

LECTURE 3 CASE CONCEPTUALIZATION

Cognitive Behavioral Therapies and Approaches

GOAL FOR TODAY

- Continue to review the CBT model
- Explore the CBT Case Conceptualization

ROLE PLAY:

Bethany is a 16 years old female with OCD. She sees herself as a positive leader in school and holds the clinician in high respect. She shares her personal experience willingly and believes that therapy will help her. She has to drive the same way home from school, or she fears something bad will happen to her family. She also repeatedly washes her hands.

ASSESSMENT



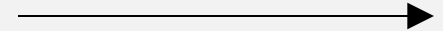
COGNITIVE CASE
CONCEPTUALIZATION
DEFINITION

“In essence, a cognitive conceptualization reduces multiple problems to key problematic cognitions which become the primary focus of intervention.”

(Henry & Williams, 1997, 201)

CASE CONCEPTUALIZATION INVOLVES...

- Identify automatic thoughts, intermediate thoughts, core beliefs/schema, and compensatory behaviors that contribute to presenting problem (e.g., depression)
- Also, identify how these cognitions influence behavior and decisions in life



- After identifying key cognitions, develop an understanding of how these cognitions formed
- Ascertain what interventions are necessary / helpful to modify or challenge key cognitions

Abe's case:

LET'S
PRACTICE

READING REFLECTION

- What is important to accomplish during the evaluation session in addition to diagnostic data?
- Why do you think a diagnostic assessment and case conceptualization are so important to CBT?
- What limitations do you see?

GOAL FOR TODAY

- Continue to review the CBT model
- Explore the CBT Case Conceptualization