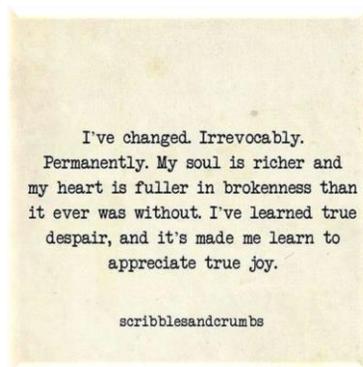


Advanced
TF-CBT
Level 3:
Cognitive
Processing



Elizabeth Risch,
Melissa Bernstein,
Amanda Mitten

Cognitive Processing
balances beliefs about
self, others and the
world that were formed
in the storm and
aftermath of the
trauma.



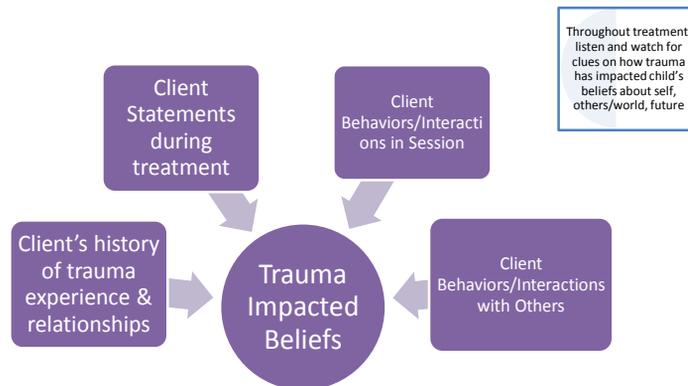
Where do I start? Identifying Distortions

5 Areas Commonly Affected by Trauma:

	Of Self	Of Others/World
Trust	I make bad decisions. I can't trust my own judgement.	People can't be trusted. Don't trust the system; authority.
Control/Power	I don't have control of future. Control is all or nothing. Must control what I can.	Life is unpredictable, uncontrollable.
Esteem	I am a bad kid. I am worthless. I am only valuable for....	People are bad, will hurt you.
Intimacy	I shouldn't get close to people.	Others will take advantage of me. Relationships cause pain.
Safety	I am unsafe. Something bad will happen to me....	Adults won't keep me safe. Adults are dangerous.

McCann & Perlmann, 1990

Identifying Trauma Impacted Beliefs



Common Cognitive Processing Challenges for Therapists

- Thinking errors cause us to take a too extreme position in relation to client's beliefs
- There is a degree of objective validity to their beliefs
- Beliefs are more thematic (e.g., I'm worthless) than event-specific (e.g., I shouldn't have worn that skirt)
- Can feel conflictual rather than collaborative
- Vague, unplanned CP is confusing to client

What is my goal?

- Cognitive Processing REQUIRES preparation
- Therapist is guiding towards more balanced, healthy beliefs

"... any type of open questioning gets called Socratic Dialogue. Maybe it sounds better saying I engaged in Socratic dialogue with the client compared to I questioned them about themselves for an hour."

Goal is Balanced Thinking

- Utilize “**balanced**” thinking
 - There is often truth to both sides of a debate
 - Validates the client
 - Helps avoid cognitive processing power struggles
 - Trauma can be easily conceptualized as an event that disrupts balance
 - Facilitates meaning making



