How Dr. Grieve does therapy

- Mostly CBT
  - REBT is the core
- A touch of existentialism
  - Focus on decision-making
  - Accepting responsibility for decisions
- Some Gestalt
  - Need to understand world view
- A lot of humanism
  - Unconditional positive regard
- Some positive psychology
  - Look at people’s strengths and build on them

How Dr. Grieve does therapy

- 12 Principles to remember:
  - Encourage Client Responsibility
  - Focus on Changing What is in Your Power
  - The World is Not Out to Get You
  - Life is Not Fair
  - The Human Condition is Not Always Pleasant
  - Self-Esteem is Not All it’s Cracked Up to Be
How Dr. Grieve does therapy

▫ Strive Towards Competence
▫ Remember Your Choices
▫ People are Fallible
▫ People are Resilient and Flexible
▫ Look at the Positive in People’s Lives
▫ A Therapist’s Job is to Put Himself/Herself Out of Business

CBT

▫ REBT core of ABC
  ▫ A = Activating Event
  ▫ B = Belief
  ▫ C = Emotional Consequences
▫ Emotions motivate behavior
  ▫ Functions of Emotions
  ▫ Healthy v. Unhealthy Emotions
  ▫ Emotions and Motivation

CBT

▫ Belief Systems
  ▫ Hierarchy of Beliefs
    ▫ Core Beliefs
    ▫ Specific Beliefs
  ▫ Rational v. Irrational Beliefs
  ▫ Keep an Eye Out for These Beliefs
CBT

• Cognitive Distortions
  ▫ All or Nothing Thinking
  ▫ Overgeneralization
  ▫ Mental Filter
  ▫ Discounting the Positive
  ▫ Jumping to Conclusions/Catastrophizing
    • Mind Reading
    • Fortune Telling
    • Magnification

CBT

• Emotional Reasoning
  ▫ Shoulding on Yourself
  ▫ Musterbation
  ▫ Labeling
  ▫ Personification
  ▫ Blaming

CBT

• The next steps in REBT are:
  ▫ D = Disputing
  ▫ E = New Emotion

• The Process of Disputing
  ▫ Techniques
  ▫ Optimism v. Pessimism
  ▫ Can also Distract