

PLANNING



Planning and Implementing Change-Oriented Strategies

Implementing the Planed Change Process

Agenda

- ❖ The process of cognitive restructuring
- ❖ Thinking distortions
- ❖ Cognitive Behavioral Therapy Application
- ❖ Goals & Objectives
- ❖ Keeping everything organized

Think of a
number, any
number

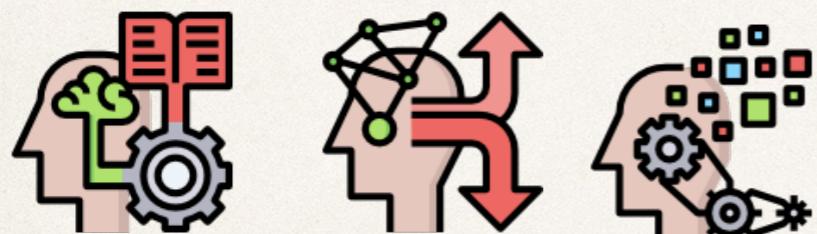


Thinking Distortions

- ✿ All or nothing thinking
- ✿ Blaming
- ✿ Catastrophizing
- ✿ Discounting positives
- ✿ Emotional reasoning
- ✿ Inability to disconfirm
- ✿ Judgment focus
- ✿ Jumping to conclusions
- ✿ Mind reading
- ✿ Negative mental filtering
- ✿ Overgeneralization or globalization
- ✿ Personalizing
- ✿ Regret orientation
- ✿ “Should” statements
- ✿ Unfair comparisons
- ✿ What ifs

Cognitive Restructuring

Intervention techniques in CBT are designed to help clients modify their beliefs, faulty thought patterns or perceptions, and destructive verbalizations, thereby leading to changes in behavior.



Brain Process - Human Resource Vector Png Clipart

- Assist client in accepting that their self-statements, assumptions, and beliefs determine emotional reactions to events
- Assist clients in identifying dysfunctional self-statements, beliefs, and thought patterns that underlie their problem.
- Assist clients in identifying situations that engender dysfunctional cognitions
- Assist clients in replacing dysfunctional cognitions with functional self-statements
- Assist clients in identifying rewards and incentives for successful coping efforts

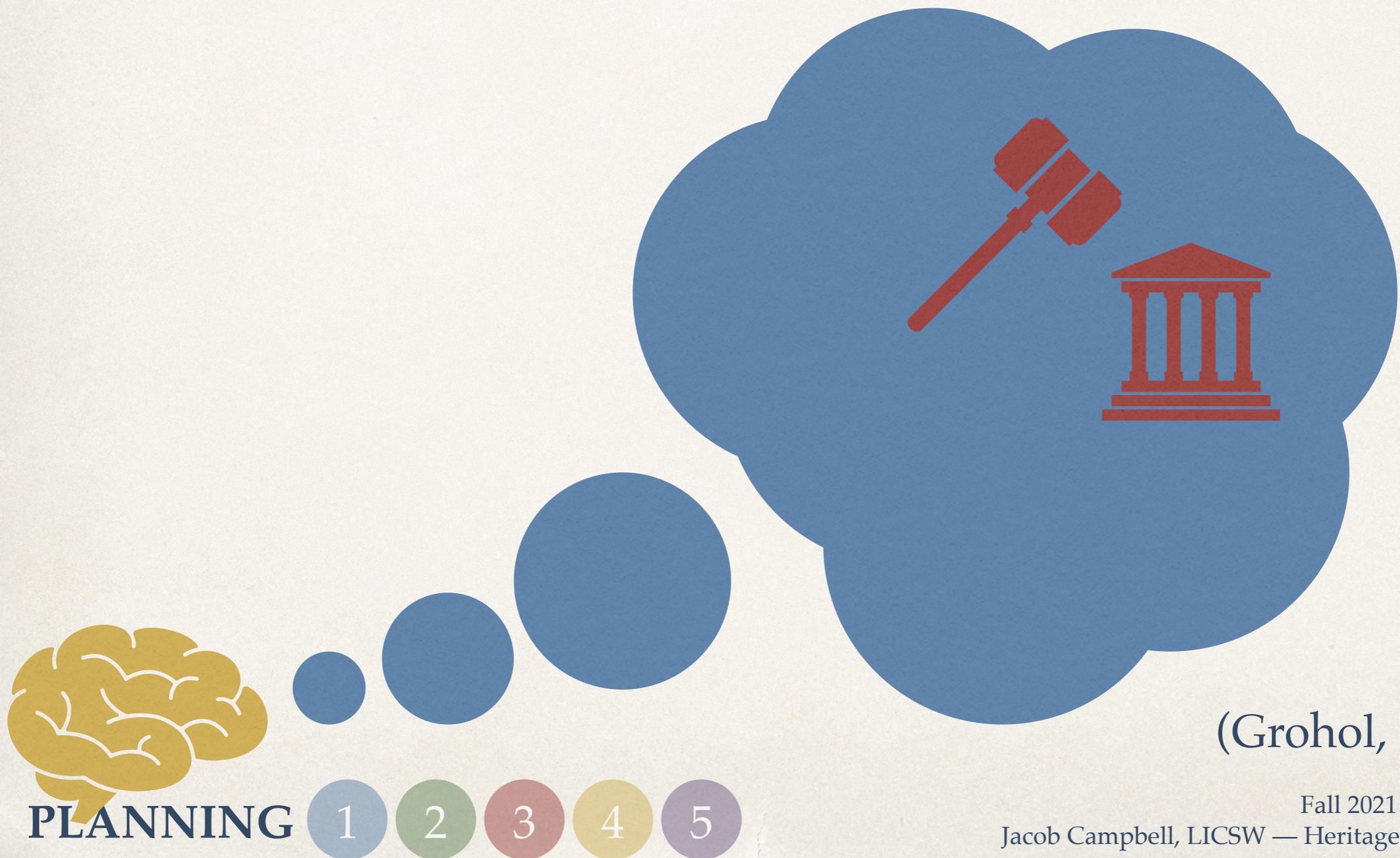
(Hepworth et al., 2017)