The Importance of Balanced Thinking

Safety

I'm never safe-----I'm always safe

All people are dangerous-----All people are safe

The world is not safe-----The world is safe

Trust

I can't trust myself at all-----I trust myself completely

I can't trust anyone-----I trust everybody

The Importance of Balanced Thinking

Intimacy

I can't be close to anyone-----Everyone is my best friend

Power/Control

I'm always weak-----I'm always strong

It's all my fault-----Nothing is my fault

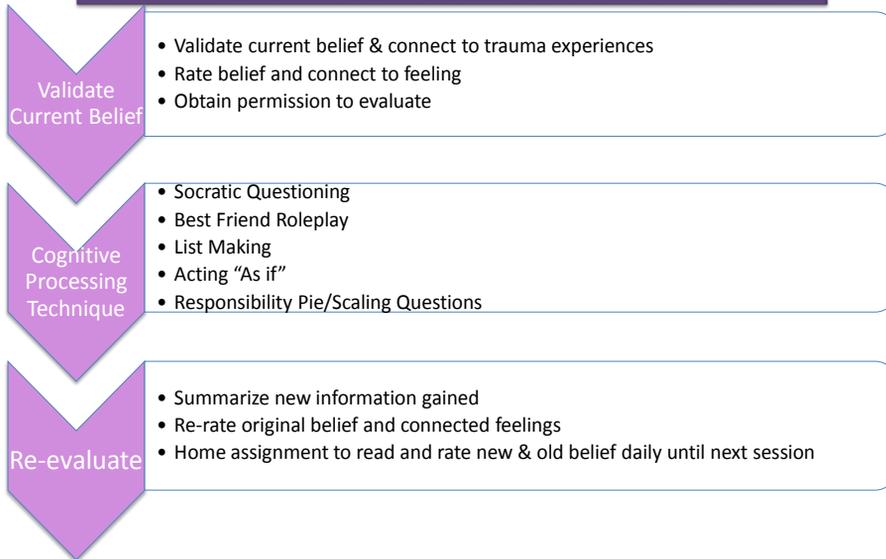
Esteem

I'm worthless-----I'm perfect

Developing Balanced Thoughts

- Unbalanced:
"I'm useless. I can't do anything right."
- Balanced:
"I'm not happy with where my life is, **and** I am working hard to improve."
- Unbalanced:
"I can't show any weakness; people will hurt me!"
- Balanced:
"Sometimes it is a bad idea to show weakness, **and** there are some people I can trust to not hurt me when I cry."

Cognitive Processing: Maximizing Effectiveness



Cognitive Processing

- The importance of validation
 - Complex trauma survivors are often highly sensitive to perceived invalidation/disrespect
 - Done poorly, cognitive processing can easily be perceived as invalidating
- Practice validating beliefs.
 - For example, how would you validate:

**"I'm a worthless piece of crap;
nobody likes me."**

Common Restructuring Techniques

- Responsibility pie
- Scaling questions
- Socratic questioning
- Metaphor/Story
- Detective/judge game
- Best friend question
- List Making Activities



Combine Techniques for Maximum Effectiveness

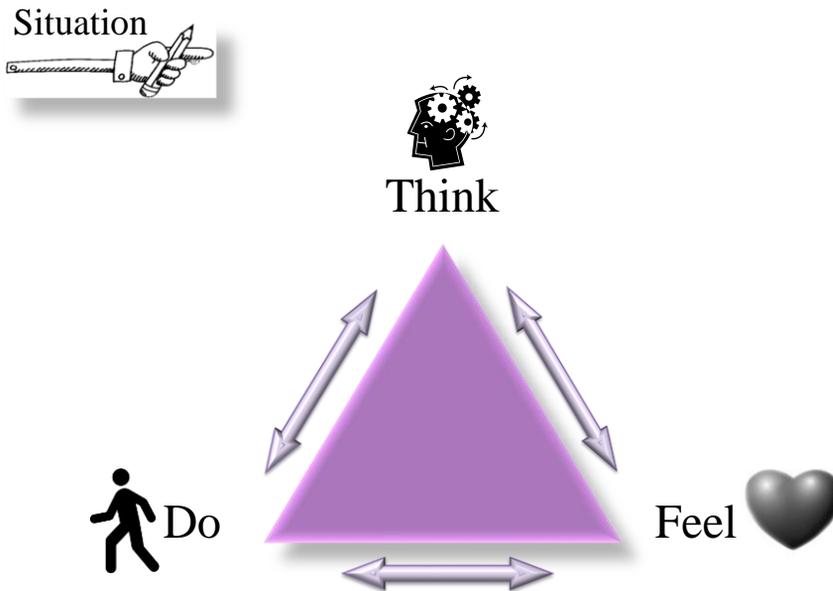
- You don't have to use just one cognitive processing technique.
- Chain them in combinations.
- Follow through with techniques for best effect.

