

# **Part I**

## **NCLT Theory**

Neurocognitive learning theory, as regards the development of mentally healthy behavior, is based on contributions from three branches of science: learning theory, small world hub models of cognitive processing, and epigenetics. In this first part, we will discuss the contributions of each of these to the overall model.

NCLT theory of treatment is based upon the above three branches with added consideration of the contribution of the science regarding reward valuation, automaticity, and memory reconsolidation. These will also be discussed in this part.

For neurocognitive learning theory, learning is defined as a process which includes emotion, cognition, and neurophysiology. Behavior is defined as the expression of these components.