



Class 4

Emotions and Automatic Thoughts

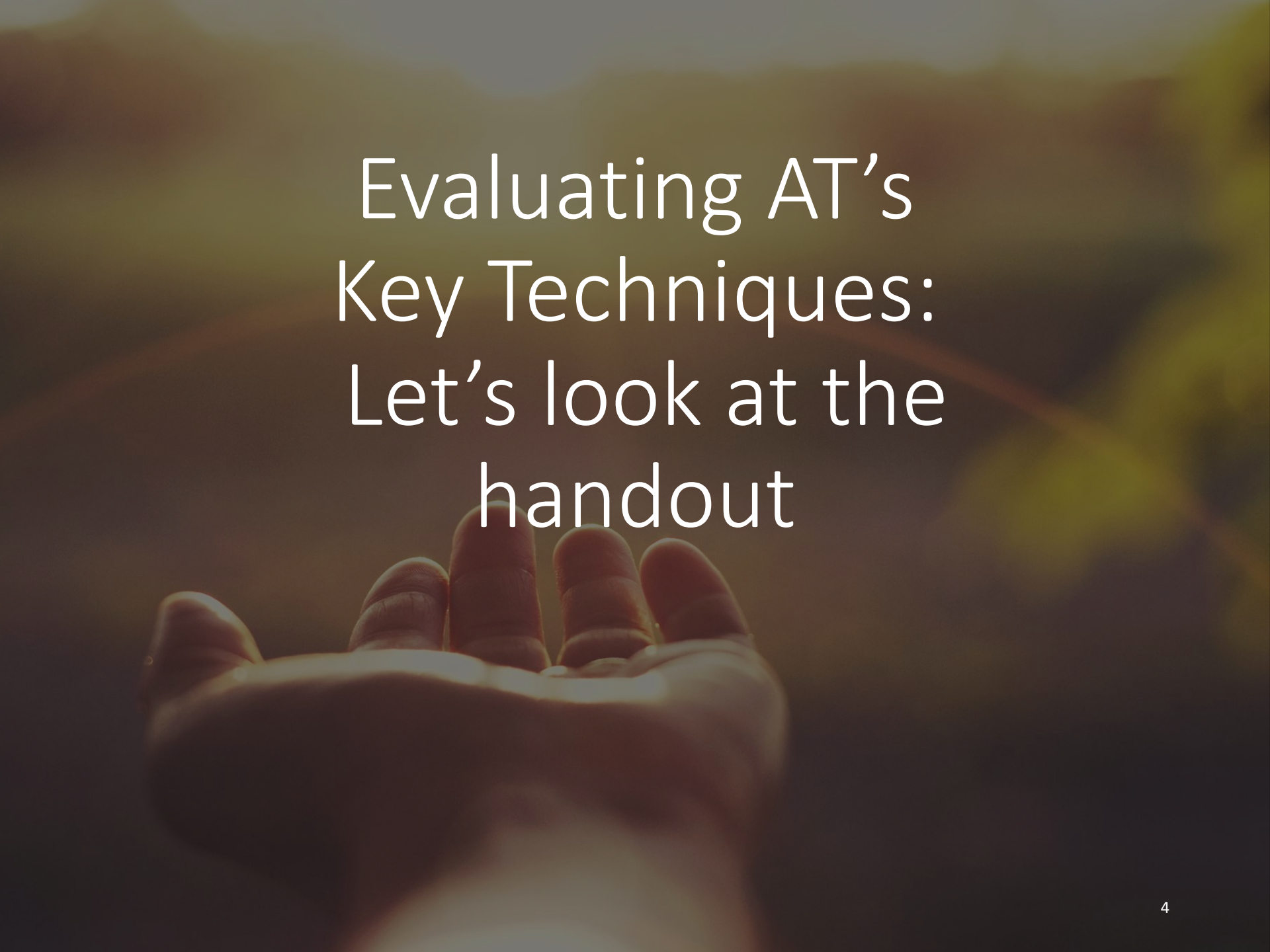
Cognitive Behavioral Therapies
and Approaches

Goals for Today

- Identifying emotions
- Evaluating automatic thoughts
- Role-play activity for midterm assignment



Identifying
Emotions



Evaluating AT's Key Techniques: Let's look at the handout

Socratic Questioning



The Socratic Method
Teaching By Questioning

<http://crescentok.com/staff/jaskew/mission/socrates.htm>

“The Socratic method is a style of questioning that attempts to have clients discover the answers by themselves. The therapist asks questions that bring out information the client already knows but has not assimilated”

(Lam, 1998, p. 1143)

Examining All Possible Outcomes



http://nyceducator.com/2011_05_01_archive.html

“What are you telling yourself will happen?”

