

Paradoxical Agenda Setting

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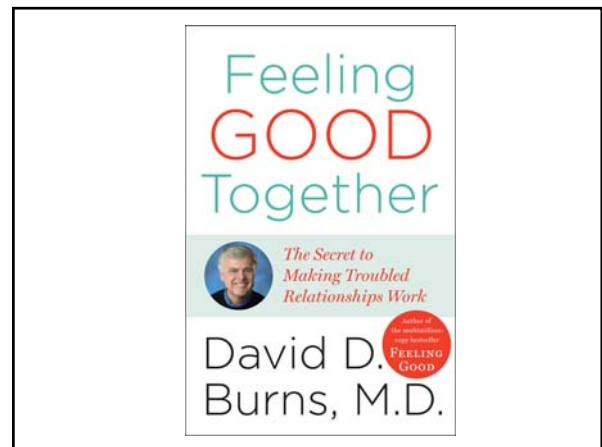
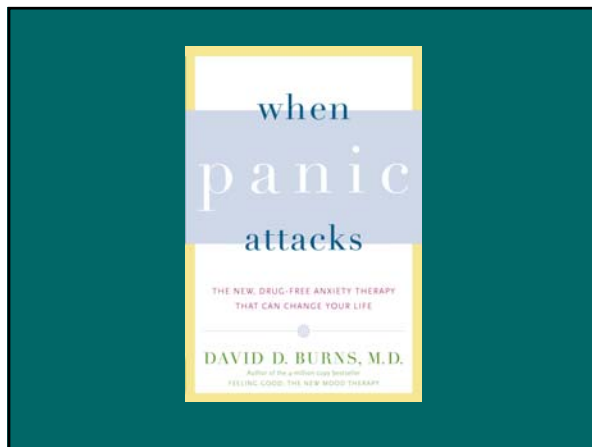
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Paradoxical Agenda Setting Overheads *

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TEAM Therapy

- T = Testing
- E = Empathy
- **A = Agenda Setting**
- M = Methods

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The Magic Of the Set-Up

- A warm and collaborative therapeutic alliance
 - Makes all the techniques far more effective
 - Makes rapid recovery possible
- Agenda Setting requires skill and training

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New Research on Depression

- Self Help Inventory
 - Frequency
 - Helpfulness
 - Willingness

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Willingness to Change*

Instructions. Below you'll find a list of things people...

	0 - Not at all willing	1 - Somewhat willing	2 - Moderately willing	3 - Very willing	4 - Extremely willing
1. Try new ways of relating to other people			✓		
2. Get started on a task I've been avoiding or putting off				✓	
3. Make a plan for solving the problems in my life			✓		
4. Face a problem I've been avoiding				✓	
5. Confront my fears, even if it makes me very anxious		✓			
Total Score →					11

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Results

- Only the **Willingness** scale predicted changes in depression
 - Consistent with clinical experience
- Large causal effect

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Results (cont'd)

- Replicated in five different samples
 - Two outpatient studies (N = 520)
 - Two inpatient studies (N = 160)
 - One self-help group

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Results (cont'd)

- Willingness effect appears to be mediated by psychotherapy homework (HW)
 - Willingness has strong causal effects on HW
 - HW has strong causal effect on recovery from depression

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Willingness, Psychotherapy HW, and Recovery from Depression

```

    graph LR
      A((WILLINGNESS)) -- Positive Effect --> B((Psychotherapy Homework))
      B -- Negative Effect --> C((DEPRESSION))
    
```

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New Research on Binge Eating / Overeating

- What is the causal effect of depression / low self esteem on binge eating / overeating?
- What is the causal effect of emotional dysregulation?

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New Research on Binge Eating / Overeating

- Depression / low self esteem
 - NO causal effects

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New Research on Binge Eating / Overeating

- Emotional dysregulation
 - NO causal effects
 - Findings replicated in two inpatient samples (N = 160)

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Dependency and Binge Eating / Overeating

- All ten Personality Disorders positively correlated with bingeing / overeating
 - The effect appeared to be mediated by Dependency
 - Fear of being alone
 - Neediness
 - Need for love

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Dependency and Binge Eating / Overeating

- Large causal effect
 - Dependency can account for approximately
 - > 35 pounds of excess weight in men and women
 - An increase of > 6 in the body mass index

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Dependency and Binge Eating / Overeating

- Consistent with Freud's concept of the oral / needy personality type

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Dependency and Binge Eating / Overeating (cont'd)

- Dependency accounted for approximately 17% of the variance in binge eating and overeating
 - Implies other strong causes of overeating in the population as a whole

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Conclusions

- If you are needy and dependent, you'll be at high risk for weight gain
- You can still binge and gain weight even if you're **not** needy and dependent

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Conclusions

- Overeating and bingeing appear to be disorders of desire, and **not** disorders of mood, self esteem, or emotional dysregulation

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New Research on Drug / Alcohol Abuse

- What is the causal effect of depression and low self esteem on drug or alcohol abuse?
- What is the causal effect of emotional dysregulation on drug or alcohol abuse?

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New Research on Drug / Alcohol Abuse

- No causal effects of depression and low self esteem on drug or alcohol
 - Use
 - Abuse
 - Dependence

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New Research on Drug / Alcohol Abuse

- Massive causal effects of the new "Cravings and Urges to Use" scale

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Cravings and Urges to Use*

	0 - Not at all	1 - Somewhat	2 - Moderately	3 - A lot	4 - Extremely
1. Sometimes I have the urge to use drugs or alcohol.				✓	
2. Sometimes I really want to get high.					✓
3. Sometimes I struggle with the temptation to use drugs or alcohol.				✓	
4. Sometimes it's hard to resist the urge to use drugs or alcohol.					✓
5. Sometimes I crave drugs or alcohol.					✓
Total Score →					18

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Cravings and Urges to Use Scale

- Useful for
 - Detection of alcohol and substance abuse
 - Diagnosis
 - Monitoring treatment

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Conclusions

- Drug and Alcohol Abuse also appear to be disorders of desire, and **not** disorders of mood, self esteem, of emotional dysregulation

