

Conceptualization Worksheet

Designed for use with "*Therapist Beliefs: Protocols, Personalities & Guided Exercises*"

(Audio CD • sku: TB1) Reference <http://www.Store.Padesky.com>

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Presenting Recurrent Problems

- Low Session Structure
- Infrequent Agendas, Summaries
- Sessions Do Not End on Time

Key Underlying Assumptions

- If my client is talking, I shouldn't interrupt
- If I am structured, I'll miss important client revelations or appear unfeeling
- If a client is feeling emotional, I can't let them leave my office until they feel better

Core Beliefs

- I am caring
- Others are needy and vulnerable
- Therapy is supportive

Behavioral Strategies

(linked to recurrent problem)

- Let client talk with minimal interruptions
- Express lots of empathy and explanations before making an intervention
- Frequent extended sessions to "demonstrate caring"

Costs of Behavioral Strategy

- CT Protocols take a long time and often aren't completed in therapy time available
- Sessions often run late and I work longer hours than I want to

Benefits of Behavioral Strategy

- Clients appreciate me and express gratitude
- I feel good for having a kind attitude

Goals

- Become more structured in therapy hour
- End sessions on time

Goal Interfering Automatic Thoughts / Underlying Assumptions

- If I stop her now to set an agenda, she'll think I don't care about these problems she's describing
- If I end the session when he's still upset, he might get worse this week

New Underlying Assumptions

- If I really care about my clients I'll be more structured so therapy will be more effective
- If we end a session when my client is still emotional, he or she can use therapy skills to manage these emotions and that will lead to greater learning in therapy

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