

Chapter 15

EXPOSURE AND COGNITIVE RESTRUCTURING

PART 5: PUBLIC SPEAKING FEARS (OPTIONAL)

Timeline: Variable

Reading: Chapter 11 in the Client Workbook

Photocopies needed from Client Workbook:

Figure 6.1 List of Thinking Errors

Figure 6.2 Disputing Questions

Figure 7.1 BYOCC Worksheet

Session Outline for Chapter 11 in Client Workbook

- I. Review homework
 - A. Review self-monitoring homework
 1. Graph ratings on forms in Figure 4.8 and 4.9 in Client Workbook
 2. Discuss pattern of ratings and situational factors that influenced ratings
 3. Troubleshoot any lack of compliance with the monitoring
 - B. Review exposure homework
 1. Examine BYOCC Worksheet and discuss client's experience completing the exposure
 2. Reinforce the fact client faced his/her fears in a real situation
 3. Reinforce completion of the cognitive restructuring before and after the exposure

4. Troubleshoot any lack of compliance with the homework exposure
- II. Public speaking anxiety is common
 - A. #1 fear experienced by the general public
 - B. Extremely common (90%+) among individuals with social anxiety
 1. Often seek treatment for other fears such as dating because these fears interfere more in their life
 2. One of six seek treatment specifically for public speaking anxiety
 - C. Many more forms of public speaking than just giving formal presentations
 1. See list in Client Workbook
 2. These other situations allow work on public speaking gradually without giving a major speech right away
- III. Complete in-session exposure (per session outline in Chapter 11 of this Therapist Guide)
 - IV. Assign homework for *in vivo* exposure