

Unit 6 Essays Chapter 10

#1) Cognitive Behavioral Therapy combines elements of what a person thinks with elements of what a person does. CBT is a practical talk model, that focuses on goals and is primarily a present-day here-and-now approach. This therapeutic philosophy postulates that triggers cause negative thoughts, and negative thoughts cause negative feelings and negative feelings cause negative or maladaptive behavior.

The element of CBT that aligns with my Christian worldview is Cognitive restructuring. “Men are disturbed not by the things which happen, but by the opinions about the things.” Epictetus. Distorted thinking can fool us into thinking that we are somehow protecting ourselves from pain or traumatic events. The secondary gains that we conclude as being helpful are in reality very harmful. When Jesus called for blind Bartimaeus in Mark’s Gospel chapter 10:46-50, the first thing that Bartimaeus did was throw off his coat. His coat represented his governmental legitimacy and qualification to ask for alms.

When Jesus called for Bartimaeus, the very people who had ridiculed him and told him to be quiet had to now acknowledge that Bartimaeus was going to receive something better than a beggar’s coat. The cognitive restructuring of Bartimaeus was in his notice that the possibility of his Breakthru was near and all he had to do was keep on shouting and hoping, and he would attain his goal of receiving his sight.

The Cognitive Behavioral Therapy approach which least aligns with “my” Christian worldview is Meichenbaum’s **stress inoculation training**. I emphasize **my** Christian worldview because I am sure that many of my fellow Christian counselors in training, would have a valid argument in favoring this approach. It is my humble contention, however, that intentionally introducing

stressful or anxiety causing stimuli is unproductive at best and potentially harmful at its' worst.

1Thessalonians 5:22 (NKJV) "Abstain from every form of evil."

#10) One of the cognitive methods of REBT is **cognitive homework**. The client and therapist work closely together to create a plan that works toward dispelling or disrupting the client's' pattern of irrational thinking. This is done through a series of homework assignments that challenge the client to explore their self-defeating mindsets and work toward letting go of their learned irrational patterns of thinking.

An emotive technique used in REBT is the use of **humor**. This technique is used to help the client maintain a healthy perspective. Albert Ellis conducted workshops where the attendees sang songs that fostered humor and goodwill. Humor was used as an alternative option to isolate feelings of catastrophizing to more grounded and rational thinking.

REBT uses several **behavioral techniques** in its therapeutic modality. Homework is also used in this approach, clients use behavioral homework to develop real-life coping skills that can be used not only in a counseling setting but that can also be used in daily life. Desensitization is also used to help the client gain insight and successfully navigate thru the challenging difficulties of everyday life.

#14) Some of the main differences between REBT and cognitive therapy are many and varied. REBT has been labeled cognitively simplistic compared to CT. REBT uses the ABC model. **A.** is the activating stressor, **B.** is the belief (system) or interpretation and **C.** is the consequence or reaction. Unfortunately,, the reaction or consequence can lead to another activating stressor that ignites the ABC cycle all over again. In CT the cognitive piece has been labeled sophisticated

and more refined than that of REBT. In CT the **core belief** is established in childhood, the **intermediate belief** is that which signifies attitude, expectation,, or rule,, and the **automatic thought**, is what the client is currently thinking, resembling free association.

REBT is considered more philosophical with elements of existential thought in its therapeutic approach, specifically within the concept of unconditional life expectancy. Another difference is that the REBT therapist is seen as an expert, who counsels the client to practice unconditional acceptance. The REBT therapist is also seen as somewhat assertive and highly directive.

The CT therapist is less direct and somewhat polite in their engagement with the client. The CT therapist is more of a collaborator and co-researcher, who emphasizes the importance of allowing others to accept him or her as well. CT is a more popular therapeutic approach than REBT, with more research and more General Practitioner referrals.

#19) In Meichenbaum's cognitive narrative perspective people are story tellers and their stories have significant impact in their own recovery. Meichenbaum states that 75% of people bounce back and are resilient post traumatic stress, where 25% of people get "stuck" and go on to have adjustment problems after a traumatic episode.

It is the therapists function to influence the internal dialogue that goes on within the clients mind. Meichenbaum goes on to say that we should be "critical consumers" as it pertains to our thought life, and that we have the control over the thoughts that we allow to ruminate in our minds. 2 Corinthians 10:5 tells us that we are to "demolish arguments and every pretension that sets itself up against the knowledge of God, and we **take captive every thought** to make it obedient to Christ."

As a Christian therapist who adopted this perspective I would most be exploring the subjects of grief and substance abuse with my clients. With grief and substance abuse comes loss and I would use the integration of Spirituality and Psychotherapy to help the client achieve various goals. I would incorporate the use of “positive guilt” to help the client transform into a more self-actualizing person. Group therapy with a strong emphasis on accountability is another approach that could be beneficial. Along with the use of home work assignments that focus on finding something good that they can come back and report on.

