

The Therapeutic Relationship in Cognitive-Behavioral Therapy **A Clinician's Guide**

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Online Materials



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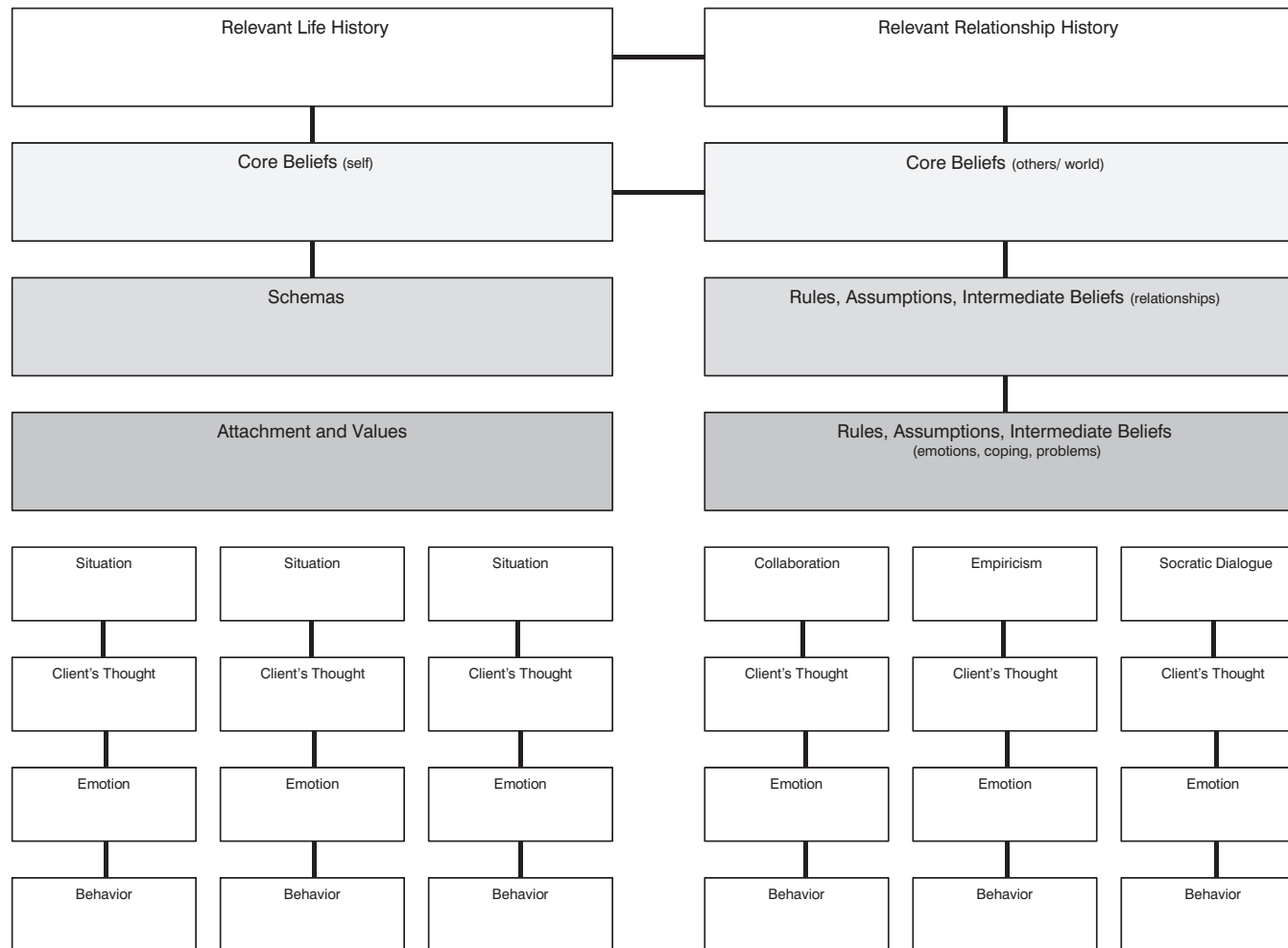


FIGURE 3.5. Cognitive case conceptualization with a relational focus. Adapted from *Cognitive behavior therapy workshop packet* with permission of Judith S. Beck, PhD © 2011. Bala Cynwyd, PA: Beck Institute for Cognitive Behavior Therapy.

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Emotion _____

Low _____

Medium _____

High _____

Emotion _____

Low _____

Medium _____

High _____

Emotion _____

Low _____

Medium _____

High _____

FIGURE 4.4. Worksheet for defining emotion ratings.

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Primary Emotion _____	Secondary Emotion _____	Intense Emotion Scale

FIGURE 4.5. Worksheet for primary, secondary, and intense emotion ratings.

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Testing a Strategy						
What I predict will happen _____			Belief before _____ %		Belief after _____ %	
Tips to remember _____						
	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5	Trial 6
Measure 1						
Measure 2						
Measure 3						

FIGURE 4.10. Worksheet embedding empiricism into techniques in CBT.

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Thought to be tested:	
Belief (0–10 or 0–100%) Before experiment: After experiment:	
Experiment to test thought
Likely problems encountered
Strategies used to deal with problems
Expected outcome
Actual outcome
Alternative thought/belief

FIGURE 9.3. Cognitive-behavioral worksheet.

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Session date and client	What just happened? What was just said?	What emotions are you feeling?	What thoughts, images, memories did you have?	What's the focus of in-session dialogue?

FIGURE 13.2. Therapist's self-reflection worksheet.

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