

**The evolution of unconscious processes in selected cognitive-behavioral theories:
Reconstruction, analysis, and discussion**

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Abstract

This dissertation is systematical and historical, as well as it is devoted to reconstructing, analyzing, and discussing existing concepts of the unconscious in selected cognitive-behavioral theories. It compares the approaches and ways of understanding implicit processes within the framework of theories that are representative for this trend, and compares them with the current state of the art on the subject within other psychological schools, such as psychoanalysis, phenomenology, behaviorism, and cognitive psychology.

The aim of the analysis was twofold: first, it was to determine the degree of logical and substantive consistency of the existing solutions in this area. Second, to examine its implications in therapeutic practice. A side but important thread was also the isolation of economic and institutional factors as well as cultural values that could have influenced this and not other formulation of the concept of the unconscious.

The research was focused on the theory of Aaron T. Beck, the creator of cognitive therapy, which developed from 1963 to the beginning of the twenty-first century, as well as on two theories of the so-called Third Wave: The Steven Hayes' Theory (Hayes, Strosahl & Wilson, 1999) underlying the acceptance and commitment therapy; and Teasdale's theory (Teasdale & Barnard, 1993) underlying mindfulness-based therapy. Theoretical and metatheoretical texts of the authors of the theories mentioned above and previously unknown archival materials from Beck's Archives in Philadelphia were obtained during the query carried out under the Preludium grant (2017/25 / N / HS6 / 00534). Correspondence, notes, research reports, unpublished manuscripts, and sketches by Aaron T. Beck were selected for analysis. The method of rational reconstruction was used to extract the hidden assumptions present in the abovementioned theories and give them a clear and systematic logical form. The results of the research were published in the form of four thematically coherent scientific articles.