

PSY 708: COGNITIVE ASSESSMENT & PSYCHOTHERAPY

Exam 2

Due: 11/23

Directions: Exam 2 consists of completing a role-play demonstration of specific CBT skills to be observed by your peers. These role-plays will be recorded and completed in groups of two to be posted on YouTube to be viewed by your peers. *The role-play should not last longer than 20 minutes.* Each group member will take turns being the therapist and client (i.e., each group will submit two therapy videos). In addition to the role-play there are questions to be completed to process your experience (“Role-Play Reflection”). There are also techniques and a “Technique Reflection” to be completed for each topic by both role-play participants and observers (e.g., “Behavioral Activation Reflection” for activity monitoring log and daily activity schedule). Finally, there are also “Observation Comments” that will be completed by the observers of the role-plays. The role-play presentation (*due 11/23*) (role-play, role-play reflection, techniques and technique reflection) accounts for 70% of the Exam 2 grade. The observation component (*due 12/3*) (comments, techniques and technique reflection) accounts for 30% (3 topics x 10% each) of the Exam 2 grade. *Overall, Exam 2 accounts for 30% of your final grade.*

An updated version of this document will include the role-play participants for each topic. Below are outlines for what is due for both presenters and observers for each CBT skill.

Behavioral Activation

Presenter Expectations

- Review Completed Weekly Activity Monitoring Log
 - Copy of Weekly Activity Monitoring Log provided to the class
- Introduce Daily Activity Schedule (based on weekly activity monitoring log)
 - Copy of Daily Activity Schedule provided to the class-
- Role-Play Reflection
- Activity Monitoring Log & Daily Activity Schedule
- Behavioral Activation Reflection

Observer Expectations

- Observation Comments
- Activity Monitoring Log & Daily Activity Schedule
- Behavioral Activation Reflection

Automatic Thoughts

Presenter Expectations

- Eliciting and Identifying with Guided Discovery
- Evaluating using Negative Automatic Thought Record (before section only) while Focusing on Event
 - Copy of Negative Automatic Thought Record provided to the class
- Socratic Techniques for Modification: (1) Examine the Evidence, (2) Choice
 - Copy of Examine the Evidence and other technique provided to the class
- Role-Play Reflection
- Negative Automatic Thought Record (before and after sections)
- Automatic Thoughts Reflection

Observer Expectations

- Observation Comments
- Negative Automatic Thought Record (before and after sections)
- Automatic Thoughts Reflection

Core Beliefs

Presenter Expectations

- Identifying with the Downward Arrow Technique
 - Copy of the Downward Arrow Technique provided to the class
- Review Completed Behavioral Experiment Worksheet
 - Copy of the Behavioral Experiment Worksheet provided to the class
- Role-Play Reflection
- Downward Arrow Technique & Behavioral Experiment Worksheet
- Core Beliefs Reflection

Observer Expectations

- Observation Comments
- Downward Arrow Technique & Behavioral Experiment Worksheet
- Core Beliefs Reflection

Behavioral Exposure

Presenter Expectations

- Assessment of Anxious and Fearful Patterns using Anxious Patterns Record
 - Copy of Anxious Patterns Record provided to the class
- In Vivo Exposure with Exposure Tracking Form
 - Copy of Exposure Tracking Form provided to the class
- Role-Play Reflection
- Anxious Patterns Record
- Behavioral Exposure Reflection

Observer Expectations

- Observation Comments
- Anxious Patterns Record
- Behavioral Exposure Reflection

- 1) What did you find the most challenging about these techniques?
- 2) What part(s) of the techniques was most easy (or came most naturally) for you (as therapist or client)?
- 3) What did you learn that is important to keep in mind with future clients?
- 4) What advice would you give fellow therapists learning these techniques?

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Observation Comments

This will be completed and submitted on the day you observe your peers' role-plays.

Your Name: _____

Role-Play Participants: _____

Role-Play Topic: _____

Please answer these four questions:

- 1) Identify at least two things you learned from watching this role play.

- 2) What part(s) of the techniques did you think was most effectively implemented? Explain.

- 3) What part(s) of the techniques do you think could use the most improvement?

- 4) What are at least two questions you have following this presentation? (It would be cool if you actually ask the role-play participants!)

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Behavioral Activation Reflection

This reflection will be submitted on the day of the role-play. Please type your responses and print (do not email).

First, complete a Weekly Activity Monitoring Log (do at least 4 days; the more, the better). Second, the following week, after reviewing your Weekly Activity Monitoring Log, complete at least one Daily Activity Schedule over the course of one full day. For your submission of your log and schedule, you do not have to use your own personal experiences (i.e., you can make it up or “water it down”) if you do not feel comfortable. However, you will get the most out of this experience if you personalize this exercise. After completing your log and schedule, answer the following: (a) provide a rationale for the day you chose to focus on for your Daily Activity Schedule, (b) discuss how you found completing this exercise was personally helpful, (c) explain how you think doing this exercise on yourself helps you as a therapist when working with clients, and (d) provide some possible therapeutic challenges in doing this exercise with clients.

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Automatic Thoughts Reflection

This reflection will be submitted on the day of the role-play. Please type your responses and print (do not email).

Complete a Negative Automatic Thought Record. Be as detailed as possible in completing the thought record. Similar to the activity logs, you do not have use your own personal experiences. *However, you will get the most out of this experience if you personalize this exercise.* After completing the thought record, answer the following: (a) provide a rationale for the thought you chose to focus on for your Negative Automatic Thought Record, (b) discuss how you found completing the thought record was personally helpful, (c) explain how you think doing this exercise on yourself helps you as a therapist when working with clients, and (d) provide some possible therapeutic challenges in doing this exercise with clients.

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Core Beliefs Reflection

This reflection will be submitted on the day of the role-play. Please type your responses and print (do not email).

First, complete the Downward Arrow Technique (DAT) using your own negative automatic thought. (You can use the same negative automatic thought for your Negative Automatic Thought Record – not required.) Second, using your core belief from the DAT, complete a Behavioral Experiment Worksheet to “test” it and possibly develop a new core belief. Try to have the content/process of the DAT “inform” how you approach your behavioral experiment. Be sure to plan ahead in order to give yourself enough time to truly test your core belief. After completing the DAT and behavioral experiment, answer the following: (a) discuss your experience of the process completing the DAT, (b) discuss your experience of planning and following through with your behavioral experiment, (c), explain how you think doing these exercises on yourself helps you as a therapist when working with clients, and (d) provide some possible therapeutic challenges in doing these exercise with your clients.

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Behavioral Exposure Reflection

This reflection will be submitted on the day of the role-play. Please type your responses and print (do not email).

Complete an Anxious Patterns Record. Try to pick an event/scenario that actually makes you anxious and be as detailed as possible in completing the record. You do not have to use your own personal experiences. However, you will get the most out of this experience if you personalize this exercise. After completing the anxious patterns record, answer the following: (a) provide a rationale for the event/scenario you chose to focus on for your anxious patterns record, (b) discuss how you found completing the anxious patterns record was personally helpful, (c) explain how you think doing this exercise on yourself helps you as a therapist when working with clients, and (d) provide some possible therapeutic challenges in doing this exercise with clients.