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Motivational Model

- Depression
- Anxiety disorders
- Relationship problems
- Habits and addictions

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Motivational Model

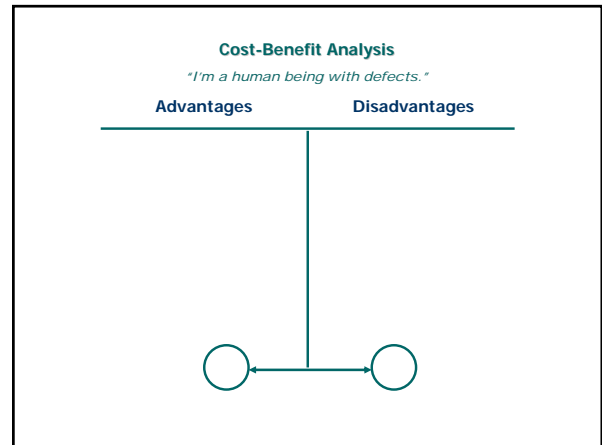
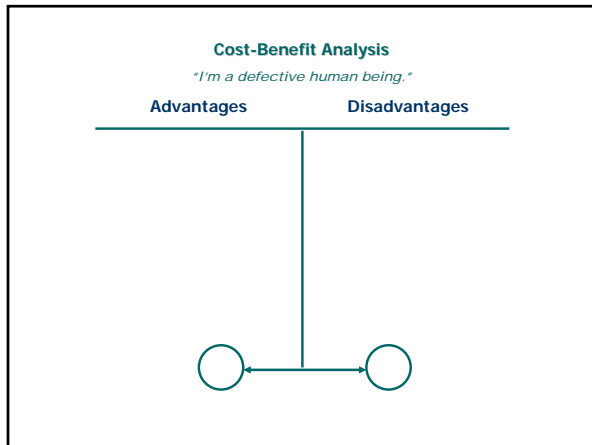
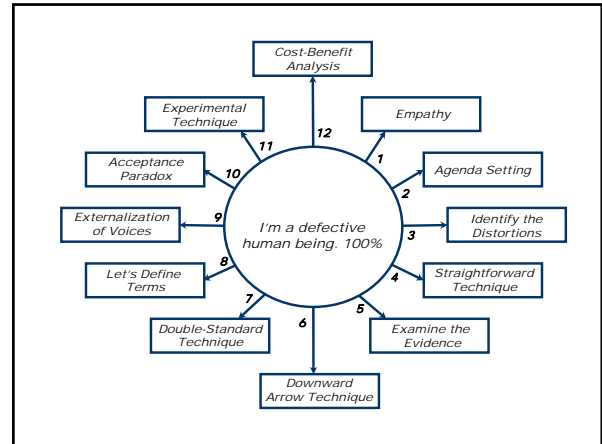
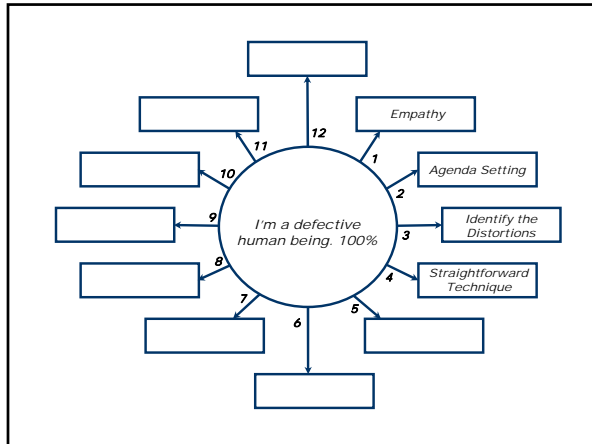
- The patient may have one foot in the water and one foot on the shore
- Anthony De Mello
 - "We yearn for change, but cling to the familiar."

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Depression Example

- Chronically depressed schoolteacher with BPD
 - "I'm a defective human being. I'm defective at the core."
 - Large numbers of CBT techniques were **not** effective
 - Defiant and oppositional

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The Five Steps in Agenda Setting

- The Invitation
- Specificity
 - person
 - place
 - time
- Conceptualization
- Motivation
- Methods

What to Say—The Invitation

- Would this be a good time to roll up our sleeves and begin to work on one of these problems?

What to Say—Specificity

- Can you think of a time you were feeling anxious or upset that you'd like help with?
- Is there something you'd like to work on during today's session?

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Conceptualization

- Individual Mood Problem
 - Depression / Anxiety
- Interpersonal Problem
 - Anger / Relationship Conflict
- Addiction / Habit
- Non Problem

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What to Say—Motivation

- Is this a problem you want help with, or did you simply want to talk about your feelings?
- What would it be worth to you if I could show you how to overcome this problem?

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What to Say—Motivation

- Would you be willing to do self- help assignments between sessions?
- How many sessions can we devote to this problem?

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Agenda Setting Exercise

- Rameesh, wanted help with severe depression and anxiety
- Problems with co workers

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Agenda Setting Exercise (cont'd)

- What will you say at the Invitation Step?

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Agenda Setting Exercise (cont'd)

- What will you say at the Specificity Step?

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Agenda Setting Exercise (cont'd)

- How will you conceptualize the problem?

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Agenda Setting Exercise (cont'd)

- Can you think of any potential reasons for resistance?
- What will you say to him?

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Basic Concepts

- Express warmth / liking
- Express optimism (the carrot)
- Become the voice of his resistance
 - He has to persuade you
 - Sit with open hands

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The Eight Types of Therapeutic Resistance

- Outcome Resistance
- Process Resistance

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The Four Types of Outcome Resistance

- You can have Outcome Resistance for
 - Depression
 - Anxiety
 - Anger / Relationship Problem
 - Habit or Addiction

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The Four Types of Process Resistance

- You can have Process Resistance for
 - Depression
 - Anxiety
 - Anger / Relationship Problem
 - Habit or Addiction

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Outcome Resistance Questions

- Would you press the Magic Button?

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Process Resistance

- There is no magic button
 - Would you be willing to do X if I agreed to help you solve this problem?
 - For depression, X = psychotherapy homework
 - For anxiety, X = exposure
 - For conflict, X = focus on changing yourself
 - For addictions, X = deprivation

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Process Resistance Questions

- What would it be worth to you if I could show you how to overcome this problem?
- What would you bring to the table if I could show you how to overcome this problem?