Superflex

and the Unthinkables



Putting Your Thoughts on Trial



TEDx Reno - Feeling Good by David Burns



What would you do?

The Crisis Intervention Model: Procedures of Crisis Intervention

P. 387

A 34-year-old mother of three, aged, 5, 9, and 11 has been hospitalized following a violent confrontation with her boyfriend. In addition to her physical condition, she is depressed and concerned about her children. During the period of her hospitalization, the children lived with an aunt. As the hospital social worker, you meet with her to complete a psychosocial assessment. During the brief session, she stated, “I never want to see him again (the boyfriend). If it weren’t for my children, I would hang it all up. I seem to always end up choosing the wrong men in my life. I don’t want my kids to see me as a loser but it is true, I am. I just want to get out of here and live my life with my children in peace.”

Goals & Objectives

S pecific

M easurable

A ttainable

R elevant

T ime-bound

R ealistic

U nderstandable

M easurable

B ehavioral

A ttainable

Goals & Objectives

Formula for Objectives

Who
Jane

Action Word
will manage anxiety

What
by using the coping skill of deep breathing

When
once a day in response to anxiety for six months

How Measured
as reported by herself in the wellness self management groups

Goals & Objectives

Goal in Client Voice: "I want to get my GED?"

Treatment Goal: Jane will be able to organize her thoughts and apply her skills to be able to apply for and take her GED.

Objective 1: Jane will sign up for the GED by the end of December.

Create A Goal Plan

Client/Family:	Staff:		
Statement of Concern:			
Goal Statement:	Goal #__		
General Tasks:			
Identify Strengths/Resources:	Identify Potential Barriers/Obstacles:		
Tasks/Steps–Participant:	Tasks/Steps–Staff:		

Create A Goal Plan

- Is it linked to the defined target concern?
- Is it defined in explicit and measurable terms?
- Is it feasible?
- Is it stated in positive terms that emphasize growth?

Client/Family:

Statement of Concern:

Goal Statement:

General Tasks:

Identify Strengths/Resources:

Tasks/Steps–Participant:

Tasks/Steps–Staff:

Example Documentation

Date	Progress Note
11/02/21	(P) This writer met with Johnny and discussed his goal progress. Johnny reported that he has been attempting to use deep breathing when frustrated. He described a situation last week with client 13452, and the incident where he was getting into other students belongings and handling them without permission. Johnny reported taking deep breaths instead of punching 13452. This writer encouraged this positive behavior and reflected experience back to concept of "If Then Thinking." (I) Johnny appeared cooperative. He appeared to be encouraged by the positive feedback from staff. (P) Follow up with Johnny about progress next week regarding using deep breathing. —————— Jacob Campbell, LICSW

Developing Responses

- ❖ I am here because God told me to come. How is a goal going to help me? I trust God to guide me in what to do. Do you believe in God?
- ❖ What do you know about my situation? You are so young and it's hard for me to see how you can help me.
- ❖ The court will take my children no matter what I do, so how is having a goal going to help?
- ❖ You need to be clear; I don't want to be here. I'm only doing this stuff with you because the judge said that I had to come.
- ❖ My family didn't want me to come see you again. They worry that you will put too many American ideas in my head.
- ❖ Don't waste our time. She got herself pregnant. You want her father and me to be involved because you must think that it is okay to be unmarried and pregnant. Well, you're wrong!
- ❖ How will having a goal help me? I've never been able to accomplish anything before.

