

## Chapter 14

### EXPOSURE AND COGNITIVE RESTRUCTURING

#### PART 4: CONVERSATION FEARS (OPTIONAL)

*Timeline:* Variable

*Reading:* Chapter 10 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

*Session Outline for Chapter 10 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. Importance of small talk

### A. Definition

1. Small talk is any short casual conversation about superficial or impersonal topics
2. Most people with social anxiety tell us that they hate small talk
3. Examples:
  - a) Complimenting your neighbor on the beautiful flowers on her patio as you leave for work
  - b) Asking a co-worker whether he did anything fun this weekend
  - c) Commenting to the desk clerk at the health club that the club seems fairly quiet today
  - d) Commenting to someone while waiting for the instructor to arrive that the class is interesting but more work than you had expected it to be
  - e) Striking up a conversation with a sales clerk by asking whether he or she has heard if the weather will be warm this weekend

### B. Purpose of small talk

1. Used to initiate and/or maintain social relationships

a) All friendships and dating relationships start with small talk

b) Helps develop a relationship as repeated casual conversations become more serious

2. Social psychologist Donn Byrne's research suggests friendships and relationships develop with those who are nearby as a result of casual conversations

### III. Social Support Networks

A. Definition: group of people who can be counted on to listen, offer advice, provide help, and do things together

B. Size of network varies from person to person

C. Reasons to invest in a social support network

1. Too small a network or one lacking close relationships leads to loneliness and isolation

2. A good social support network act as a buffer against stress

a) Improved physical and mental health

b) Faster recovery from surgery and illness

c) Maybe live longer

3. Two types of social support

a) Help (instrumental) – fix your car or bring soup when ill

b) Emotional – listen when you need to talk

D. Assessing your social support network

1. Complete exercise in Figure 10.1 of Client Workbook

2. Score worksheet by counting the number of different names
  3. Discuss client's reactions to the exercise
    - a) Is the network the right size?
    - b) Are the relationships sufficiently close?
- IV. Complete in-session exposure (per session outline in Chapter 11 of this Therapist Guide)
- V. Assign homework for *in vivo* exposure