“What is the worst that could happen?”

“What is the best that could happen?”

“What is the most realistic thing that can happen?”

Looking for Variation



<http://imagesci.com/beautiful-flower-wallpaper-7978-hd-wallpapers.html>

- “Are there times that you believe this thought with less conviction?”
- “If your thought were entirely true, then how could you believe it to be less true at certain times?” (Leahy, 2003, p. 14)

Coping Statements/Cards



www.childanxiety.net/Coping_Cards.htm

- “This too shall pass.”
 - “I don’t have to be perfect.”
- “It’s not helpful for me to dwell on this.”
- “*I’ve gotten through tough situations before and I will again.*”
 - “I am improving.”
- “Feelings are like the weather. They don’t last forever.”

Detachment

- Observing thoughts and beliefs without buying into them or acting on them
- Maintaining curiosity, rather than judgment



Behavioral Activation



- Graduated task assignments
- Break down activities
- Mental rehearsal
- Anticipate obstacles

Behavioral Activation (cont.)

- **A**sk yourself, will what I am about to do make me more depressed? Cause more problems?
- **C**hoose to self-activate or to remain depressed for now.
- **T**ry the chosen behavior.
- **I**ntegrate the new behavior into my regular routine
- **O**bserve: Do I feel better or worse?
- **N**ever give up. Expect defeats, but keep trying.

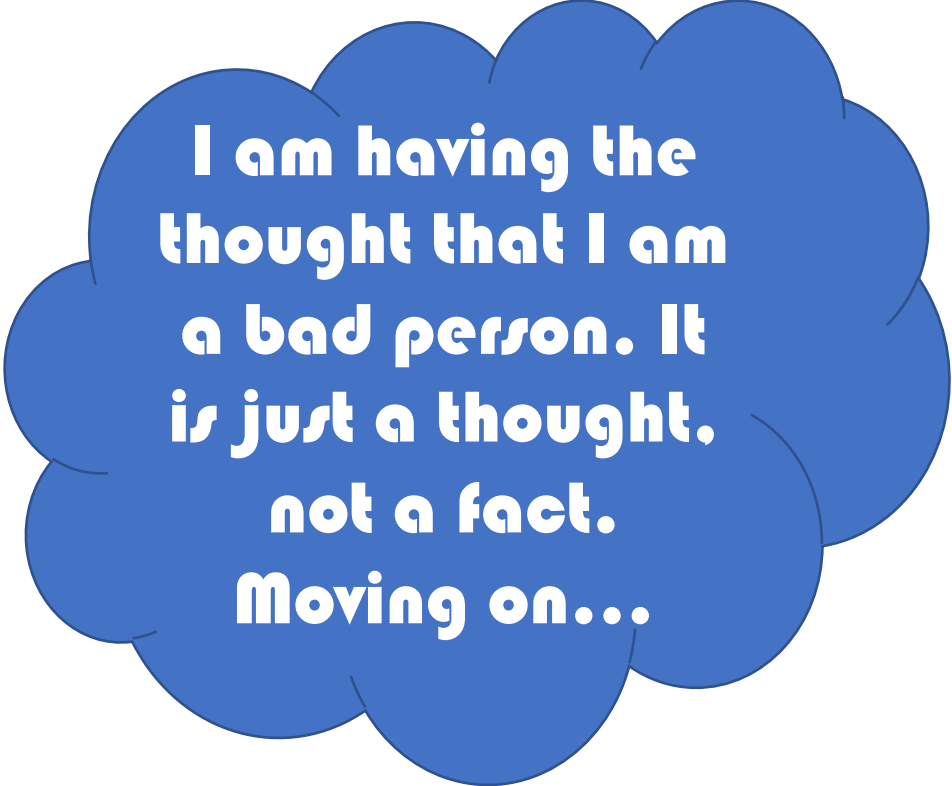
Problem Solving



http://www.healthproponent.com/Images/icon_cube_large.jpg

- Recall the problem-solving method
- “How have you solved similar problems in the past?”
- “What would you advise a friend to do in the same situation?”
- “What are the pro’s and con’s of each option?”