Responsibility Pie

1. Who are all the people who have at least some responsibility for what happened? Draw a piece of the pie for each person that shows the size of their responsibility.”
2. What are the reasons that their piece is that size? Why not larger? Why not smaller?”
3. Now that we’ve been talking more, let’s finish by redrawing the pie and see if it’s the same or if it has changed at all.

Scaling Questions

- Caregiver: “I keep thinking I could have protected them better.”
- **Therapist:** “On a scale of 1-10, how much do you believe that?”
- Caregiver: “About an 8.”
- **Therapist:** “Why an 8 and not a 1?”
- (THEN) ..**Therapist:** “Why an 8 and not a 10?”
 - ALWAYS use this sequence



Socratic Questioning

Steps for the therapist:

- What is a balanced thought?
- What questions do you ask to get them there?

Socratic Questioning Practice

Old Thought: *People can't be trusted.*

Possible Endpoint: *Some people have broken my trust AND there are some who I can trust.*

What I want to tell her

-
-
-

Turn into eliciting questions

-
-
-

Adapted from slide by Shannon Dorsey, Washington Department of Psychiatry and Behavioral Science

Practice Time

Be curious,
not judgmental.

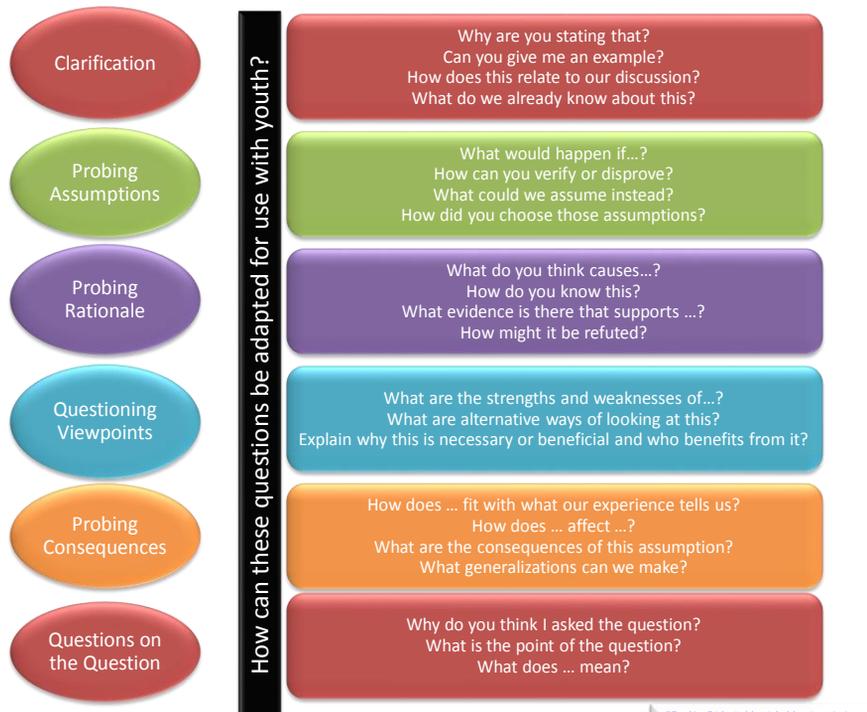
- Walt Whitman

Vanderbilt University Rape Survivor

"Now, I feel like I'm walking around in the shell of someone else.

"A part of me went numb, a sense of being a whole person with hopes and dreams about what's possible in the world was now gone.

"I felt my belief that people are inherently good twist into some cruel joke in an instant. I even blamed myself for believing that people weren't capable of something like this and that the world is a better place than it is when the truth was that I did nothing wrong.



@Teaching_Tricks #edchat #Kedchat #questioning

Caregivers and Cognitive Processing

There are multiple reasons caregivers need to know these skills:

- They often have their own distorted cognitions that need restructuring.
- They are the KEY person supporting these very new skills for their child.
- They, themselves, can be a powerful source of challenging cognitions. This is why Conjoint Sessions are so critical.

