

Chapter 16

ADVANCED COGNITIVE RESTRUCTURING

Timeline: 1-2 sessions initially, then additional sessions as needed to address core belief

Reading: Chapter 12 in the Client Workbook

Materials Needed: All completed BYOCC worksheets from previous sessions and homework exposures

Photocopies needed from Client Workbook:

Figure 6.1 List of Thinking Errors

Figure 6.2 Disputing Questions

Figure 7.1 BYOCC Worksheet

Figure 12.1 Peeling Your Onion – Discovering and Challenging Your Core Beliefs

Session Outline for Chapter 12 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 cognitive restructuring before and after the exposure.
4. Troubleshoot any lack of compliance with the homework exposure

II. Rationale behind Advanced Cognitive Restructuring

A. Until now work has focused on ATs that are more superficial

1. Initially superficial ATs that are easy to identify
2. As treatment progressed, may have discovered some “deeper” ATs

- a) Don't come to mind as easily
- b) More difficult to talk about
- c) Evoke stronger emotions

B. Onion Analogy

1. ATs come in layers like an onion
2. Can't see underlying layers until discuss and challenge top layers
3. At center of the onion is a Core Belief
 - a) Underlying theme across many ATs
 - b) Probably not aware of it when started treatment

C. Strategies for identifying a core belief

1. Follow from one AT to the next
2. Define key words in an AT like “right,” “competent,” or “fall apart.”

3. Focus on experiencing the emotions evoked by ATs to see what other ATs come to mind
 - a) Experiencing the emotion may be uncomfortable
 - b) Other emotions increase then decrease just as anxiety does
4. Consider what would happen if an AT came true
5. Identify the source of ATs as it appears client may be close to the core belief
 - a) Often the core belief was learned early in life
 - b) Client may have a specific memory of when or how it was learned

III. Review case vignettes regarding core beliefs in Chapter 12 of Client Workbook

IV. Conduct Peeling Your Onion Exercise (per instructions on “Peeling Your Onion” Worksheet)

V. Assign homework for *in vivo* exposure

A. Exposure should be a test of core belief derived in Peeling Your Onion Exercise