



id: ymh5cc: http://creativecommons.org/licenses/by/2.0/ CC BY 2.0/

id: http://www.flickr.com/photos/silversthumans/21944418/<a href= cc:attribution/0.0.1</p></div><div data-bbox="760 0 1000 460" data-label="Image">A photograph of a man in a white dress shirt and a dark tie with a red pattern. He is looking directly at the camera with a wide-eyed, intense, and somewhat menacing expression. The background is a plain, light-colored wall.

Cognitive Restructuring

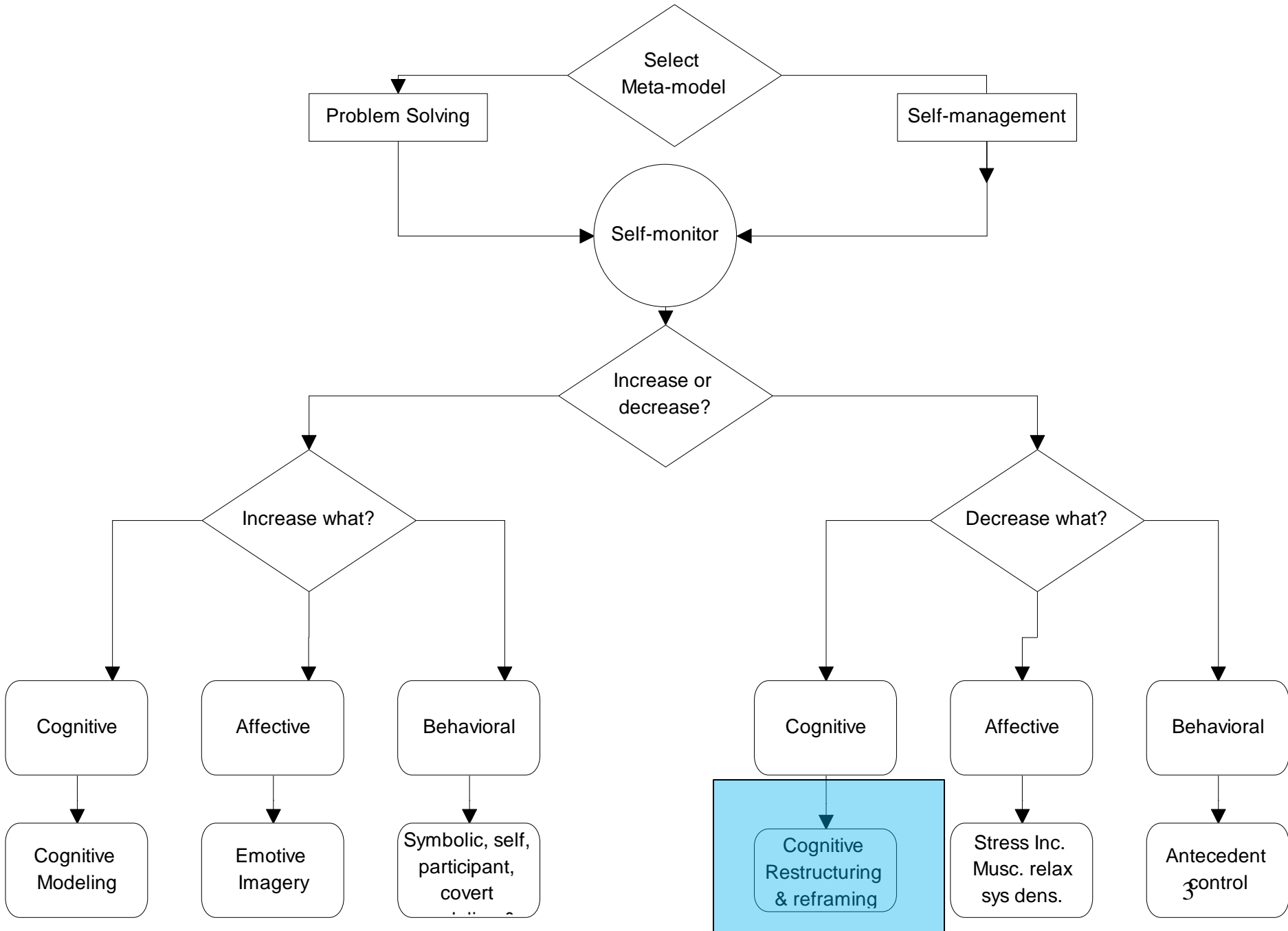
or

Cognitive Replacement

Adapted by G. Lee Griffith, Ph. D. primarily from Cormier, S., & Cormier, B. (1998). *Interviewing strategies for helpers: Fundamental skills, and cognitive behavioral interventions* (4th ed.). New York: Brooks/Cole.

