

Self Reflection of 3/13/18

Goehler

CBT video (Belongingness)

Crisis Intervention = "Helping"

Helper + Helpee have the time and needed resources to employ the relationship-building, problem-defining, and pathfinding strategies available.

- Wife referral to help Husband; Understand Problem.
- 21 yr marriage, successfully raised independent progeny;
- Breadwinner = functions within Orderly Environment.
- Teens transitioning to adulthood / Wife transitioning to Professional Caretaker (nursing school).

Many in this class misperceive clients condition as having Abandonment issues / Co-Dependency issues causing

- All or Nothing "I should", "She should", "It shouldn't" type of Cognitive Distortions.

Considering clients relationship between Beliefs, Values,

- Attitudes and Behaviors, at home and work, has been very successful, it appears the clients conflict is rather between the Orderly Environment of the past two decades - and his "subordinate" (wife+kidz) team members reaching for "independence".

This FAMILY CRISIS requiring 20 sessions of CBT for the Breadwinner to develop emotional objectivity and regulation, in order to finally arrive at his own independence

- Solidify Learning - Plan for future: Summation at Session 20: "review what you learned" ... missed the opportunity for
- Family Therapy to assist Transition, since they all share basic cultural framework and worldview, Beliefs, Values, etc.

Following the Model of therapy <sup>CBT</sup> "works" for client who regards Orderly Environments in the highest regard - Yet... "independence" isn't the goal of family units - who ideally depend upon one another's interpersonal communication skills. - Right?

CBT

3/15/18

explain a time:

In the helping relationship, I do understand the merit of CBT. Creating rapport is necessary to permit introspection via questioning. And then in educating the helpee consider new thought patterns is paramount in the structured sessions.

I've not had the experience with a professional CBT worker perse but have had plenty experience in CBT type "LTAG" (Leisure Time Activity groups). My Borderline Personality Disorder makes group CBT much less effective sans the Relationship factor with a Helper Helpee.