Unit 6 Essays Chapter 11

#25) Reality therapy postulates that we are all responsible for our own choices, and that we are internally motivated by our **wants and desires** to change our behavior. Proverbs 37:4 states: **“Delight yourself also in the Lord, and he will give you the desires of your heart.”** I believe that the reality therapy concept of personal choice aligns with my Christian worldview.

We as human beings have each been given the God ordained privilege of free choice. I am fully aware of the controversy that has been surrounding the word privilege lately, but the word privilege can be beneficial if used in the proper context.

In the Book of Proverbs chapter 119 verse 105 (KJV) we find: “Great peace have they that which love thy law: and **nothing shall offend them.**” I contend that we can use the “privilege” of free choice to love God’s law, which has the power to change someone from the inside out. Once we are changed internally, we will not be **offended** by the presumed privilege of others

The one element that gives me pause within the reality approach to psychotherapy, would be that of its strong anti-pharmacological stand. In the Bible it says that a merry heart does good like medicine. I believe that a merry heart is best, but clearly medicine is **good**. I fully understand that

the industry of BigPhama has a ethical and moral responsibility to “do no harm” however, I think that there is a legitimate place for pharmaceutical intervention in my Christian worldview.

#27) In Choice therapy the client does the internal hard work necessary for developing a strategy of self-evaluation that will help them overcome their conscious behavioral difficulties. Choice therapists move the client along by letting them decide if the sessions are progressing in a positive direction, if not, a new plan of action is discussed, developed and implemented.

In the **quality world** motif clients are given the opportunity to “frame” the picture of their ideal life. What would life look like if every difficulty and hardship were suddenly resolved. Who would still be included in their circle of **loving** and **belonging**? Would they travel, would they work, what would that world look like? This exploration gives the client more control of the therapeutic environment, and is on going with many variations throught the entire counseling process.

The concept of **total behavior** uses the idea of a scale, on one end of the scale is a person’s wants and needs, at the other end of the scale is the actual attaining of that want or need, and in the middle is the behavior that one might employ as they try to get that want or need fulfilled.

When we want things that are unattainable and that cannot be **matched** on the scale, we suffer an **imbalance** which causes us stress and frustration.

#35) Group counseling is the perfect place for reality therapy to land. Connectivity and interpersonal relationships is the fuel that fires reality therapy and a group setting is the ultimate environment for these two concepts to flourish. Group counseling is like a microcosm or laboratory of the greater society.

The leader helps the members evaluate their own behavior within a group setting and he/she also helps them correct any misbehavior that may manifest within a group dynamic. The group leader sometimes experiences resistance on the part of the members of the group, and this is when it is good idea to refer to a supervisor, or confer with colleagues.

Members in a reality therapy group setting have many opportunities to investigate their potential of making meaningful relationships within the group. The energy of a collective group of like minded people is very powerful and almost palatable. Members are also the deciding factor in regard to the nature of the homework assignments that are given. Feedback from the members help their fellow members make realistic and manageable plans possible.

In a group setting accountability is a major motivating factor in keeping everyone on point, including the group leader. When an action plan has been worked on collectively and then implemented, there is an inherent “**positive guilt**” that keeps the members from deviating from the constructed plan. The group dynamic along with the leaders input must push everyone to come to the collectively realization that each person is responsible for his or her own individual growth and development. “**The only person that you can control is yourself.**”

#37) One of the areas that I want to change in my life is in the area of personal discipline, specifically as it pertains to time management. I would like to formulate a plan that uses time as my friend and not as my enemy. Jesus told the haters of His day, that the Sabbath was made for the benefit of mankind, not for mankind to become a slave to it.

Being a “slave” to the time clock is a mantra that we hear repeatedly in our fast paced “run on Dunkin” society. Reality therapy holds to the concept that we are responsible for what we choose, and that would included the choice of our schedules. I have the power to choose what I

“spend” my time on. Time is a valuable treasure that has been entrusted to our care to be used judiciously.

Reality therapy teaches that we are internally motivated by our current needs and wants. My current need for discipline will motivate me to make the necessary adjustments that will allow for the opportunity to choose better disciplinary behaviors.

Reality therapy counsels us that we have the power to control our present behavioral choices.

Glasser believed that we are to identify ourselves as having a **“success identity”** as opposed to having a **“failure identity.”** I choose to honor this precious gift of time, and fulfill the number of my days. Psalm 139:16 (ASV) **“Thine eyes did see mine unformed substance; And in thy book they were all written, Even the days that were ordained for me, When as yet there was none of them.”**