Four Stages in Helping





Select
Meta-model

Problem Solving

Self-management

Self-monitor

Increase or
decrease?

Increase what?

Decrease what?

Cognitive

Affective

Behavioral

Cognitive
Modeling

Emotive
Imagery

Symbolic, self,
participant,
covert

Cognitive

Affective

Behavioral

Cognitive
Restructuring
& reframing

Stress Inc.
Musc. relax
sys dens.

Antecedent
control

CR Used for



- Anger
- Anxiety
- Arthritis
- Athletic competition
- Bulimia
- Cancer
- Crime victims
- Children of Alcoholics
- Cultural differences
- Depression
- Epilepsy
- Gambling
- Headache
- Insomnia
- Lifestyle transitions
- Martial Therapy

CR Used for

- Memory and belief
- OCD
- Pain
- Panic
- Parent training
- Perfectionist behavior
- Phobia
- Psychosomatic complaints
- Relapse with alcoholics
- Self-esteem
- Smoking
- Stress
- Worry
- Writing



<http://www.jerkasmarnad.com/alcoholic4.jpg>

CR Used with Clients:

- African American
- Asian American
- Christian
- w/ Physical challenges
- Elderly
- Gay Men
- Latino
- Lesbian
- Low-income
- Native American



With Diverse Clients

- Watch your language (ex. Not “generalization” rather “thinking all bad things means everything will be bad)
- Use an educational not therapeutic rationale
- Adapt to clients language, age, education, and abilities. (two steps not ten)
- Cooperate with helpers who have more in common with the client (ex. race language tradition.)



Cognitive Restructuring

- **Rationale:** purpose and overview of the procedure.
- **Assessment:** Identification of client thoughts during problem situations.
- **Intervention**
 - Introduction and practice of coping thoughts.
 - Shifting from self-defeating to coping thoughts.
 - Introduction and practice of positive or reinforcing self-statements.
- **Homework and follow-up.**



<http://www.jewsforjudaism.com/web/images/counseling.jpg>

Rationale



- Describe procedure.
 - Counselor explains difference between rational, or self-enhancing, thoughts (facts) and irrational, or self-defeating, thoughts (beliefs) and provides examples of each.
 - Counselor explains influence of irrational and self-defeating thoughts on emotions and performance.
- Apply to problem
- Confirm client's willingness.

Self-defeating Thoughts

About Meeting

- Before
 - What if I don't come across well?
 - What if they don't like me?
 - I will blow this chance to have a good relationship.
- During
 - I'm not making a good impression
 - I am boring them. They wish this was over
 - I just want to leave
 - They will never want to see me again
- After
 - That's a lost cause
 - I always sound stupid with strangers
 - I will never bother to do this again



Self-enhancing Thoughts about Meeting

- Before
 - I will just get to know them
 - I will just be myself
 - I will talk about something I enjoy
 - We will just see if anything develops
- During
 - I know something about this
 - I can talk about _____.
 - It will take time to get to know them
- After
 - It went OK.
 - It was easy to talk about interesting things
 - I enjoyed meetings someone new
 - I was able to be myself



<http://www.ttir.com/img/meeting.jpg>

Thoughts in Problem Situations



<http://www.sonoma.edu/users/k/koshar/n340/images/worry.jpg>

- Ask client to
 - describe problem situations
 - identify examples of
 - self-enhancing thoughts
 - self-defeating thoughts typically experienced in these situations.
- Model examples of thoughts or “links” between event and client’s emotional response. (If needed)
- Instruct client to record content of thoughts before, during, and after upsetting situations before next session.
- Use client’s record to identify client’s self-defeating thoughts.

