1. Briefly describe the listed techniques for challenging automatic thoughts:

   - Understanding Idiosyncratic Meaning
   - Guided Association/Guided Discovery
   - Examining Evidence
   - Challenging Absolutes
   - Considering Odds
   - Reattribution
   - Turning Adversity To Advantage
   - Direct Disputation
   - Externalization Of Voices

Lecture

2. Define fading and thinning. What is the difference between them?

   - Fading
   - Thinning

Text: Corey

3. In psychoanalytically based treatment, the therapist fosters a transference neurosis in the client. The transference process involves the client unconsciously shifting feelings and fantasies involving significant others in the clients past to the therapist. Once the transference neurosis occurs, how does the therapist help the client work through the relationship?