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Depression Outcome Resistance Exercise

- "I murdered my baby."
 - Will Janice press the Magic Button?

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Process Resistance— Depression

- Psychotherapy homework (HW)
 - Will the patient want to do HW?
 - How can we solve this dilemma?

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Outcome Resistance—Anxiety Disorders

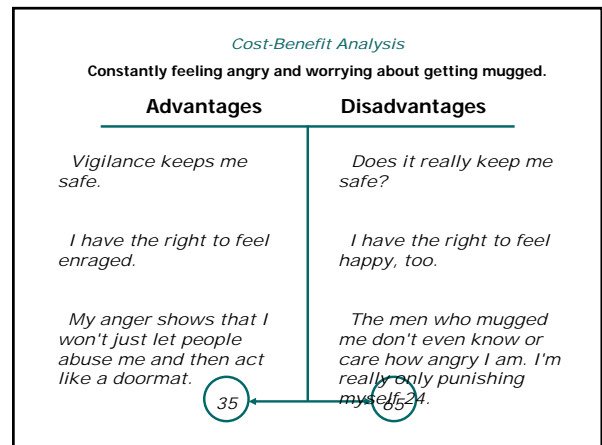
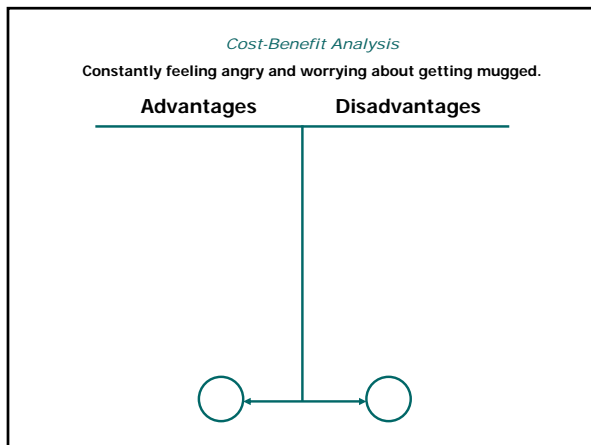
- Magical Thinking
 - "Something terrible will happen if I give up my anxiety."

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Anxiety Outcome Resistance Exercise

- PTSD
 - The young man who was robbed and locked in a walk-in freezer by two sadistic gunmen
 - Survived, but flooded with intense attacks of panic and rage
 - Bitterly resists treatment

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Process Resistance—Anxiety Disorders

- Exposure
 - The man with sweaty arm pits

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Outcome Resistance—

- Anger
- Personal relationship conflicts and problems

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The Couples' Therapist's Biggest Mistake—

- Assuming that patients with troubled relationships want joyous, loving relationships
 - Often, nothing could be further from the truth

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Relationship Outcome Resistance Exercise

- Think of someone you
 - Don't like
 - Don't get along with
 - Resent

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Relationship Outcome Resistance Exercise

- Will you press the Magic Button?

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Process Resistance—Anger / Relationship Problems

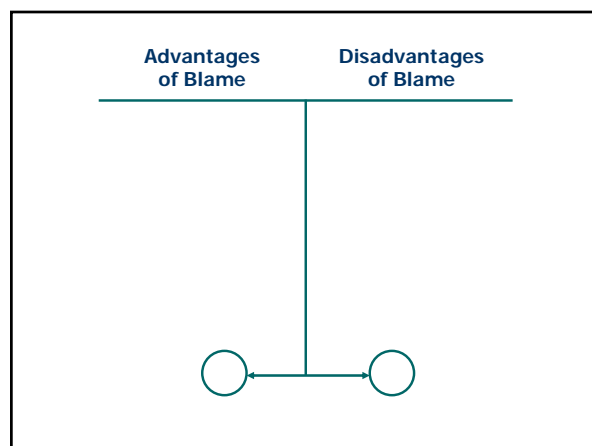
- What's one thing that you'll **have** to do, that you'll be unwilling to do, in order to get close to the person you're at odds with?

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Process Resistance—Relationship Problem

- Blame Cost Benefit Analysis
 - Page 16 of handout

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Outcome Resistance— Habits and Addictions

- Addictions to
 - Food
 - Alcohol
 - Drugs

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Outcome Resistance— Habits and Addictions (cont'd)

- Sexual addictions and compulsions
- Procrastination
- Dating the wrong person

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Outcome Resistance— Habits and Addictions

- “X isn’t a problem; it’s my solution.”
- “X is my greatest source of pleasure and satisfaction in life.”
- “I couldn’t possibly feel happy and fulfilled without X.”

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Process Resistance— Habits and Addictions

- Withdrawal
- Discipline and hard work
- Deprivation

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Habit and Addiction Resistance in a Nutshell

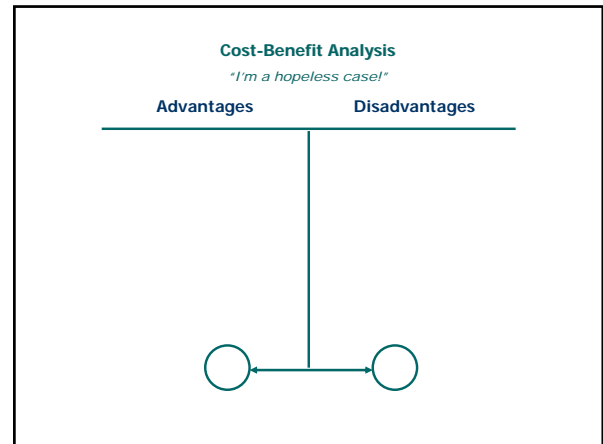
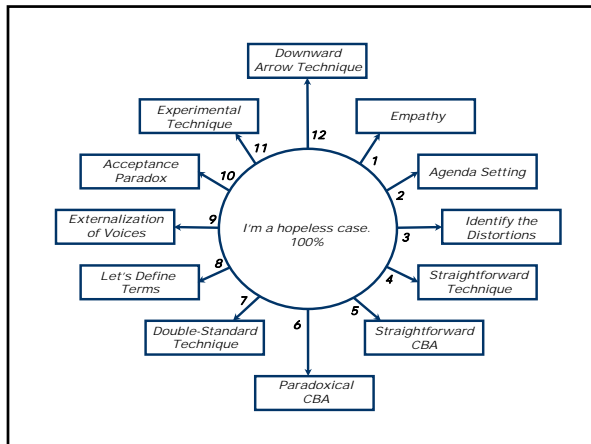
- Outcome Resistance
 - You’ll have to give up something intensely pleasurable and rewarding
- Process Resistance
 - You’ll have to start doing something uncomfortable and depriving

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Habits and Addictions Outcome Resistance Exercise

- Severely depressed, suicidal heroin dealer / addict with Explosive Personality Disorder
 - “I’m a hopeless case, and there’s NOTHING you can do about it!”