Identify Problem Thoughts

- What are the **situations** that upset you?
- What do you think **before** you go there?
- During?
- After?



3 Kinds of Defeating Thoughts

- Worry thoughts
 - I am afraid
- Self conscious thoughts
 - I won't do well
- Catastrophizing & Exaggerating
 - I never do well
 - I always blow it



Data Gathering Homework

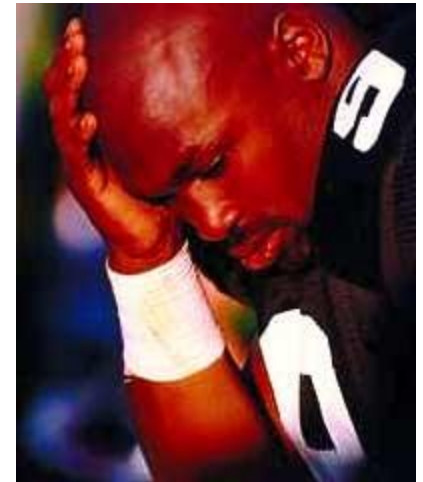
Date: _____ Week: _____

Situation	Emotions	Self-defeating statements
1.	1.	1.
2.	2.	2.
3.	3.	3.

Have client observe 3 each day for a week.

Practicing Coping Thoughts

- Explains purpose and use of “coping thoughts”
- Give examples of coping thoughts for:
 - Before the situation preparing for it
 - During the situation



Examples of Coping Thoughts

Before

- I've done this before, it is never as bad as I think
- Stay calm
- Focus on doing my best not others reaction
- This can be a good challenge
- It won't be bad only a few people will be there.

During

- Focus on the task
- What do I want to say?
- What do I want to accomplish now?
- Relax and focus.
- Step back a minute, take a deep breath.
- Take one step at a time.
- Slow down, take my time



Types of Coping Statements

- Situational
 - Only a few will be watching
- Steps
 - The first step is
- Feelings
 - Keep cool, stay calm
- Encouragement
 - I did it
- Coping vs. Mastery—no perfectionism



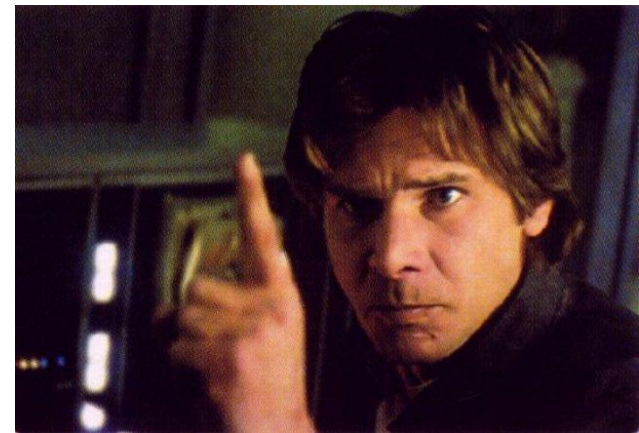
Client should:

- Think of additional coping statements
- Practice verbalizing coping statements individually
- Practices sequence of statements
- Internalizes meaning of statements
 - (convince an audience)



Shifting from Self-Defeating to Coping Thoughts

- Model shift
- Client practices shift
 - Client imagines or role plays a situation .
 - Recognizes a self-defeating thought (signaled by a finger).
 - Stops the self-defeating thought (supplemented with a clap).
 - Replaces the thought with coping thought (supplemented with deep breathing).



Practice of Positive Self-Statements

- Explain purpose and use of positive self-statements
- Gives some examples
- Client thinks of additional examples
- Counselor models
- Client practices
 - Before
 - During
 - After