Cognitive Processing for Caregivers

- What are most common beliefs that impact child's healing?

What do I do now???

- How do I do this with young children???
- How do I know when I'm done?
- Other challenges?

**May
your choices
reflect your
hopes,
not your
fears.**

- Nelson Mandela -

Examples of Internet Resources to Support Cognitive Processing

"INSTEAD OF RAISING CHILDREN
WHO TURN OUT OKAY **DESPITE**
THEIR CHILDHOOD, LETS RAISE
CHILDREN WHO TURN OUT
EXTRAORDINARY **BECAUSE OF**
THEIR CHILDHOOD."

L.R.KNOT

-STATUS-

Male Celebrity Survivors

<http://help4guys.org/get-help/celebrity-survivors/>

Joyful Heart Foundation

<http://www.joyfulheartfoundation.org/>

The [vision](#) of the Joyful Heart Foundation is a world free of sexual assault, domestic violence, and child abuse. While we understand that this may not be achieved in our lifetimes, we continue to work towards it. Our [mission](#) is to transform society's response to sexual assault, domestic violence, and child abuse, support survivors' healing, and end this violence forever. We carry out this mission in three ways: [Healing](#), [Education](#) and [Advocacy](#). We conduct all our activities with the underlying spirit of collaboration, supporting and affirming existing services for survivors and efforts to end violence and abuse.

NO MORE Excuses: The Male Survivors Series

<http://www.joyfulheartfoundation.org/programs/education/no-more/psa-campaign/no-more-excuses-male-survivors-series>



<http://www.joyfulheartfoundation.org/programs/education-awareness/no-more>

<http://www.teen.com/2016/01/18/celebrities/celebrities-with-abusive-parents/#1>

Demi Lovato

Demi had a complicated relationship with her biological father, who passed away in 2013. In a video diary, Demi said she had mixed emotions when he died. "I felt conflicted when he passed because he was abusive; he was mean," she said. "But he wanted to be a good person; he wanted to have his family.

"Demi's album, *Confident*, features a song titled "Father," a heartbreaking song she wrote about his impact on her life. She has said that her father's issues were tied to his mental illnesses.

Missy Elliott

Missy grew up surrounded by horrific mistreatment. At age 8, she was sexually abused by a 16-year-old cousin. That's in addition to constant violence from her father, who would beat Missy's mother and threaten the family with guns. The rapper has since said that abuse "...don't disappear. You remember it as if it was yesterday.

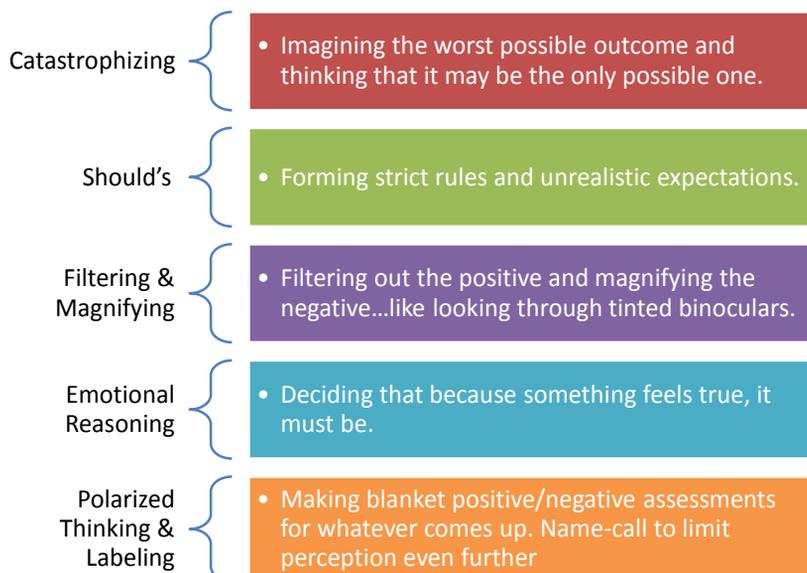
<http://www.vh1.com/news/239439/hollywood-celebrities-tragic-childhood/>

