

## Chapter 13

### EXPOSURE AND COGNITIVE RESTRUCTURING

#### PART 3: OBSERVATIONAL FEARS (OPTIONAL)

*Timeline:* Variable

*Reading:* Chapter 9 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

**Note: This chapter and the next two (corresponding to Chapters 9-11 of the Client Workbook) are optionally assigned, depending on the specific social anxieties that the client brings to treatment. At least one of these chapters, and possibly all 3, should be covered. Session outlines suggest how in-session exposures may be conducted in the domains of observational fears, fears of social interaction, and fear of public speaking. Issues specific to each of these domains are delineated in the *Additional Material* sections of each chapter of this Therapist Guide.**

*Session Outline for Chapter 9 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 covering this chapter and Chapters 10 and 11 in session
- A. Cover chapter that relates to client's fears
1. Chapter 9: Specific fears of doing something while being observed – eating/drinking/writing in public
  2. Chapter 10: Making small talk/social interaction
  3. Chapter 11: Public speaking
- B. These 3 chapters contain other strategies for challenging ATs that may arise in many situations, not just specific ones in the Client Workbook
- III. History of specific social phobias
- A. Specific fears of doing something while being observed first identified by Marks and Gelder in 1960's.
- B. Fears they identified included
1. Signing one's name
  2. Eating in public

3. Drinking in public

C. Typical fear is that hand will shake or person will make an embarrassing mistake

D. Client Workbook uses original name — social phobias — for these specific, limited social fears

1. Subset of broader fears of social situations we now call social anxiety disorder

2. Common thread is fear of negative evaluation by others

IV. Self-Assessment of Social Phobias

A. Review checklist in Client Workbook (p. 142)

B. List not exhaustive, almost any task that requires something be done in a particular way can become a specific social phobia

V. Self-consciousness and specific social phobias

A. Paying too much attention to a highly familiar task can make it more difficult to do and cause the outcome a person fears

1. Example: Expert typist “Claudia”

a) Expert typist types rapidly because she types entire words, not individual letters

b) Does not normally attend to movement of fingers on the keys. Typing is an “automatic” task for her

c) Slows down and makes errors if she pays too much attention and/or watches her fingers hit each individual key because loses automaticity

2. This happens with anything a person can do “automatically”

a) Playing a musical instrument

b) Hitting a baseball

B. Combination of self-consciousness about the activity and anxiety about something going wrong decreases performance

1. Tense muscles in hands/arms makes it more difficult to type

2. Focusing on ATs associated with the anxiety further interferes with concentration and decreases performance

C. Same cycle of self-consciousness and anxiety occur for observational fears

1. Self-consciousness about tasks such as drinking coffee with others

2. Anxiety causes tension which increases the chance of a spill or other “mistake”

3. Begin to avoid drinking coffee in front of others

VI. Specific social phobias can have a great impact on one’s life

A. Fears of eating and drinking in public can lead to social isolation or interfere with work-related socialization

B. Fears of writing in public make it inconvenient to conduct daily business such as using credit cards and checks and interfere with many jobs

C. Specific social phobias often relate to job duties

VII. Complete in-session exposure (per session outline in Chapter 11 of this Therapist Guide)

VIII. Assign homework for *in vivo* exposure