Examples of Positive Self-statements

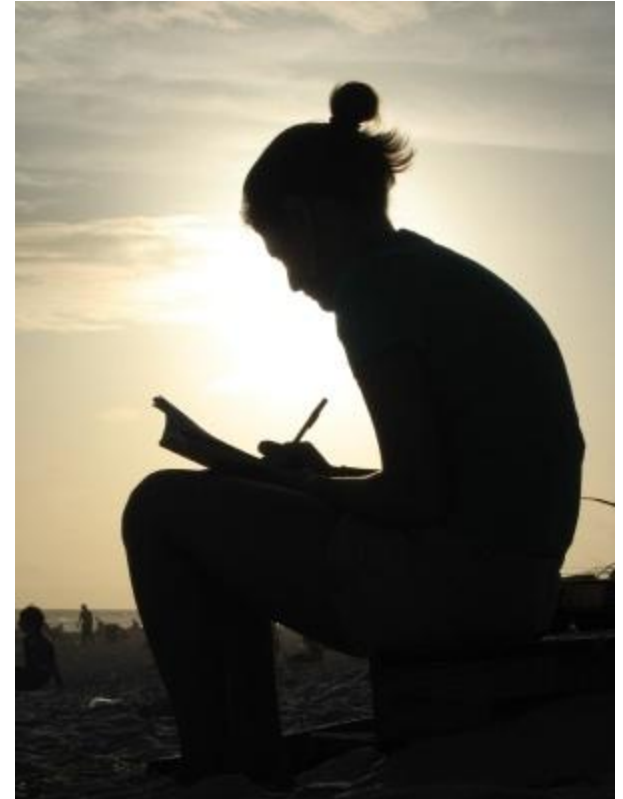
- I did it!
- I handled that well.
- I did not let my emotions get the best of me.
- I made some progress and that feels good
- See, that went pretty well after all.



<http://safe.il-projects.com/projectsafe/images/congratulations.jpg>

Homework and Follow-Up

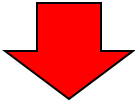


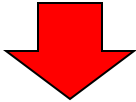

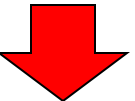


- Use cognitive restructuring outside the interview.
- Record on log sheet number of times cognitive restructuring used outside of interview.
- Arrange for follow-up.



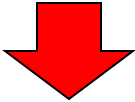



Homework Log Sheet

Date/Time	Situation	Auto Thought	Emotion(s)	Adaptive Response	Outcome?
	Thoughts that lead to bad feelings Physical sensations	Thoughts How strongly believed	What feelings? How intense? 1-7	Alternative thought	What did you do? What did you feel?

Self-defeating or self-enhancing statement?

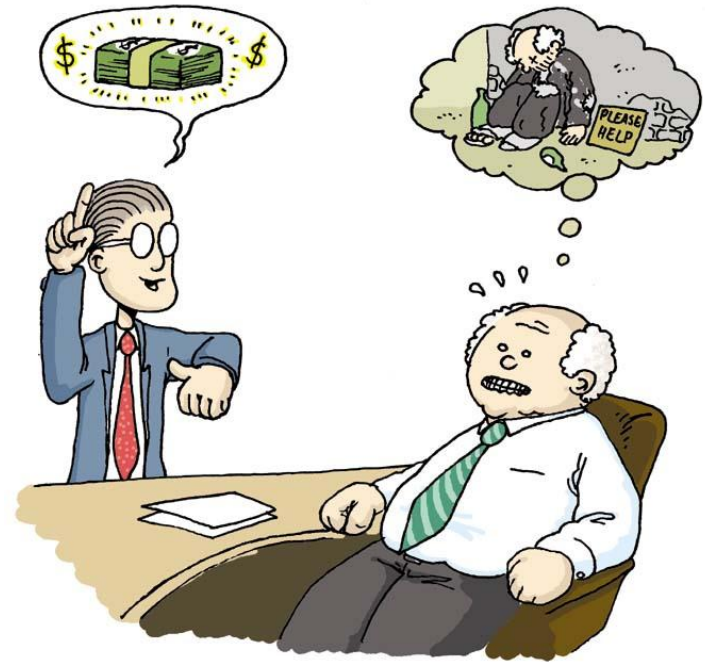
- “I’ll never be able to pass this test.” 
- “How can I ever give a good speech when I don’t know what I want to say?” 
- “What I can do is to take one thing at a time.” 
- “I know I’m going to blow it with all those people looking at me.” 
- “What I need to think about is what I *want* to say, not what I think I *should* say.” 
- “What if I’m imposing? Maybe I’m just wasting their time.” 
- “Why bother? She probably wouldn’t want to go out with me anyway.” 
- “I may not win, but I’ll do my best.” 