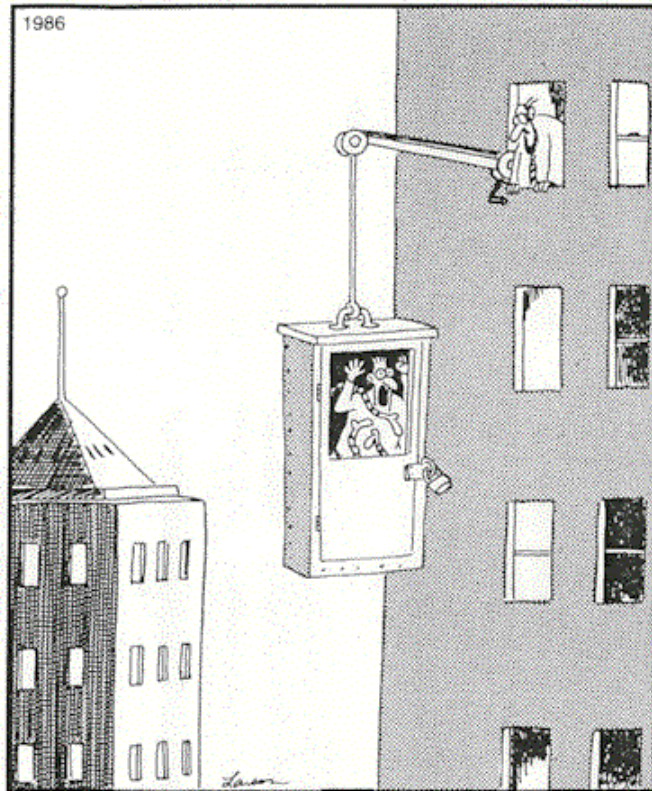
Thought Labeling (& Refocusing)



**I am having the
thought that I am
a bad person. It
is just a thought.
not a fact.
Moving on...**

- View thoughts as an observer
- Label them for what they are
- (Re)focus on the task at hand

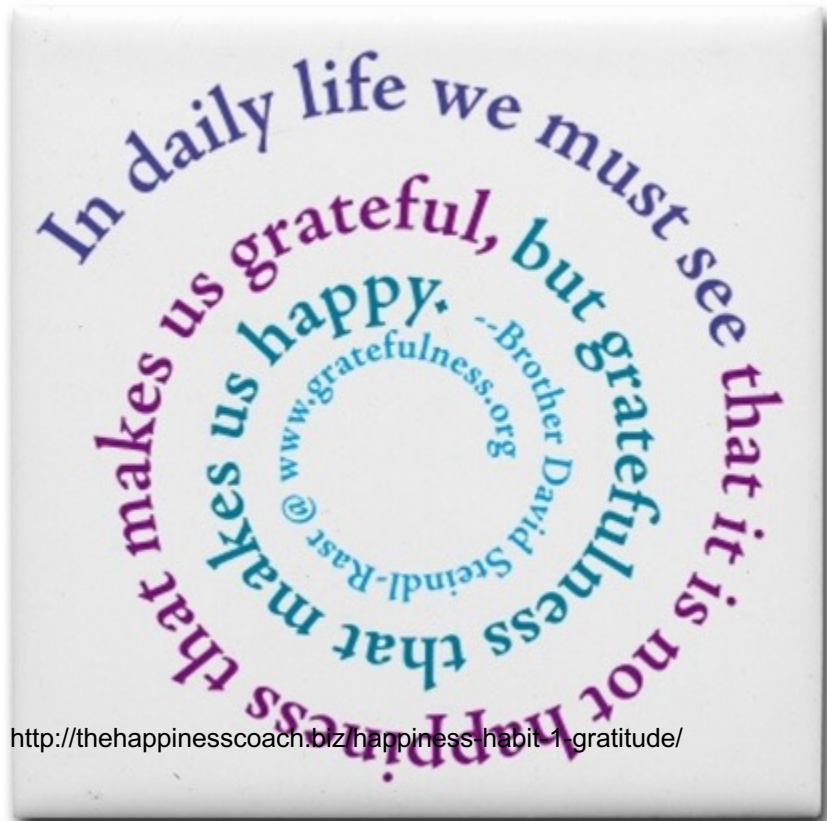
Behavioral Experiment



1986
Professor Gallagher and his controversial technique of simultaneously confronting the fear of heights, snakes, and the dark.

