

Cognitive Behavioral Concepts: Practical Applications for Schools

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Understanding Meta-cognitions

The ability to think about thinking:
Cognition about cognition

Cognitions : The Way we think (REBT)

- A = Activating Event
- B = Beliefs
- C = Consequences
- D = Dispute

What Governs Behavior?

Thoughts?



or

The Situation?



Understanding the BC Connection

- A — C connection (false belief)
- B — C connection (explains behavior)
- Different beliefs lead to different outcomes

Thoughts Create emotions,
emotions create behavior.

the million Dollar Question?

What ARE you telling
yourself???????

- Activating Event
- Belief
- Consequence
- Dispute
- Effects

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Basic Negative Emotions

- Anger
- Guilt
- Frustration
- "Awfulizing"
- "Catastrophizing"



Behaviors

- Avoidance
- Aggression
- Impulsivity
- Self-handicapping
- Disconnect

Teacher Focused Distortions

Understanding Thinking



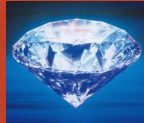
Main Cognitive Distortions

- Dichotomous Reasoning (All or Nothing Thinking)
- Overgeneralization (Never, No one, Always)
- Mental Filter (ink in water/detail in the picture)
- Arbitrary Priority (Disqualification of the Positive)
- Jumping to conclusions
 - Mind reading
 - Fortune telling

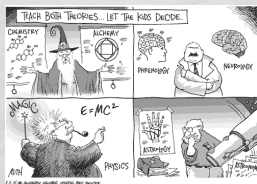
Main Cognitive Distortions

- Magnification (aka: 'binocular trick'). Exaggerate shortcomings and minimize qualities.
- Emotional Reasoning (because I feel, it must be right)
- "Should statements" (lead to guilt and frustration)
- Labeling (I am a loser). No difference between person and behavior.
- Personalization and blame (All my fault/ All other's fault)
- Albert Ellis: Rational Emotive Behavioral Therapy (REBT)

Something precious you can learn in school :



Think like a Scientist



• Applying the scientific model to thinking

Testing A
Hypothesis

Reframing

- Look at it as a challenge
- Long term vs. Short term
- It is not black and white
- Perspective (school focus/other focus)
- Aim for Average????? At the Pine Crest School ?????
- Learning from mistakes
- Can't be a player and a referee

Possible Changes

- Focusing On Effort Not Results
- Knowing What You Can't vs. Can Control
- Frustration Tolerance Training ???????
- Thought Detectives
- Rational Thinker

Irrational thinking: maladaptive behaviors

Anxiety (affecting learning)

- Heart beating fast
- Headache/Nausea/Hot-cold
- Sweaty palms
- "Blank-out" feeling/Racing thoughts

- Irritability
- Somatic complaints

Per.fec.tion.ism

"A disposition to regard anything short of perfection as unacceptable; especially: the setting of unrealistically demanding goals accompanied by a disposition to regard failure to achieve them as unacceptable and a sign of personal worthlessness."

Merriam-Webster's Medical Dictionary, © 2002 Merriam-Webster, Inc.


Self Esteem issues??????

Applicability of Clinical tools in school setting

Cognitive Strategies

Behavioral Intervention

- Understanding Condition Responses
- Exposure / Response Prevention
- Realistic Goal Setting
- Procrastination / Reinforcement Schedules



Motivational Interviewing

Other areas of Applicability of CBT

Executive Functions

Behavioral Regulation

Metacognition

Attention Shifting from Work to home Memory Planning Organization

BRIF

Executive Function Interventions

- Everyone has executive skill strengths and weaknesses
- Dawson & Guare's model – "lend-lease frontal lobe" temporarily until child strengthens their own
- Teach and practice executive skills in a stepped approach; do not assume it'll be "picked up"
- Operationalize executive skills
- Developmentally appropriate Dawson & Guare, 2009

On-size fits all Cognitive intervention; Why it does not work?

types of students

- Internal vs Locus of control
- Low Frustration Tolerance (LFT)
- Upper vs. Lower comparisons
 - Different Student Profiles