Self-defeating or self-enhancing statement?

- I will never be able to do this again 
- Why bother she will not want to go out with me anyway. 
- “Using a wheelchair is not as hard as it looks.”
- I had to come to this country without my son,  now he won't want anything to do with me. 

Role Play

You need to approach your boss about a raise, promotion, or change in duties. You know what to say, but you are keeping yourself from doing it because you aren't sure it would have any effect and you aren't sure how the person might respond.



Coping thoughts: Before

- "I've done this before, and it is never as bad as I think."
- "Stay calm and anticipate this."
- "Do the best I can. I'm not going to worry how people will react."
- "This is a situation that can be a challenge."
- "It won't be bad--only a few people will be there."



Coping thoughts: During

- "Focus on the task."
- "Just think about what I want to do or say."
- "What is it I want to accomplish now?"
- "Relax so I can focus on the situation."
- "Step back a minute, take a deep breath."
- "Slow down, take my time, don't rush."
- "OK, don't get out of control. It's a signal to cope"



Anxiety



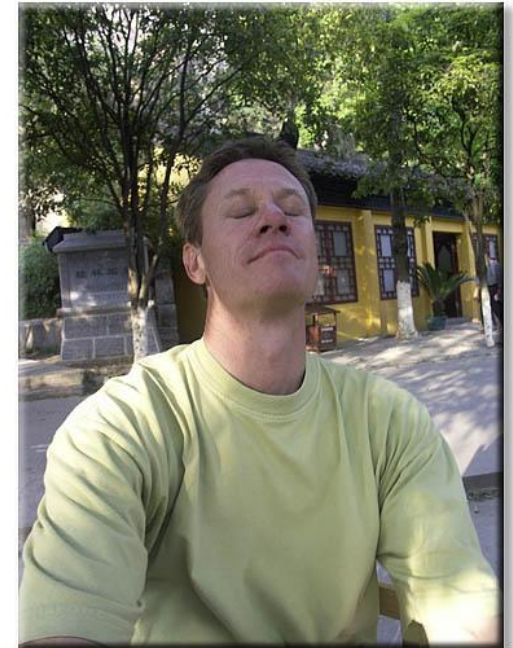
Anxiety: Preparing for a Stressor

- What is it you have to do?
- You can develop a plan to deal with it.
- Just think about what you can do about it.
- That's better than getting anxious.
- No negative self-statements; just think rationally.
- Don't worry; worry won't help anything.
- Maybe what you think is anxiety is eagerness to confront it



Anxiety: Confronting and handling a Stressor

- Just "psych" yourself up-you can meet this challenge.
- One step at a time; you can handle the situation.
- Don't think about fear; just think about what you have to do.
- Stay relevant. This anxiety is what the doctor said you would feel.
- It's a reminder to use your coping exercises.
- This tenseness can be an ally, a cue to cope.
- Relax; you're in control.
- Take a slow deep breath. Ah, good.

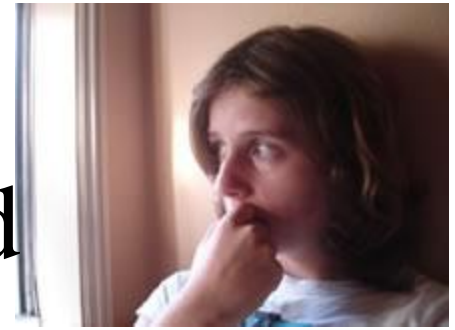


Anxiety: Coping with the feeling of being overwhelmed

- When fear comes, just pause.
- Keep the focus on the present; what is it you have to do?
- Label your fear from 0 to 10 and watch it change.
- You should expect your fear to rise.
- Don't try to eliminate fear totally; just keep it manageable.



Anxiety: Coping with the feeling of being overwhelmed



<http://restorationroads.org/images/anxiety.jpg>

- You can convince yourself to do it.
- You can reason your fear away.
- It will be over shortly. It's not the worst thing that can happen.
- Just think about something else.
- Do something that will prevent you from thinking about fear.
- Describe what is around you.
- That way you won't think about worrying.

