

**Clinician Cognitive Reprocessing
Handout**

**Part II-B: Identifying the problem
with the beliefs, and solution**

Strong Negative Belief

"I am broken and unfixable"

Example: Challenging the Strong Negative Belief

Lists & Definitions		
<p>"Broken"</p> <ul style="list-style-type: none"> • What does it mean to be broken/not-broken? • What are examples of broken/not-broken behavior, thinking, and feeling? • What is a broken/not-broken person like? • <p><i>*Note:</i> It is often helpful to get lists and definitions of the non-negative version of the concept (i.e. "non-broken") to get clients thinking in a less negative perspective.</p>	<p>"Unfixable"</p> <ul style="list-style-type: none"> • What does it mean to be unfixable/fixable? • What does it mean to be fixed? 	<p>Comments</p> <p>This use of lists and definitions helps us understand our client's belief and what they mean by the what they say.</p>
<p>Logical Questioning</p> <p>Challenging the global statement about the client</p> <p>"Broken"</p>	<p>"Unfixable"</p>	<p>Comments</p>
<ul style="list-style-type: none"> • What is the evidence that you are broken? • What is the evidence that you are not broken? 	<ul style="list-style-type: none"> • What is the evidence that you are fixable? • What is the evidence that you are not fixable? • What things about you are fixable/not fixable 	<p>Consider, what do you as the clinician think would be a more moderate way to see things? What questions would help the client see that both can be true, or things are not one or the other.</p> <p>Logical questioning is done in a compassionate and inquisitive manner. We are not confronting so much as trying to understand and consider with the client other ways of seeing things.</p>
<p>Finding exceptions to the rule</p>		

"Broken"	"Unfixable"	Comments
<ul style="list-style-type: none"> • Generate examples of things the client has done that a broken person would not do 	<ul style="list-style-type: none"> • Generate examples of times the client has fixed things about their life 	

Common logical questioning strategies:

(Strategic use of lists and definitions can also achieve these goals)

- Examine the evidence for/against
- Identify examples of or exceptions to the "rule"
- Examine how the client arrived at the way of seeing things or understanding things
- What would it mean to perceive things differently? If the client believed X, then what would happen?
- What are the pros and cons holding on to/letting go of the belief
- Why does the client think this?
- Are the times when the client did not think this way or have this experience?
- "Help me see how you came to see things this way."
- "What led to you seeing things this way?"
- OTHER IDEAS? Reviewing other treatment manuals (e.g., Cognitive Processing Therapy) can be helpful

Other strategies included in the CETA manual:

Lists & Definitions

Friend/Family Member Role Play

Providing Facts

Responsibility Pie