Mary J. Blige

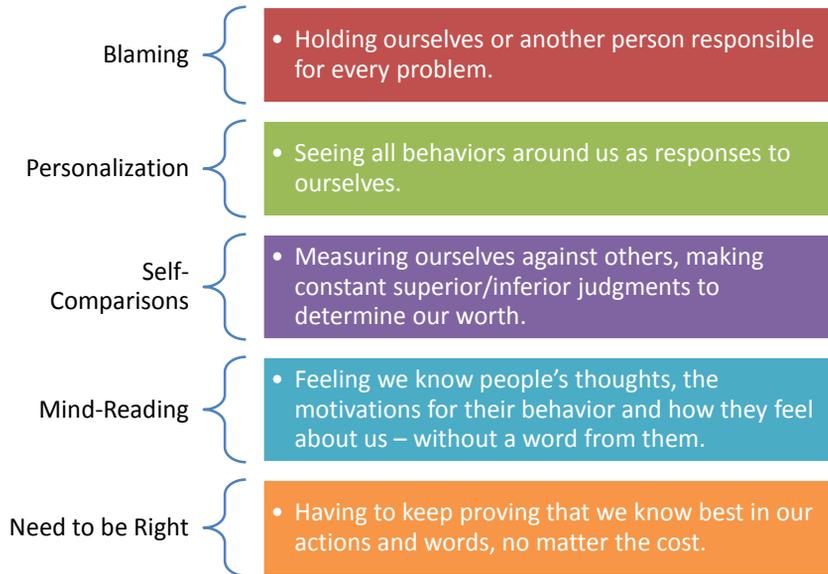
Mary J. Blige was only five years old when she was sexually abused. "That thing followed me all my life. The shame of thinking my molestation was my fault. It led me to believe I wasn't worth anything," she explained.

Thought Ruts, Part 1: Perspective

Groundingyoga.com



Thought Ruts, Part 2: People



mindful
mindful.org

THOUGHTS are **NOT** FACTS PRACTICE

When you put some space between you and your reaction, it changes your relationship to your thoughts—you can watch them come and go instead of treating them as matter of fact.

If you're stuck on a negative thought, ask yourself:

- 1 Is it true?**

Often the answer is, "Well, yes." This is the brain initially reacting—the autopilot you live with and believe is you.
- 2 Is it *absolutely* true?**

Is this thought 100% accurate? Can you see the thought in a different way?
- 3 How does this thought make me feel?**

Notice any storylines you're holding onto, and name your feelings: *sad, angry, jealous, hurt.*
- 4 What would things be like if I didn't hold this belief?**

Imagine possible benefits to your relationships, energy levels, and motivation.

Excerpt from *Uncovering Happiness* by Elisha Goldstein, adapted from *Love What Is* by Byron Katie.

Help these kids with their worries.



Afraid people are thinking bad things about her



Worried the same bad things will keep happening



Feels her world is a very dangerous place.



Hates certain sounds, touches and smells



Gets upset when things don't go as he expects



Expects that things will be too hard to deal with



Breathing and body change when he's upset



Thinks she can't cope away from family and home

Help yourself too. Play **worry cards.**

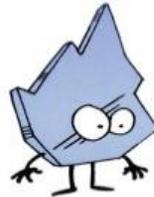
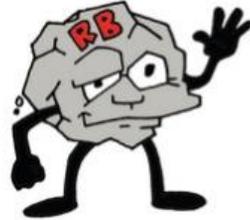
Free download from:
autismteachingstrategies.com

How full is your bucket?