ANXIETY: Reinforcing self-statements

- It worked; you did it.
- Wait until you tell your therapist about this.
- It wasn't as bad as you expected.
- You made more out of the fear than it was worth.
- When you control them, you control your fear.
- It's getting better each time you use the procedures.
- You can be pleased with the progress you're making.
- You did it!



Anger



Anger: Preparing for a provocation

- What is it that you have to do?
- You can work out a plan to handle it.
- You can manage this situation.
- You know how to regulate your anger.
- If you find yourself getting upset, you'll know what to do.
- There won't be any need for an argument.
- Time for a few deep breaths of relaxation.
- Feel comfortable, relaxed and at ease.
- This could be an anxiety situation, but you believe in yourself



http://exclaim.ca/images/upside_of_anger.jpg

Anger: Confronting the provocation



<http://www.selfhelpzone.com/wp-content/uploads/2007/08/anger-management13.jpg>

- Stay calm.
- Just continue to relax.
- As long as you keep your cool, you're in control here.
- Don't take it personally.
- Don't get all bent out of shape; just think of what to do here.
- You don't need to prove yourself.
- There is no point in getting mad.
- You're not going to let him get to you.
- Don't assume the worst or jump to conclusions.

Anger: Confronting the provocation 2

- Look for the positives.
- It's really a shame that this person is acting the way she is.
- For a person to be that irritable, he must be awfully unhappy.
- If you start to get mad, you'll just be banging your head against the wall.
- So you might as well just relax.
- There's no need to doubt yourself.
- What he says doesn't matter.

Anger: Coping with arousal and agitation

- Your muscles are starting to feel tight.
- Time to relax and slow things down.
- Getting upset won't help.
- It's just not worth it to get so angry.



Anger: Coping with arousal and agitation

- You'll let him make a fool of himself.
- It's reasonable to get annoyed, but let's keep the lid on.
- Time to take a deep breath.
- Your anger is a signal of what you need to do.
- Time to talk to yourself.
- You're not going to get pushed around, but you're not going haywire either.

Anger: Coping with arousal and agitation

- Try a cooperative approach.
- Maybe you are both right.
- He'd probably like you to get really angry.
- Well, you're going to disappoint him.
- You can't expect people to act the way you want them to.

Anger: Self-reward

- It worked! That wasn't as hard as you thought.
- You could have gotten more upset than it was worth.
- Your ego can sure get you in trouble, but when you watch that ego stuff you're better off.
- You're doing better at this all the time.
- You actually got through that without getting angry.
- Guess you've been getting upset for too long when it wasn't even necessary.