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High-Speed Change Is Possible— But First You MUST Skillfully

- Empathize
 - Five Secrets of Effective Communication
- Develop a Therapeutic Agenda

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Paradoxical Agenda Setting Principles

- You become the voice of the patient's resistance
- Verbalize all the reasons NOT to change
 - Let the patient persuade you

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Paradoxical Agenda Setting Principles (cont'd)

- Must be done in a warm, accepting way
 - Patients want to feel liked and respected
 - Therapists want to feel liked and respected

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Paradoxical Agenda Setting Principles (cont'd)

- Must be genuine
 - Not a manipulation

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Paradoxical Agenda Setting Principles (cont'd)

- Therapist must be willing to let go
 - The Buddha sits with open hands
- Therapist narcissism and co-dependency can be formidable barriers

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Empathy and Agenda Setting

- Make it vastly easier to implement any cognitive, behavioral, or interpersonal interventions
 - That's the magic of the setup!

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Optional Luncheon Presentation

- Making Patients and Therapists Accountable

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How Accurate are Our Perceptions of—

- How our patients feel?
 - Depression, Suicidal Urges, Anxiety, Anger
- How our patients feel about us?
 - Warmth
 - Understanding
 - Helpfulness

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Depression*

Use checks (✓) to indicate how you're feeling right now.

	Before Session				After Session					
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
1. Sad or down in the dumps										
2. Discouraged or hopeless				✓					✓	
3. Low self-esteem or worthlessness			✓						✓	
4. Loss of motivation to do things			✓						✓	
5. Loss of pleasure or satisfaction in life		✓							✓	
Total	→ 15				→ 17					

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Suicidal Urges*

Use checks (✓) to indicate how you're feeling right now.

	Before Session				After Session					
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
1. Do you have any suicidal thoughts?		✓						✓		
2. Would you like to end your life?	✓					✓				

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Depression*

Use checks (✓) to indicate how you're feeling right now.

	Before Session				After Session					
	0 - Not at all	1 - Somewhat	2 - Moderately	3 - A lot	4 - Extremely	0 - Not at all	1 - Somewhat	2 - Moderately	3 - A lot	4 - Extremely
1. Sad or down in the dumps						✓				
2. Discouraged or hopeless						✓				
3. Low self-esteem or worthlessness						✓				
4. Loss of motivation to do things						✓				
5. Loss of pleasure or satisfaction in life						✓				
Total	15					1				

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Depression*

Use checks (✓) to indicate how you're feeling right now.

	Before Session				After Session					
	0 - Not at all	1 - Somewhat	2 - Moderately	3 - A lot	4 - Extremely	0 - Not at all	1 - Somewhat	2 - Moderately	3 - A lot	4 - Extremely
1. Sad or down in the dumps	✓									
2. Discouraged or hopeless	✓									
3. Low self-esteem or worthlessness	✓									
4. Loss of motivation to do things	✓									
5. Loss of pleasure or satisfaction in life	✓									
Total	0					0				

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Depression*

Use checks (✓) to indicate how you're feeling right now.

	Before Session				After Session					
	0 - Not at all	1 - Somewhat	2 - Moderately	3 - A lot	4 - Extremely	0 - Not at all	1 - Somewhat	2 - Moderately	3 - A lot	4 - Extremely
1. Sad or down in the dumps	✓					✓				
2. Discouraged or hopeless	✓					✓				
3. Low self-esteem or worthlessness	✓					✓				
4. Loss of motivation to do things	✓					✓				
5. Loss of pleasure or satisfaction in life	✓					✓				
Total	0					0				

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Empathy*

Use checks (✓) to indicate how you're feeling right now.

	0 - Not at all true	1 - Somewhat true	2 - Moderately true	3 - Very true	4 - Completely true
	1. My therapist was warm, sympathetic, and concerned.				✓
2. My therapist seemed trustworthy.				✓	
3. My therapist treated me with respect.				✓	
4. My therapist did a good job of listening.				✓	
5. My therapist understood how I felt inside.				✓	
Total Score	17				

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Helpfulness*

Use checks (✓) to indicate how you're feeling right now.

	0 - Not at all true	1 - Somewhat true	2 - Moderately true	3 - Very true	4 - Completely true
	1. I was able to express my feelings during the session.			✓	
2. I talked about the problems that are bothering me.				✓	
3. The techniques we used were helpful.		✓			
4. The approach my therapist used made sense.		✓			
5. I learned some new ways to deal with my problems.	✓				
Total Score	7				

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- What did you like *the least* about the session?

- What did you like *the best* about the session?

- What did you like *the least* about the session?
When my therapist tried to help me.

- What did you like *the best* about the session?
When my therapist listened.

Therapist Toolkit

- Assessment Tools
 - Numerous brief and full-length tests
- Treatment Tools
 - Individual therapy
 - Interpersonal (couples / marital) therapy
 - Group therapy

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Toolkit (cont'd)

- Psychometric Information
 - Scoring keys
 - Instructions
- License for Unlimited Photocopying
 - Individuals, groups, institutions

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Free 2009 Toolkit Upgrade

If you obtained a Toolkit at the workshop, send an email to Dr. Burns for a massive free upgrade.

You'll receive numerous new tools via email (zipped files). You can download and open them in Microsoft Word.

