Techniques of Cognitive Therapy

- Remember that "emotional reactions, motivations, and overt behavior are guided by thinking."

- Maladaptive Ideation is that which "interferes with the ability to cope with life experiences, unnecessarily disrupts internal harmony, and produces inappropriate or excessive emotional reactions that are painful."

- The "force" of the faulty cognitions increases with the severity of the disorder.

- **Techniques:**
  1. *Experimental Method:* Accepting that what one perceives may be different from what really exists, ability to test hypothesis, etc.
  2. *Recognition of "maladaptive thinking":* Client and therapist have to agree that 'we have a problem.'
  3. *Filling in the Blank:* ABC – Activating Stimulus – Blank ('derived from belief system) – Conditioned Response – e.g. inexplicable shame or anxiety in situations (can be image or words).
  4. *Distancing and Decentering:* Distancing: importance to realize the difference between an opinion and a fact and observe their thoughts objectively – Decentering: do not "personalize external events" - rid oneself from being the "focal point of all events..." – Detachment is important.
  5. *Authenticating conclusions: Reality Testing*
  6. *Changing the Rules one applies to one's life in relation to others –* they need to be "more precise and accurate, less egocentric, and more elastic." They have to be substituted by "more realistic and adaptive rules." Two major rules to code experience and influence behavior: "danger versus safety and pain versus pleasure." Danger can either be physical or psychological – therapist educates the client on the probability of danger.

- Need to develop an over-all strategy.

- Distinguish between techniques and process of therapy: what is done by the therapist and how the client responds.

- Therapist may use "several procedures simultaneously." Client may be responding to different procedures simultaneously as well.