Superflex

- Uses comic books to teach social thinking
- Superflex is a social thinking superhero who helps students defeat the Team of Unthinkables (bad guys who stand for different unexpected behaviors)



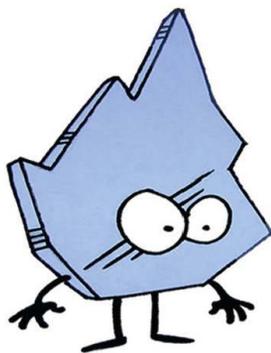
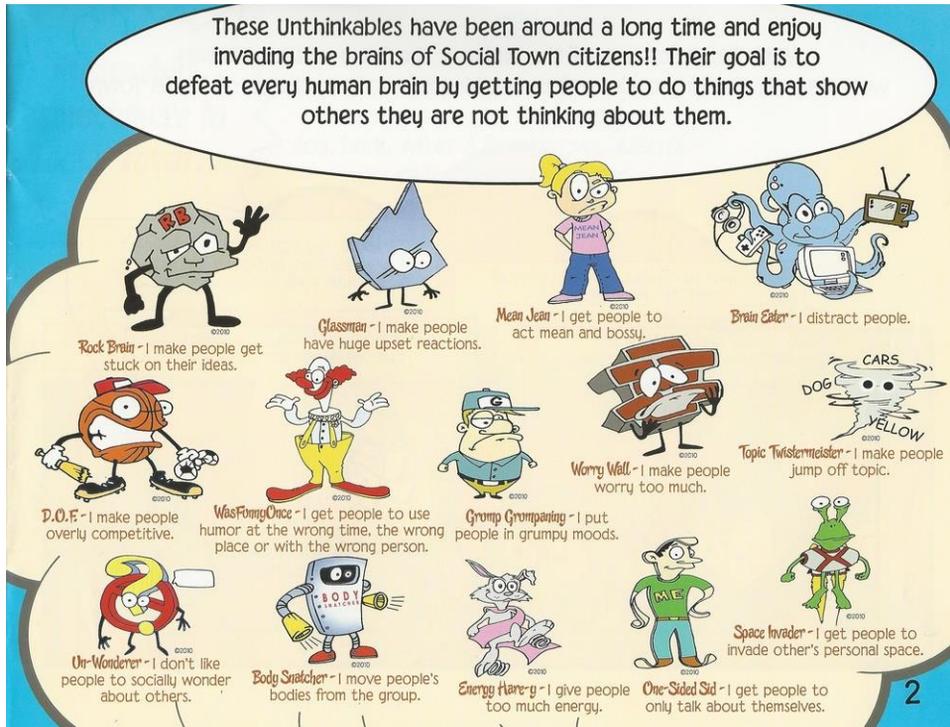
 Five diverse children in white superhero suits with blue capes and 'SUPERFLEX' on their chests, standing in a row against a green background with a yellow starburst behind them.

SUPERFLEX™
takes on the Unthinkables!

Superflex is the superhero that lives inside each of us and helps us learn to be more flexible thinkers and defeat the Unthinkables that may be invading our brains! Unthinkables cause us to do or say things that are unexpected and make others feel uncomfortable around us. We can call on our Superflex to help us learn to use our superflexible thinking to figure out different solutions to a problem. This helps us get better and better at solving our social problems. When we think about the situation and the people in it, we keep others (and ourselves) feeling comfortable being together at school, at home, and in the community. We defeat those sneaky Unthinkables!

Rock Brain - I make people get stuck on their ideas.

Worry Well - I make people worry too much.



Glass Man

Gets upset very quickly

The degree of the upset does not match the seriousness of the problem

Usually thinks things are not fair

WHAT YOU CAN DO TO DEFEAT GLASS MAN

STOP and think about the problem

Tell yourself to take a break and walk away

Ask for help

Take a deep breath to calm down

Ways to Defeat Rock Brain Strategy Busters!

When Rock Brain gets into a person's head, he will get the person to do only what he wants to do and will not let him negotiate or listen to other people. The person doesn't think about others or change their minds easily. Only wants to focus on ONE thing. His brain gets STUCK!

oh NO!

Notice that your way is not working to solve the problem.

Notice that your way is not working to solve the problem.

Think about the group plan.

SELF TALK. I am flexible. I can do this later.

Take a deep breath & remember that being part of a group means that you cannot always do it your way or make all the decisions.