Time-Limited Offer

Dr. Burns' email—

david@feelinggood.com

Therapist Resistance to Agenda Setting

- Anxiety
 - Fears of Rejection
 - Fears of Failure
 - Fears of Conflict
- Niceness
- Narcissism
- Codependency
 - Need to help

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Daily Mood Log*

Upsetting Situation: _____

Emotions			Emotions		
	% Before	% After		% Before	% After
Sad, down, depressed			Abandoned, rejected, alone		
Anxious, worried, nervous			Discouraged, hopeless		
Guilty, ashamed			Frustrated, stuck, thwarted		
Inadequate, inferior,			Hurt, angry, annoyed		
Embarrassed, self-conscious			Uncomfortable, avoidant		

NT	% Before	% After	Dist	PT	% Belief

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Daily Mood Log

Upsetting Situation: Feeling resistance to Agenda Setting, even the Invitation Step.

Emotions			Emotions		
	% Before	% After		% Before	% After
Sad, down, depressed			Abandoned, rejected, alone		
Anxious, worried, nervous			Discouraged, hopeless		
Guilty, ashamed			Frustrated, stuck, thwarted		
Inadequate, inferior,			Hurt, angry, annoyed		
Embarrassed, self-conscious			Uncomfortable, avoidant		

NT	% Before	% After	Dist	PT	% Belief

Daily Mood Log

Upsetting Situation: Feeling resistance to Agenda Setting, even the Invitation Step.

Emotions			Emotions		
	% Before	% After		% Before	% After
Sad, down, depressed	0		Abandoned, rejected, alone		
Anxious, worried, nervous			Discouraged, hopeless		
Guilty, ashamed			Frustrated, stuck, thwarted		
Inadequate, inferior,			Hurt, angry, annoyed		
Embarrassed, self-conscious			Uncomfortable, avoidant		

NT	% Before	% After	Dist	PT	% Belief

Daily Mood Log

Upsetting Situation: Feeling resistance to Agenda Setting, even the Invitation Step.

Emotions			Emotions		
	% Before	% After		% Before	% After
Sad, down, depressed	0		Abandoned, rejected, alone		
Anxious, worried, nervous			Discouraged, hopeless		
Guilty, ashamed			Frustrated, stuck, thwarted		
Inadequate, inferior,			Hurt, angry, annoyed		
Embarrassed, self-conscious			Uncomfortable, avoidant		

NT	% Before	% After	Dist	PT	% Belief

Daily Mood Log

Upsetting Situation: Feeling resistance to Agenda Setting, even the Invitation Step.

Emotions			Emotions		
	% Before	% After		% Before	% After
Sad, down, depressed	0		Abandoned, rejected, alone		
Anxious, worried, nervous	100		Discouraged, hopeless		
Guilty, ashamed			Frustrated, stuck, thwarted		
Inadequate, inferior,			Hurt, angry, annoyed		
Embarrassed, self-conscious			Uncomfortable, avoidant		

NT	% Before	% After	Dist	PT	% Belief

Daily Mood Log

Upsetting Situation: Feeling resistance to Agenda Setting, even the Invitation Step.

Emotions			Emotions		
	% Before	% After		% Before	% After
Sad, down, depressed	0		Abandoned, rejected, alone		
Anxious, worried, nervous	100		Discouraged, hopeless		
Guilty, ashamed			Frustrated, stuck, thwarted		
Inadequate, inferior,			Hurt, angry, annoyed		
Embarrassed, self-conscious			Uncomfortable, avoidant		

NT	% Before	% After	Dist	PT	% Belief

Daily Mood Log

Upsetting Situation: Feeling resistance to Agenda Setting, even the Invitation Step.

Emotions			Emotions		
	% Before	% After		% Before	% After
Sad, down, depressed	0		Abandoned, (rejected) alone		
Anxious, worried, nervous	100		Discouraged, hopeless		
Guilty (ashamed)	90		Frustrated, stuck, thwarted		
Inadequate, inferior			Hurt, angry, annoyed		
Embarrassed, self-conscious			Uncomfortable, avoidant		

NT	% Before	% After	Dist	PT	% Belief

Daily Mood Log

Upsetting Situation: Feeling resistance to Agenda Setting, even the Invitation Step.

Emotions			Emotions		
	% Before	% After		% Before	% After
Sad, down, depressed	0		Abandoned, (rejected) alone		
Anxious, worried, nervous	100		Discouraged, hopeless		
Guilty (ashamed)	90		Frustrated, stuck, thwarted		
Inadequate, inferior			Hurt, angry, annoyed		
Embarrassed, self-conscious			Uncomfortable, avoidant		

NT	% Before	% After	Dist	PT	% Belief

Daily Mood Log

Upsetting Situation: Feeling resistance to Agenda Setting, even the Invitation Step.

Emotions			Emotions		
	% Before	% After		% Before	% After
Sad, down, depressed	0		Abandoned, (rejected) alone	90	
Anxious, worried, nervous	100		Discouraged, hopeless	0	
Guilty (ashamed)	90		Frustrated, stuck, thwarted	60	
Inadequate, inferior	80		Hurt, angry, annoyed	50	
Embarrassed, self-conscious	100		Uncomfortable, avoidant	150	

NT	% Before	% After	Dist	PT	% Belief

Daily Mood Log

Upsetting Situation: Feeling resistance to Agenda Setting, even the Invitation Step.

Emotions			Emotions		
	% Before	% After		% Before	% After
Sad, down, depressed	0		Abandoned, (rejected) alone	90	
Anxious, worried, nervous	100		Discouraged, hopeless	0	
Guilty (ashamed)	90		Frustrated, stuck, thwarted	60	
Inadequate, inferior	80		Hurt, angry, annoyed	50	
Embarrassed, self-conscious	100		Uncomfortable, avoidant	150	

NT	% Before	% After	Dist	PT	% Belief
1. The patient will be angry with me for interrupting the empathy.					

Daily Mood Log

Upsetting Situation: Feeling resistance to Agenda Setting, even the Invitation Step.