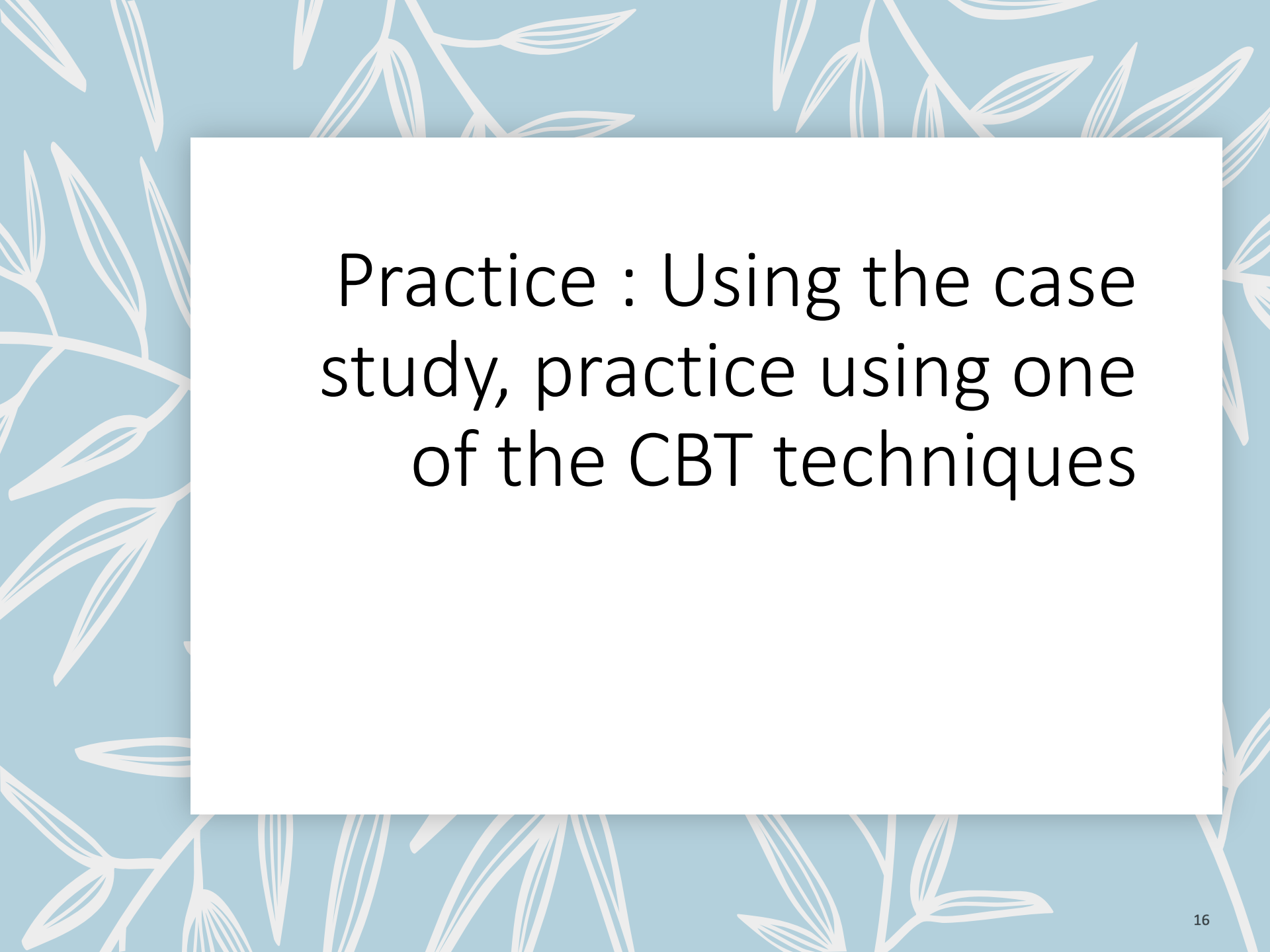
- Identify a feared, but necessary, experience
- Make predictions about what doing it will be like
- Imagine it
- Do it, incrementally as necessary
- Test the accuracy of the prediction

Gratitude List



<http://thehappinesscoach.biz/happiness-habit-1-gratitude/>

*“What you
focus on,
expands”*



Practice : Using the case study, practice using one of the CBT techniques



Questions?

<http://hairycurmudgeon.com/2011/12/07/questions-of-the-day-because-im-actually-grappling-with-an-issue/>

Assignment One

Let's review
assignment one.

Then we will use
the rest of the
time to meet with
your dyad/triad.