

Cognitive Reframing

Context for these interventions...

Coping with Stress
(midterms as an example...)

Physical Reactions	Emotions	Thoughts	Behaviors
shallow breathing	fear	<i>I will fail this test...</i>	bite nails?
HR up	anxious	<i>my parents will be upset...</i>	drink more?
BP up	worried		study more?
sweat...			positive self-talk?

Cognitive Reframing

Major Players

- Aaron Beck
 - Cognitive Therapy
 - "dysfunctional thoughts"
- Albert Ellis
 - Rational Emotive Therapy (RET)
 - "irrational thoughts"

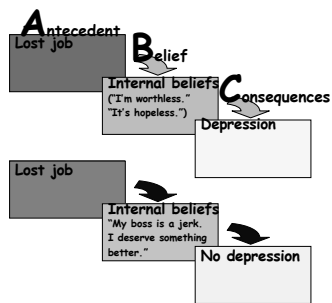


Cognitive Therapy

Key Concepts

- Problem is with one's thinking...
 - Distorted/maladaptive/dysfunctional/irrational
 - We indoctrinate ourselves, thus feel bad
- Objective:
 - Conform thinking to reality
- Assumption:
 - We can be taught to thinking differently
 - If we think differently, we will feel better

Key Concepts: ABCs



Cognitive Reframing

as an intervention...

- teaching a client this as a skill
- how to put a new "frame" around a thought
 - different frames can draw out different aspects of a picture
 - still the same picture
- also referred to as "cognitive restructuring"
- trying to view a situation differently
- shouldn't deny the reality of the situation
- should help improve ability to cope
- should decrease negative affect (depression)
- practice, practice, practice...



Cognitive Reframing

same situation, different perspectives...

<i>Situation</i>	<i>What you think</i>	<i>How you feel</i>	<i>What you do</i>
Friend is late for dinner	She might have been hurt on the way here.	Worried or anxious	Call hospital ERs to find out if she's there.
	She didn't bother to let me know she was delayed.	Annoyed or angry	Chew her out or act chilly when she does show up.
	It doesn't matter to me whether people are on time.	Indifferent	Nothing in particular.
	I needed the time to fix the house up anyway.	Relieved	Relax and enjoy yourself.

Schema Work

Specific Objectives

- To introduce the nature and origin of early-maladaptive schema
- To provide an argument for the use of this theoretical perspective in helping to conceptualize clients' core problematic patterns

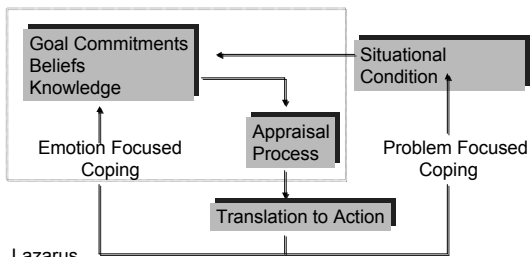
Early-Maladaptive Schema: A Complementary Nomenclature

- A specified set of intrapersonal and/or interpersonal elements that serve to describe the basis for a client's problematic pattern of responses to situations that occur(s) over time.
- Let examine the parts of the definition.

Parsing the Definition

- Intrapersonal/Interpersonal
- Client Problems are Relationship Problems
 - Relationship to Self
 - Relationship to Other
 - Relationship to the World or Nature
- Problematic Patterns of Response
- Situation(s) that Occur Over Time
 - Past and Present (Future if no change occurs)

How Client Core Issue Form



Schema Focused Therapy

- Young and his associates conducted a clinical content analysis of individual clients diagnosed with various forms of personality disorders
 - This analysis revealed categories of specific problematic patterns or themes that served to inform a client's relational world view
 - These problematic elements had their origin in an earlier relational environment
 - Early-Maladaptive Relationship Schema

Cognitive Schema

A schema is a [cognitive] structure for screening, coding, and evaluating the stimuli that impinge on the organism. It is the mode by which the environment is broken down and organized into its many psychologically relevant facets. On the basis of that matrix of schemata, the individual is able to orient himself [herself] in relation to time and space and to categorize and interpret experiences in a meaningful way (Beck, 1967, p. 283).

Cognitive Schema

- Cognitive schema serve as organizers of meaning about all aspects of one's world view including relational views toward self, other, and the world.
- It is thought that all cognitive schema are developed during childhood and are further elaborated on throughout one's life.

Schema Characteristics

- Cognitive schema, when triggered, are capable of generating automatic thoughts, strong affect, behavioral tendencies.
- Most people (even those who would not be diagnosed with a psychiatric disorder) have difficulty in one or more schema area(s)
- This is the idea behind the identification of a client's core issue (a.k.a. - Early Maladaptive Schema).
- The goal of counseling is to help the client achieve the goals that the core issues are blocking.

Early-Maladaptive Schema Domains

1. Instability/Disconnection & Rejection
2. Impaired Autonomy & Performance
3. Impaired Limits
4. Other-Directedness
5. Over vigilance and Inhibition

(Young, 1999)

Instability/Disconnection & Rejection

Abandonment/Instability:

- Feeling that the people who we depend on for support are not consistently reliable or are unavailable.
- Origin: Usually a parent who left the home early or was consistently unavailable.

Instability/Disconnection and Rejection

Mistrust/Abuse

- The feeling that those closest to you might hurt you, lie to you, or manipulate you. The expectation that others will hurt you or be abusive to you in some manner.
- Origin: Parents who were physically abusive, emotionally abusive, sexually abusive, etc.