Emotions			Emotions		
	% Before	% After		% Before	% After
Sad, down, depressed	0		Abandoned, (rejected) alone	90	
Anxious, worried, nervous	100		Discouraged, hopeless	0	
Guilty (ashamed)	90		Frustrated, stuck, thwarted	60	
Inadequate, inferior	80		Hurt, angry, annoyed	50	
Embarrassed, self-conscious	100		Uncomfortable, avoidant	150	

NT	% Before	% After	Dist	PT	% Belief
1. The patient will be angry with me for interrupting the empathy.	75				

Daily Mood Log

Upsetting Situation: Feeling resistance to Agenda Setting, even the Invitation Step.

Emotions			Emotions		
	% Before	% After		% Before	% After
Sad, down, depressed	0		Abandoned, (rejected) alone	90	
Anxious, worried, nervous	100		Discouraged, hopeless	0	
Guilty (ashamed)	90		Frustrated, stuck, thwarted	60	
Inadequate, inferior	80		Hurt, angry, annoyed	50	
Embarrassed, self-conscious	100		Uncomfortable, avoidant	150	

NT	% Before	% After	Dist	PT	% Belief
1. My patients will be angry with me for interrupting the empathy.	75				
2. I don't know what's best for them, so I should listen and provide support.					
3. I shouldn't risk making a mistake.					
4. I shouldn't try something I don't know how to do.					
5. They love me the way I am so I shouldn't rock the boat.					

Daily Mood Log*

Upsetting Situation: Feeling resistance to Agenda Setting, even the Invitation Step.

Emotions	% Before	% After	Emotions	% Before	% After
Sad, down, depressed	0		Abandoned, rejected, alone	90	
Anxious, worried, nervous	>100		Discouraged, hopeless	0	
Guilt, ashamed	90		Frustrated, stuck, thwarted	60	
Inadequate, inferior	>80		Hurt, angry, annoyed	50	
Embarrassed, self-conscious	>100		Uncomfortable, avoidant	>100	

NT	% Before	% After	Dist	PT	% Belief
1. My patients will be angry with me for interrupting the empathy.	75				
2. I don't know what's best for them, so I should listen and provide support.	75				
3. I shouldn't risk making a mistake.	85				
4. I shouldn't try something I don't know how to.	100				
5. They love me the way I am so I shouldn't rock the boat.	100				

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What are the Distortions?

- "I shouldn't risk making a mistake."

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Common Distortions— Depression and Anxiety

- All-or-Nothing Thinking
- Overgeneralization
- Mental Filter
- Discounting the Positive
- Jumping to Conclusions
 - Mind-Reading
 - Fortune-Telling
- Magnification and Minimization
- Emotional Reasoning
- Labeling
- Should Statements
 - Self-Directed
 - Other-Directed
- Blame
 - Self-Blame
 - Other-Blame

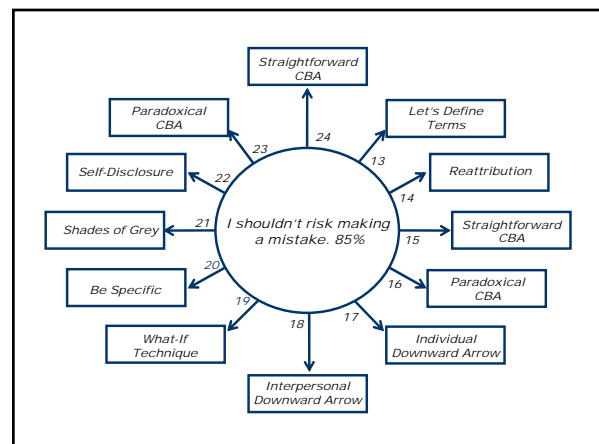
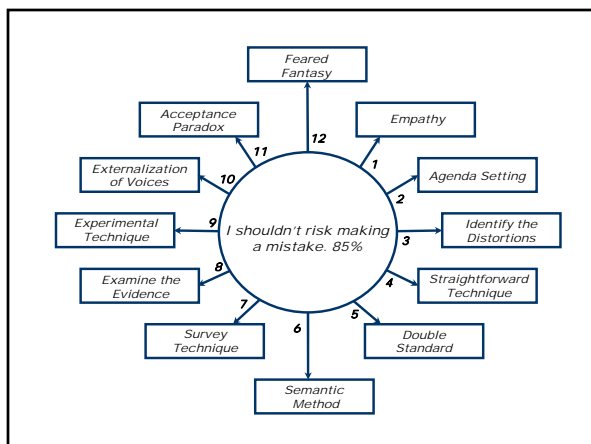
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Daily Mood Log

Upsetting Situation: Feeling resistance to Agenda Setting, even the Invitation Step.

Emotions	% Before	% After	Emotions	% Before	% After
Sad, down, depressed	0		Abandoned, (rejected) alone	90	
Anxious, worried, nervous	100		Discouraged, hopeless	0	
Guilt, ashamed	90		Frustrated, stuck, thwarted	60	
Inadequate, inferior	80		Hurt, angry, annoyed	50	
Embarrassed, self-conscious	100		Uncomfortable, avoidant	>150	

NT	% Before	% After	Dist	PT	% Belief
3. I shouldn't risk making a mistake.	85		AON: SH; SB: FT; MR: MAG;		



Daily Mood Log

Upsetting Situation: Feeling resistance to Agenda Setting, even the Invitation Step.

Emotions	% Before	% After	Emotions	% Before	% After
Sad, down, depressed	0		Abandoned, rejected , alone	90	
Anxious, worried, nervous	100		Discouraged, hopeless	0	
Guilty, ashamed	90		Frustrated, stuck, thwarted	60	
Inadequate, inferior	80		Hurt, angry, annoyed	50	
Embarrassed, self-conscious	100		Uncomfortable, avoidant	150	

NT	% Before	% After	Dist	PT	% Belief
3. I shouldn't risk making a mistake.	85		AON; SH; SB; FT; MR; MAG;	It would be great if I never made mistakes.	100

Daily Mood Log

Upsetting Situation: Feeling resistance to Agenda Setting, even the Invitation Step.