Getting Things Done

the art of stress-free productivity

from the New York Times bestselling author

David Allen



“Our productivity is directly proportional to our ability to relax; only when our minds are clear and our thoughts are organized can we achieve results and unleash our creative potential.”

—David Allen



Developing Efficiency

Outlook, Lists, and Ultra organized

Date

PLANNING

1

2

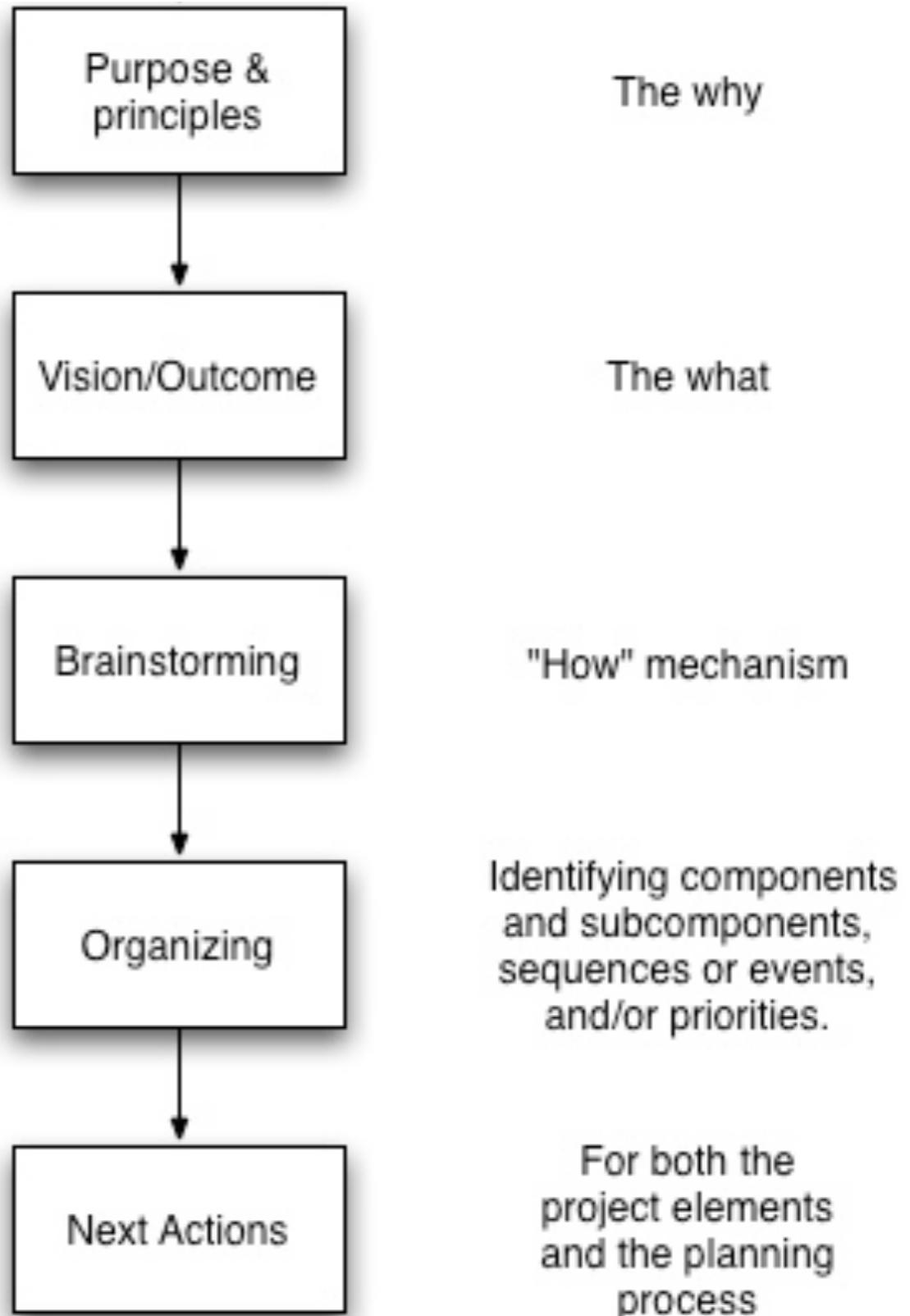
3

4

5

The Five Phases of Project Planning

-
1. Defining purpose and principles
 2. Outcome visioning
 3. Brainstorming
 4. Organizing
 5. Identifying next actions