Instability/Disconnection and Rejection

Emotional Deprivation

- The client has expectations that one's emotional needs will not be adequately met by others.
- Deprivation of Nurturance - attention, affection, warmth, companionship
- Deprivation of Protection - strength, direction, and/or guidance
- Deprivation of Empathy - understanding, listening, self-disclosure, mutual sharing

Instability/Disconnection and Rejection

Emotional Deprivation

- Deprivation of Empowerment - efficacy, support, encouragement
- Origin: Parents were unavailable emotionally, unable to communicate, unable to listen, were weak, depressed, and/or were unable to adequately nurture or protect the child.

Instability/Disconnection and Rejection

Defectiveness/Shame

- The client has the feeling that s/he is somehow inwardly flawed, defective, inadequate.
- Origin: Usually the client has experienced critical/rejecting parents or a peer group

Instability/Disconnection and Rejection

Social Isolation/Alienation

- This issue is based on one's sense that one is outwardly undesirable to others and isolated from the rest of the world.
- Origin: Usually based on being different in some significant way from people and not receiving support in that difference

Impaired Autonomy and Performance

Dependence/Incompetence

- The client has a strong belief that s/he is not able to handle everyday responsibilities competently on his/her own.
- Origin 1: An over protective parent or a parent who gave messages that the child can not cope on his/her own.
- Origin 2: Parent(s) who continually implied to the child that s/he can not make good decisions or succeed independently

Impaired Autonomy and Performance

Vulnerability to Danger (random events)

- These clients have a sense that disaster could strike at any time. This danger could be something out of one's control. A very common core issue for clients with phobias or clients with generalized anxiety disorder.
- Origin: A parent who was overprotective or phobic and was continually warning the child of dangers and then gave messages regarding how one could avoid dangers in the world.

Impaired Autonomy and Performance

Enmeshment/Undeveloped Self

- Excessive fusion or merging identities with a parent. Emotional involvement with significant others at the expense of individuation or social development.
- Origin: A parent who was afraid of abandonment and chooses one child through whom to live. The parent over connects with the child, and does not allow the child to develop an identity.

Impaired Autonomy and Performance

Failure

- The client has a sense that s/he has failed or will fail in areas of achievement (school, career, athletics, etc.).
- Origin 1: A child who has failed for one reason or another. Repeated situations when the child could not compete and had the experience of failing.
- Origin 2: A parent who undermined the child's successes by continuously criticizing them - "You're stupid."

Impaired Limits

Entitlement/Domination

- Insistence that one should be able to have whatever one wants regardless of the cost to others. Also can be seen in the client dominating another to get what s/he feels is needed
- Origin 1: An overindulgent parent who spoiled the child or gave the child a sense that s/he is more special than everyone else
- Origin 2: Person who operates out of an emotional deprivation and/or a defectiveness core issue and develops entitlement as a form of compensation

Impaired Limits

Insufficient Self-Control/Self Discipline

- Difficulty with imposing internal limits, postponing short-term gratification, and controlling impulses in order to gain longer term gratification.
- Origin: The parent had difficulty providing sufficient discipline. The child was not taught to behave in a responsible, consistent, and disciplined way

Other Directedness

Subjugation

- Excessive surrendering control over one's own decisions and preferences, usually to avoid anger, retaliation, or abandonment.
 - Subjugation of Needs
 - Subjugation of Emotions
- Origin: Parents who were extremely controlling, domineering, and did not care about the needs of the child. Everything had to happen on the parents' terms. The child's needs did not count. The child had the experience of not being heard

Other Directedness

Self-Sacrifice

- Excessive focus on meeting the needs of others, at the expense of one's own gratification. These people voluntarily give up meeting their own needs in order to take care of other people.
- Origin: A parent who was in emotional pain and/or depressed or a narcissistic parent who needed attention from the child and did not give much emotional attention back to the child.

Other Directedness

Approval Seeking

- The excessive emphasis on gaining approval, recognition, and attention from others. Attempting to "fit in" at the expense of developing a secure and true sense of self.
- Origin: Parents who placed major emphasis on status, appearances, and how things should look in the eyes of other people.

Over Vigilance and Inhibition

Vulnerability to Negativity (controllable events)

- The exaggerated expectation in work, financial life, interpersonally, etc. that situations will always go seriously wrong. Life is has always been negative one minimizes positive and or optimistic aspects.
- Origin 1: Pessimistic parent(s) who worried all the time.
- Origin 2: A person who had a major catastrophe as a child and actually did have an experience where everything fell apart.
- Origin 3: Parent(s) who were extremely critical and over reacted to any mistake.

Over Vigilance and Inhibition

Emotional Inhibition

- The inhibition of action, feeling, or communication in order to keep a bad thing from happening as a result of losing control over one's impulses
- Origin 1: Often a parent who was over controlling and the child picks up on this and models the parent
- Origin 2: A child who was made to feel that any mistake is going to lead to terrible consequences so they have to watch and over control everything to keep from a problem occurring

Over Vigilance and Inhibition

Unrelenting Standards

- This client operates out of the sense that there is a right way to do everything.
- There is a rigidity about rules of how to do things right.
- These clients strive to meet internalized standards at the expense of their own gratification. Undue emphasis on any one or more of the following six broad areas:

Over Vigilance and Inhibition

Unrelenting Standards

1. Achievement or competition
2. Self-control or discipline
3. Moral, ethical, or religious
4. Control of environment
5. Social status
6. Perfectionism

Over Vigilance and Inhibition

Unrelenting Standards

- Origin 1: Parent(s) with unrelenting standards where the child engages in direct modeling and internalized the caretakers standards
- Origin 2: Overcompensation for a core issue of defectiveness

Over Vigilance and Inhibition

Punitiveness

- These clients have a tendency to be angry, intolerant, harshly critical, and impatient with those who do not meet their expectations or standards.
- Origin: Punitive parent(s). Parent(s) who were very unforgiving, very punishing, and does not allow(s) for excuses
