











- 1  **Self Control & Cognitive B-Mod Interventions**
- 2  **Self-reinforcement (Skinner)**
 - Physical restraint
 - Change stimuli
 - Deprivation or satiation
 - Manipulate emotion
 - Punishment
 - Drugs
 - Positive reinforcement
 - "Doing something else" (distraction)
 - (Not Skinner) Premack Principle.
- 3  **Verbal bridges**
 - Concept
 - Developmental changes (Luria)
 - Orienting
 - Impelling
 - Regulatory.
- 4  **Schematic: Luria's Task**
- 5  **Biofeedback**
 - Monitor autonomically mediated responses
 - Display signal externally
 - Result: voluntary control over respondents.
- 6  **Biofeedback example: (frontalis myography)**
- 7  **Goals of cognitive therapy (Ellis, Beck, Frankl)**
 - Identify cognitions relevant to problem
 - Recognize connections among cognitions, affect, behavior
 - Examine evidence for, against key beliefs
 - Encourage client to try out alternative conceptualizations
 - Teach client to carry out cognitive restructuring independently.
- 8  **Cognitive dissonance**
 - General idea
 - Resolution
 - Alter behavior
 - Alter cognition
 - Encapsulate.
- 9  **Inaccurate schemas**
 - To be happy, you must be successful
 - To be happy, you must be accepted by everybody, all the time
 - To be happy, you must have a spouse
 - Your personal worth depends on what others think of you
 - I can't work so I'm inadequate as a person
 - I made a mistake so I'm generally inept
 - People who disagree with me don't like me.
- 10  **"Automatic" thoughts**
 - "Mantras"
 - Thoughts or verbalizations about yourself that you repeat often
 - Positive mantras relieve anxiety, help create self-fulfilling prophecy ("I think I can")
 - But negative mantras can intrude, interfere with coping successfully, create expectation of failure ("You're a loser!")
 - Compulsive behaviors
 - Distortions of reality
 - Obsessions

–Delusions.

11  **Cognitive distortions and errors**

- Polarization (dichotomous thinking)
- Personalization (egocentrism)
- Overgeneralization
- Selective abstraction (focus on detail out of context)
- Discounting (can't accept praise)
- Arbitrary inference (jumping to conclusions)
- Catastrophizing (worst possible outcome).

12  **Defense Mechanisms**

- Psychoanalytic explanation (ego expresses id impulses symbolically to avoid censoring from superego)
- More behaviorally, we engage in patterns of repeated behavior that produces long-term discomfort in self or others
- Examples:
 - Denial
 - Reaction formation
 - Projection
 - Rationalization.

13  **Attribution**

- Phenomenon
- Fundamental attribution error (actor-observer bias)
 - Others: Behavior reflects dispositions
 - Self: Behavior reflects situation
 - Note tendency for interaction with valence:
 - »I earn success, am victim of bad luck
 - »Others are luck to win, but deserve bad outcomes
- Self-efficacy
- Locus of control (Rotter)
 - Internal
 - External.

14  **Techniques emphasizing objective examination**

- Record keeping (self-monitoring)
- Triple column (errors, restructuring)
 - Situation
 - Feelings
 - Thoughts
- Balance sheets.

15  **Techniques involving strategies or reconceptualization**

- Problem reduction
- Accurate relabeling
- Focus on errors in thought
- Separate controllable from uncontrollable
- Break cognitive set
 - Analogies
 - Therapist disclosure
 - Humor
- Reattribution, reframing alternatives
- Middle-ground alternative
- Perspective training.

16  **Miscellaneous techniques**

- Homework assignments

- May work because of inherent reinforcement of success
- "Bibliotherapy"
 - Assumption that knowledge produces behavior change (Rarely works!)
 - Mundane reasons (disclosure of side effects, disclaimers, rights).

17  **End of this topic**