

Cognitive distortions

[Psychology](#), [Psychotherapy](#)



As a Callahan evaluating a client, It Is Important to see their viewpoints as well as their cognitive distortions that are Inhibiting their well-being. It Is Important that counselors and clinicians evaluate and discuss by the use of categorization. " This helps people see more clearly the nature of their unrealistic thinking, reminds them that other people have had similar distorted cognitions, and gives them a tool for assessing subsequent thoughts. " (Salesman & Richening, 2014 p. 302). Three of many cognitive distortions and ways to modify the cognitions will be discussed low. Should" and " must" statements can have disabling effects on a client's thoughts and how they approach situations. I believethat the use of Redistributing blame is a strategy that clinicians can use to aid in having the client focus on the root of the issue rather than attributing the outcome to a particular person or themselves. " Through the use of dialogue and asking questions that get to the heart of the problem, clinicians can help the client look at the situation more clearly. " Salesman & Richening, 2014 p. 304.).

Mind reading Is another cognitive distortion that can cause a great deal of arguments and Issues when one tries to act Like they know what the other person is thinking or feeling. The use of role-playing a dialogue between old and new thoughts would be very effective with this type of cognitive distortion. " This can help people clarify changes in their thinking and solidify rational thoughts. " (Salesman & Richening, 2014 p 305.). All or nothing or polarize thinking is another cognitive distortion that is an extreme " black or white" way of life.

An effective type of modification for this behavior would be challenging absolute statements. The use of this type of strategy to modify the client's

way of thinking is useful because it clarifies how the behavior truly is. After seeing the issue as a continuum, " the clinician gives the client an opportunity to retract their absolute statement and clarify the behavior more accurately. " (Salesman & Richening, 2014 p. 303). Response week 3 Hello Vanessa, I can appreciate how you used an example of how a high school oddball player is dealing with tunnel vision as his cognitive distortion.

This happens many times to teenagers and it seems to be difficult for them to see any other way other than negative. I also believe that your use of journaling to counteract and trace these negative feelings will be highly effective. " These written records can provide important material for discussion in sessions and serve as a way to track both progress and difficulties. " (Salesman & Erlenmeyer, 2014 p. 304). Sincerely, Michael, thank you for sharing your understanding of cognitive distortions and the eateries that you would use to modify this way of thinking.

I can relate to the unrealistic thinking of jumping to conclusions. " To draw hasty and unwarranted conclusions. " (Salesman & Richening, 2014 p. 302). Being an educator, I must admit, that at times I do this. I feel like your technique of cognitive rehearsal is an excellent choice for this particular client who does not believe he is worthy for a promotion. Great job and thank you for sharing your techniques. Response 3 Hi Lauren, Thank you so much for discussing and giving an example of mental filter. As an educator sometimes we see this when meeting parents for the first time.