- Runway:** Current actions
- 10,000 ft:** Current projects
- 20,000 ft:** Areas of responsibility
- 30,000 ft:** One-to two-year goals
- 40,000 ft:** Three- to five-year visions
- 50,000+ ft:** Life



Six Horizons of Focus

Five Stages of Mastering Workflow

1. Capture
2. Process
3. Organize
4. Do
5. Review

Capture: The Collection Habit

- Ubiquitous capture
- Mental sweep



Inbox Zero

action-based email



Merlin Mann
Google Tech Talk

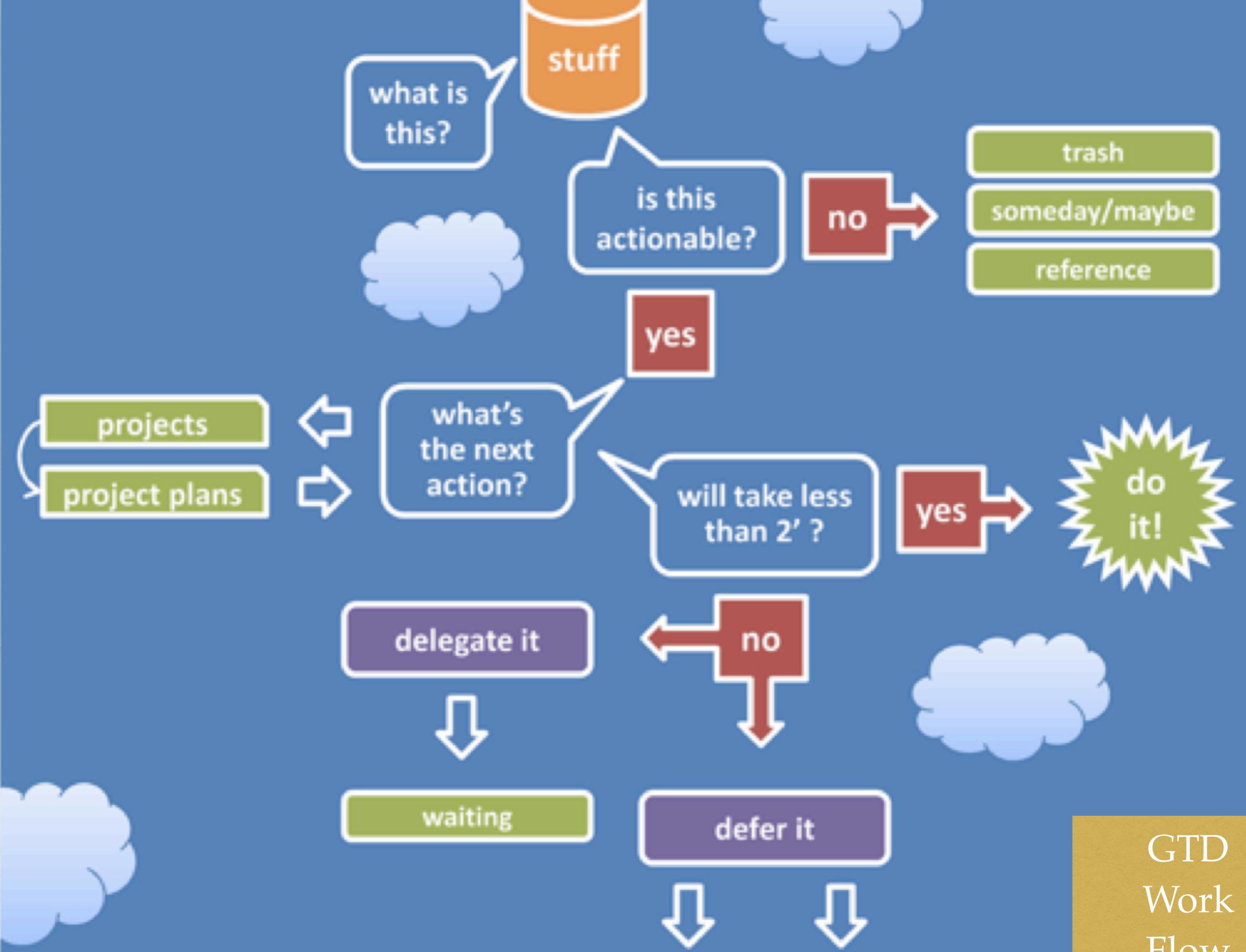
Processing Your Inbox

"A place for everything, everything in its place."