Emotions	% Before	% After	Emotions	% Before	% After
Sad, down, depressed	0		Abandoned, rejected , alone	90	
Anxious, worried, nervous	100		Discouraged, hopeless	0	
Guilty, ashamed	90		Frustrated, stuck, thwarted	60	
Inadequate, inferior	80		Hurt, angry, annoyed	50	
Embarrassed, self-conscious	100		Uncomfortable, avoidant	150	

NT	% Before	% After	Dist	PT	% Belief
3. I shouldn't risk making a mistake.	85		AON; SH; SB; FT; MR; MAG;	It would be great if I never made mistakes. My patients tend to be pretty forgiving, and I can tell them I want to try something new.	100

Daily Mood Log

Upsetting Situation: Feeling resistance to Agenda Setting, even the Invitation Step.

Emotions	% Before	% After	Emotions	% Before	% After
Sad, down, depressed	0		Abandoned, rejected , alone	90	
Anxious, worried, nervous	100		Discouraged, hopeless	0	
Guilty, ashamed	90		Frustrated, stuck, thwarted	60	
Inadequate, inferior	80		Hurt, angry, annoyed	50	
Embarrassed, self-conscious	100		Uncomfortable, avoidant	150	

NT	% Before	% After	Dist	PT	% Belief
3. I shouldn't risk making a mistake.	85	0	AON; SH; SB; FT; MR; MAG;	It would be great if I never made mistakes. My patients tend to be pretty forgiving, and I can tell them I want to try something new. Agenda Setting might not be a mistake, and may be helpful. Without risks, I'll never grow. I'll always make mistakes. Talking them over with patients can make our work more meaningful.	100

Daily Mood Log

Upsetting Situation: Feeling resistance to Agenda Setting, even the Invitation Step.

Emotions	% Before	% After	Emotions	% Before	% After
Sad, down, depressed	0		Abandoned, rejected , alone	90	0
Anxious, worried, nervous	100	50	Discouraged, hopeless	0	
Guilty, ashamed	90	0	Frustrated, stuck, thwarted	60	0
Inadequate, inferior	80	20	Hurt, angry, annoyed	50	0
Embarrassed, self-conscious	100	20	Uncomfortable, avoidant	150	50

NT	% Before	% After	Dist	PT	% Belief
3. I shouldn't risk making a mistake.	85	0	AON; SH; SB; FT; MR; MAG;	It would be great if I never made mistakes. My patients tend to be pretty forgiving, and I can tell them I want to try something new. Agenda Setting might not be a mistake, and may be helpful. Without risks, I'll never grow. I'll always make mistakes. Talking them over with patients can make our work more meaningful.	100

Daily Mood Log

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Guilty, ashamed	90		Frustrated, stuck, thwarted	60	
Inadequate, inferior	80		Hurt, angry, annoyed	50	
Embarrassed, self-conscious	100		Uncomfortable, avoidant	150	

NT	% Before	% After	Dist	PT	% Belief
1. My patients will be angry with me for interrupting the empathy.	75				
2. I don't know what's best for them, so I should listen and provide support.	75				
3. I shouldn't risk making a mistake.	85				
4. I shouldn't try something I don't know how to do.	100				
5. They love me the way I am so I shouldn't rock the boat.	100				

TEAM Model

- T = Testing
- E = Empathy
- A = Agenda Setting
- M = Methods

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PAS Requires

- Genuineness
- Humility
- Warmth
- Respect
- Profound empathy

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Agenda Setting Is Powerful

- But must be seamless integrated with Empathy

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Empathy and PAS

- Empathy comes first in the session
- Then the Invitation Step
- But you must revert to Empathy whenever the patient resists or becomes upset
- Return to the Invitation Step once the patient feels understood and accepted

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E = Empathy

- How can we assess and enhance the therapeutic alliance?

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Empathy*

	0 - Not at all true	1 - Somewhat true	2 - Moderately true	3 - Very true	4 - Completely true
1. My therapist was warm, sympathetic, and concerned.					✓
2. My therapist seemed trustworthy.					✓
3. My therapist treated me with respect.					✓
4. My therapist did a good job of listening.					✓
5. My therapist understood how I felt inside.					✓
Total Score →					17

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For further information, contact david@feelinggood.com.

Helpfulness*

	0 - Not at all true	1 - Somewhat true	2 - Moderately true	3 - Very true	4 - Completely true
1. I was able to express my feelings during the session.			✓		
2. I talked about the problems that are bothering me.					✓
3. The techniques we used were helpful.		✓			
4. The approach my therapist used made sense.		✓			
5. I learned some new ways to deal with my problems.	✓				
Total Score →					7

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E = Empathy

- What does the angry, critical, mistrustful client say to you?

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Five Secrets of Effective Communication*

Listening Skills	Self-Expression Skills
<ol style="list-style-type: none"> 1. Disarming Technique 2. Empathy <ul style="list-style-type: none"> • Thought Empathy • Feeling Empathy 3. Inquiry 	<ol style="list-style-type: none"> 4. "I Feel" Statements 5. Stroking

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The Law of Opposites


If you **disagree** with a criticism which is untrue and unfair, you will immediately prove that the criticism is entirely valid.



This is a paradox.

Law of Opposites (cont'd)

In contrast, if you genuinely **agree** with a criticism which is untrue and unfair, you will immediately put the lie to it.



This is also a paradox.

Five Secrets of Effective Communication

Listening Skills	Self-Expression Skills
<ol style="list-style-type: none"> 1. Disarming Technique 2. Empathy <ul style="list-style-type: none"> • Thought Empathy • Feeling Empathy 3. Inquiry 	<ol style="list-style-type: none"> 4. "I Feel" Statements 5. Stroking

Empathy Exercise

- Five Secrets of Effective Communication
 - Page 19 of your handout

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Outcome Resistance– Depression

- I really **am** worthless.
- I'm hopeless. Things will **never** change.
- I'm bad. / I don't **deserve** to feel happy.

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Outcome Resistance– Depression (cont'd)

- I couldn't **possibly** feel happy without X.

