

## Chapter 12

### EXPOSURE AND COGNITIVE RESTRUCTURING

#### PART 2: ONGOING EXPOSURE

*Timeline:* Typically 5-6 sessions but can vary up to 10 sessions depending upon the number of in-session exposure needed for a given client and the efficiency with which material in earlier segments has been covered

*Readings from Client Workbook:* Chapter 8; Chapters 9, 10, and 11 as needed for a given client

*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 8 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 activities before and after the exposure
    - 4. Troubleshoot any lack of compliance with the homework exposure
- II. The ongoing routine of exposure
  - A. Last session was first in-session exposure. That routine will continue in the coming weeks
    - 1. Start with easier situations and work up to harder situations
    - 2. Continue to challenge ATs and find new ways of thinking that decrease anxiety
  - B. Continue to use homework for exposure to assure treatment gains transfer to real life
- III. Complete second in-session exposure

- A. Briefly outline role play situation with client and have him/her imagine it briefly
- B. Cognitive restructuring
  - 1. Identify 5-6 ATs client is having about the situation and emotions they are causing
  - 2. Select 1-2 ATs for further analysis
  - 3. Help client identify Thinking Errors in the selected AT(s)
  - 4. Help client challenge selected AT(s) using Disputing Questions
  - 5. Help client develop a Rational Response and record on board or paper where client will be able to see it during the role play
- A. Work out the details of the exposure situation
  - 1. Setting
  - 2. Roles for various people
  - 3. Any props needed
- B. Set an Achievable Behavioral Goal
- C. Just before beginning exposure
  - 1. Remind client that therapist will be asking for SUDS ratings and review SUDS scale
  - 2. Remind client that he/she will be asked to repeat the selected Rational Response (and to focus briefly on the significance of its content) each time he/she is prompted for SUDS rating
  - 3. Brief any role players as necessary
- D. Exposure

1. Complete role played exposure
2. Take SUDS at 1-minute intervals, trying to minimize disruption

E. Debriefing the Exposure Experience

1. Review Achievable Behavioral Goal
2. Ask client how he/she believes he/she did, pointing out

Disqualifying the Positive if it occurs

3. Review ATs
  - a) Did the expected ATs occur?
  - b) Evaluate how well the Rational Response worked to combat these ATs. Adapt as needed.
  - c) Did unexpected ATs occur?
    - (1) Challenge these ATs as time permits
    - (2) Catalog unexpected ATs to challenge in future exposures
4. Review pattern of SUDS
  - a) Identify habituation patterns
  - b) Link increase in SUDS to ATs
  - c) Link decreases in SUDS to adaptive thinking
5. Help client identify what they can take from the experience to use in the future

II. Assign Homework:

- A. Continue self-monitoring of daily anxiety and mood and two situations
- B. Assign exposure homework

1. Negotiate a do-able exposure, typically related to the in-session role play but less anxiety-provoking
2. Assure the client agrees to do it
3. Emphasize importance of using the BYOCC Worksheet for the cognitive restructuring before and after the homework exposure
4. Record specific situation on the BYOCC form

C. Assign a small daily homework assignment to make overcoming anxiety a new habit

1. Rationale

- a) Get in the new habit of facing fears rather than avoiding
- b) Larger changes build upon small ways of handling situations differently on a regular basis

2. Examples

- a) Say “hello” and one other thing to a person you would not normally speak with
- b) Make one telephone call that you would usually put off for another day because you are anxious about the call
- c) Give someone a compliment when you normally would not say anything
- d) Speak up one extra time in a group of people or at a meeting

- e) Ask someone an appropriate, non-intrusive question about himself or herself that will help you get to know the person a little better
  - f) Make an effort to do some small task when others may be observing, such as pour someone's coffee, put change in a vending machine, unlock a door, drive with someone in the car, write a check rather than pay cash, etc.
3. OK to pick a small gesture that is only mildly anxiety-provoking
  4. Client may notice other people start to treat him/her differently