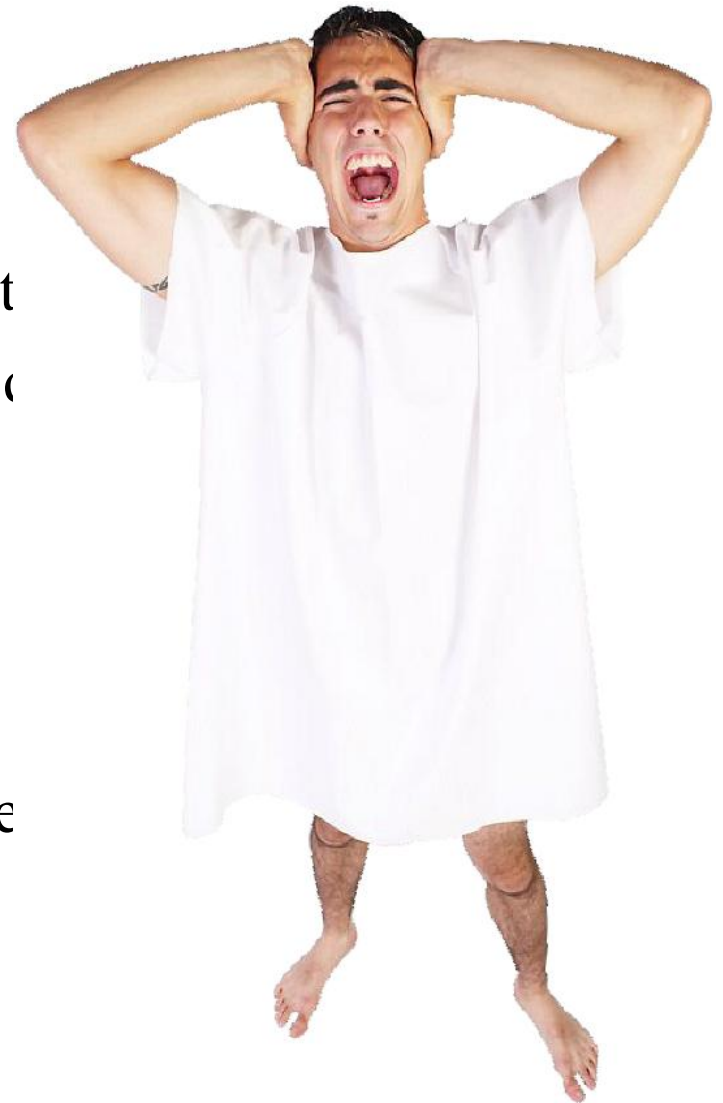


Pain



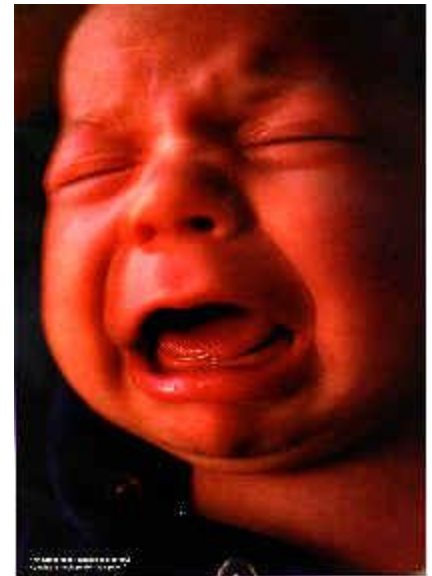
Pain: Preparing For The Painful Stressor

- What is it you have to do?
- You can develop a plan to deal with it
- Just think about what you have to do
- Just think about what you can do about it.
- Don't worry; worrying won't help anything.
- You have lots of different strategies you can call upon



Confronting and handling the pain

- You can meet the challenge.
- One step at a time; you can handle the situation.
- Just relax, breathe deeply and use one of the strategies.
- Don't think about the pain, just what you have to do.
- This tenseness can be an ally, a cue to cope.
- Relax. You're in control; take a slow deep breath. Ah. Good.
- This anxiety is what the trainer said you might feel.
- That's right; it's the reminder to use your coping skills



Pain: Coping with feelings at critical moments

- When pain comes just pause; keep focusing on what you have to do.
- What is it you have to do?
- Don't try to eliminate the pain; just keep it manageable.
- You were supposed to expect the pain to rise; just keep it under control.
- Just remember, there are different strategies; they'll help you stay in control.
- When the pain mounts you can switch to a different strategy; you're in control



Pain: Reinforcing statements

- Good, you did it.
- You handled it pretty well.
- You knew you could do it!
- Wait until you tell the trainer about which procedures worked best



Classic Self-defeating Ideas



Loved

- It is a dire necessity for an adult to be loved or approved by virtually every significant person in his or her community.



Achieve

- One should be thoroughly competent, adequate, and achieving in all possible respects if one is to consider oneself worthwhile.