Here are some examples of flexible thoughts:

I should appreciate what I have,

This might not be so bad,

I know I can figure out what to do if I take my time,

Maybe I can try it a different way this time,

Sometimes things change that I can't control, and that's OK,

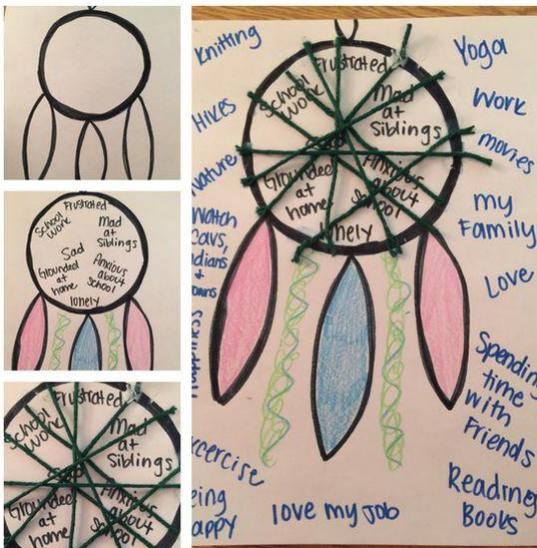
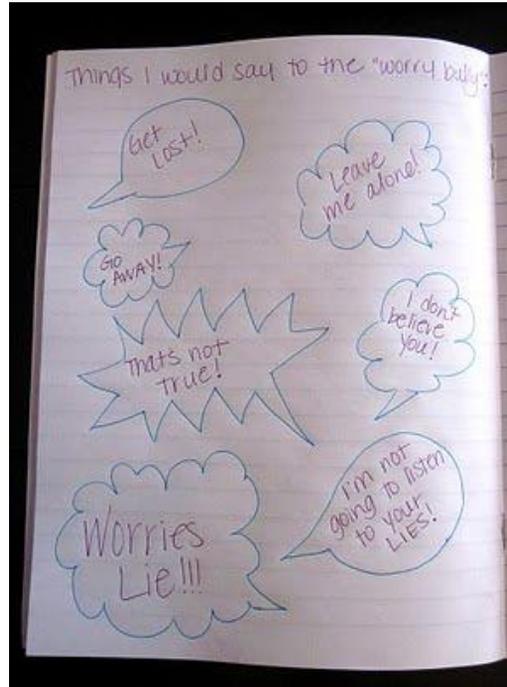
I won't know if I like something until I try it,

I know sometimes people do things because they care, but it can be hard to see,

This is not worth being upset about,

The way other people do things is OK, and might teach me something new,

languageofspeech.blogspot.com



Therapeutic dream catchers:

- 1) Draw/pattern of dream catcher
- 2) Decorate dream catcher
- 3) Have the child write out negative emotions, triggers, or experiences.
- 4) Trap the negative thoughts/triggers/emotions
- 5) Have the child circle the dream catcher with strengths, positive traits, activities, and other things/people the client loves.

10 Things To Say To Your Child When She is Anxious or Worried

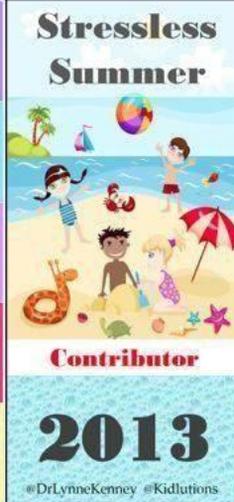
Somedays your worries feel too BIG to handle. I understand that, I can help you.

You are so kind and sensitive sometimes you worry more than other kids, that's okay.

When you prefer not to worry or feel anxious, I can hold your feelings for you.

Anxiety is a warning that something doesn't feel right, let's discover what that is.

Anxiety can actually be your brain on hyperdrive, it mistakes normal stuff for danger.



Do you think your anger is really fear in disguise? Let's be a detective and figure this one out.

If you feel worried, let's talk about what to expect so you can feel calm and have fun.

Did you know that when you feel worried, sport & exercise can help? Moving calms your brain.

You can trust that I will do as I say, so you can put your worries away.

Talking about what you are thinking can improve how you are feeling.

I love and adore you, just the way you are!

Bloom: Helping children blossom