- Benjamin Franklin

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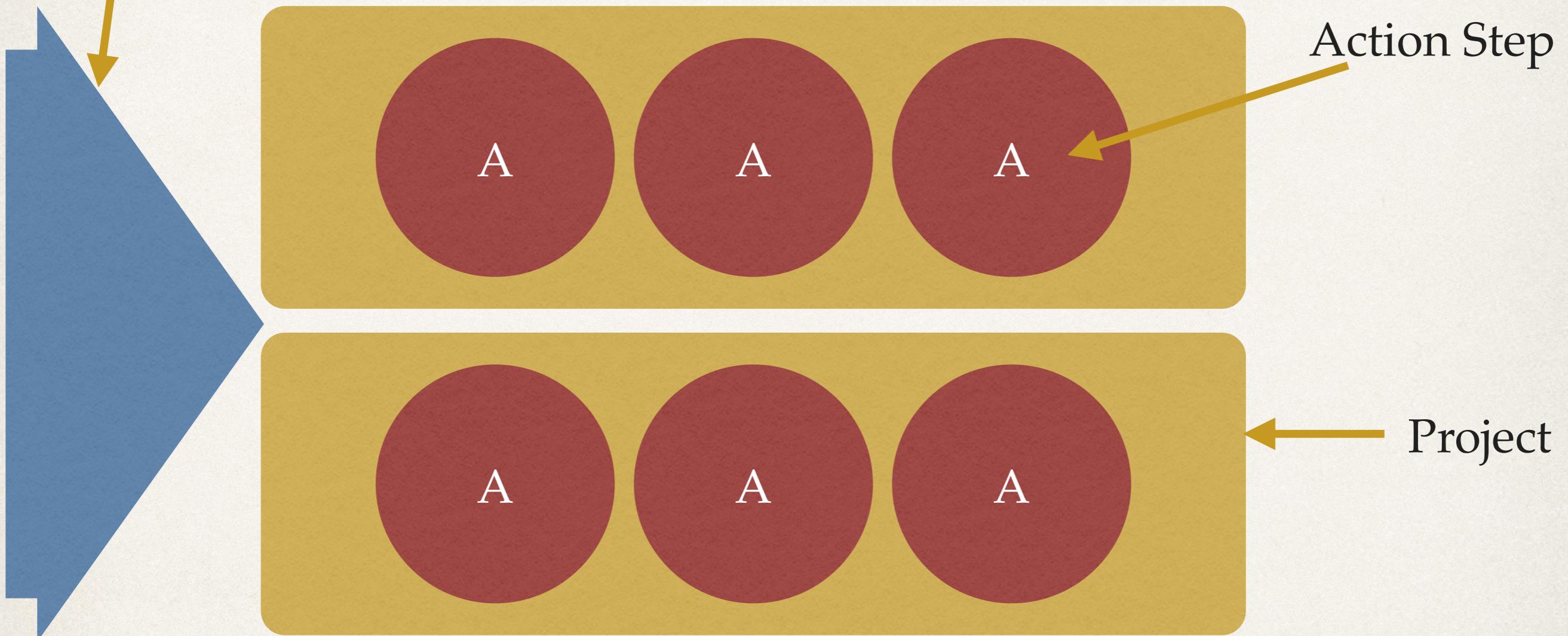
- 1
- 2
- 3
- 4
- 5



GTD
Work
Flow

Context

Organizing: Setting Up the Right Buckets



Doing: Making the Best Action Choices

Four-Criteria Model for Choosing Actions

- ❖ Context
- ❖ Time available
- ❖ Energy available
- ❖ Priority to make decisions

Doing: Making the Best Action Choices

The Threefold Model for Evaluating Daily Work

- ❖ Doing predefined work
- ❖ Doing work as it shows up
- ❖ Defining one's work



Reviewing

Keeping Your System Functional

Resources

Tools

- ✿ Things (task management) (Omnifocus, 2Do, TaskPaper)
- ✿ Obsidian (Reference)

Further Information

- ✿ David Allen - Getting Things Done
- ✿ Merlin Man - Back to Work