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X =

• Love	• \$ / material success
• Approval	• Achieving my goals in life
• Productivity	• Perfection
• Popularity	

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Process Resistance— Depression

- Psychotherapy Homework
 - Also mandatory in treating anxiety disorders, relationship problems, and habits and addictions

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Types of Psychotherapy Homework (HW)

• Daily Mood Log	• Exposure
• Habit / Addiction Log	• Cost-Benefit Analysis
• Self-Assessment Tests	• Relationship Journal
• Pleasure Predicting Sheet	• Five Secrets of Effective Communication
• Experiments to test Self-Defeating Beliefs	• One-Minute Drill
• Bibliotherapy	• Listening to tapes of sessions

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Most Depressed Patients Will Resist or “Forget” the HW

- Why is this?
- What can we do about it?

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Psychotherapy Homework

- Concept of Self- Help Memo
 - See page 15 of Handout

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25 GOOD Reasons NOT to do the Psychotherapy Homework

- Putting the cart before the horse
- Entitlement
- "Realism" of depression
- Hopelessness
- Overwhelmed
- Love Addiction
- Chemical imbalance
- Unexpressed Anger
- Blame
- Coercion Sensitivity
- Shame / guilt

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Sitting with Open Hands

- Carrot
- Stroking / Respect
- Gentle Ultimatum
- Buddha mindset

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Sitting with Open Hands

- Fallback position
 - Different therapist
 - Different problem
 - Empathy only

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Workshop Exercise—PAS for Depression / Multiple Problems

- You're treating a 40 year old chronically depressed divorce attorney (page 13 of handout)
 - 20 years of unsuccessful treatment
 - Insists that things are hopeless
 - Sexual abuse at age 8
 - Parents didn't believe her

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Workshop Exercise (cont'd)

- No child
 - My only real dream in life
- No husband
 - Men are self-centered and afraid of intimacy
 - Bitter—it's a couples' world
 - Cynical view of intimacy (based on her work)

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Workshop Exercise (cont'd)

- Social anxiety
- Drinks heavily every night

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Outcome Resistance— Will She Press the Magic Button?

- Depression
- Social anxiety
- Drinking
- Loneliness
- Anger and bitterness

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Process Resistance— What Will She have to Do?

- Depression
- Social anxiety
- Drinking
- Loneliness
- Anger and bitterness

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TEAM Therapy

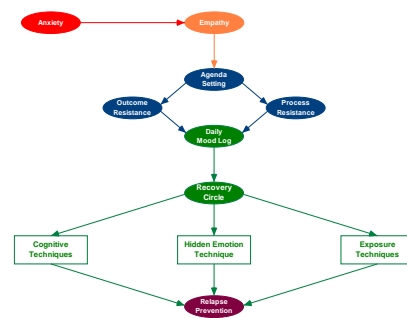
- **T** = Testing
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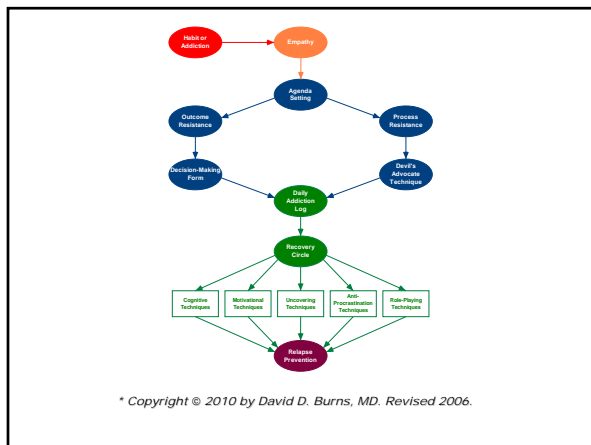
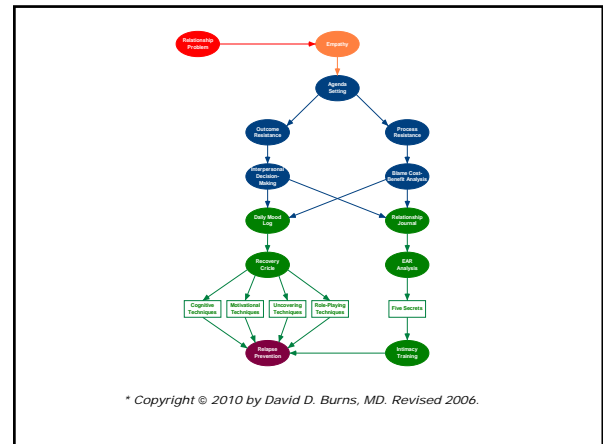
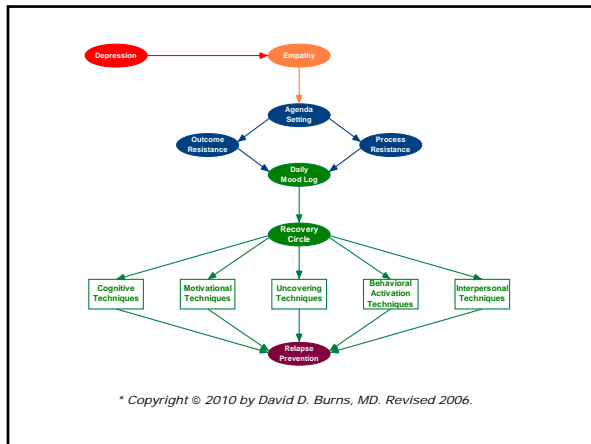
M = Methods

- Recovery Maps
 - Page 20 of handout

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Relapse Prevention Training

- Patient education and preparation
 - Requires one session only
 - Following initial recovery
 - **Crucial** to long term recovery

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Specific Relapse Prevention Techniques

- Modify Self Defeating Beliefs
- Recovery Circle Revisited
- Externalization of Voices

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Daily Mood Log

Upsetting Situation: Suddenly depressed again.

Emotions	% Before	% After	Emotions	% Before	% After
Depressed	100		Hopeless	100	
Worried, anxious	100		Lonely	100	
Guilty	100		Frustrated	100	
Defective	100		Angry	100	

	NT	% Before	% After	Dist	PT	% Belief
1. I'll never get over this.		100				
2. Therapy failed.		100				
3. I'm a failure.		100				
4. No one can help me.		100				
5. I can't control this.		100				
6. I've let everyone down.		100				
7. I'm hopeless.		100				