Corey

1. Ellis has described three levels of insight in RET. Give a brief (one sentence) description of each.


2. Define the following -
   - catastrophizing:
   - emotional reasoning:
   - dichotomous thinking:
   - disqualifying the positive:

Text: Reserve – Freeman, A., Pretzer, J., Fleming, B., & Simon, K.M. Clinical Assessment in Cognitive Therapy

3. In clinical interviews, insisting on a long detailed report from a client may be problematic. In one sentence, tell why.