life. I'll focus on things important to me.
Depressed Mood (Low self esteem)	Take events personally and more negatively than necessary.	People in my department backstab and put me down.	Competitive put-downs are common at all organizations and are part of jostling for power and position.