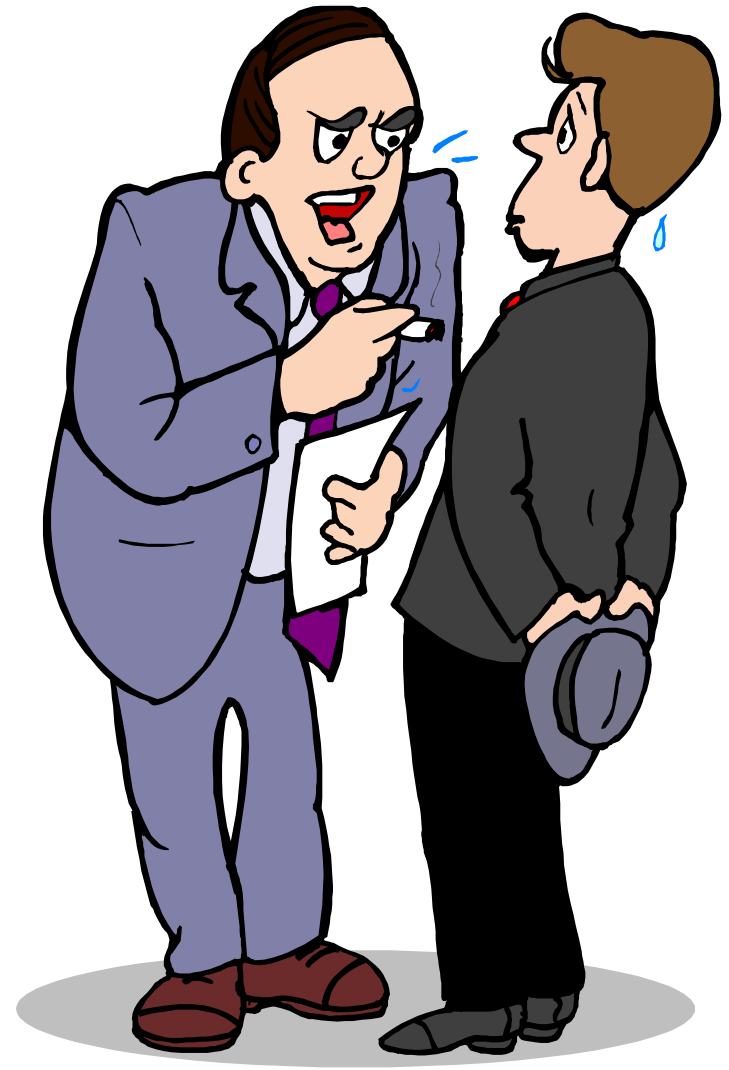
External

- Human unhappiness is externally caused and that people have little or no ability to control their sorrows and disturbances.



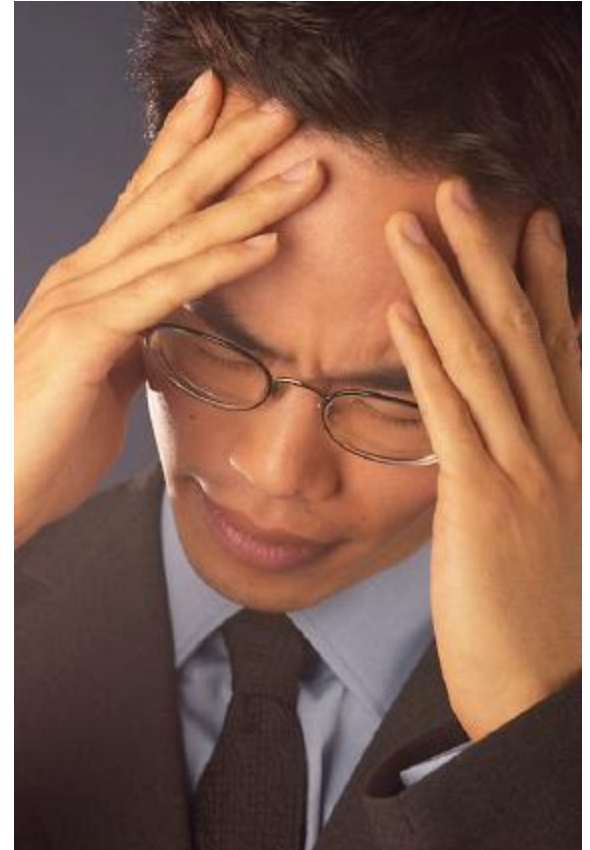
Past

- One's past history is an all-important determinant of one's present behavior and that because something once strongly affected one's life, it should indefinitely have a similar effect.



Perfect

- There is invariably a right, precise, and perfect solution to human problems and that it is catastrophic if this perfect solution is not found.



- If something is or may be dangerous or fearsome, one should be terribly concerned about it and should keep dwelling on the possibility of its occurring.

Danger



Catastrophic

- It is awful and catastrophic when things are not the way one would very much like them to be.



Avoid

- It is easier to avoid than to face certain life difficulties and self-responsibilities.



Upset

- One should become quite upset over other people's problems and disturbances.

