

How to Do Grieve Therapy

PSY 662

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
