Corey,

1. Ellis calls his REBT model for working with clients the A-B-C-D model. 
   A refers to a set of “activating events” that serve to initiate a sequence of events that help individuals to reach 
   their goals or block them from reaching their goals. 
   B refers to the set of beliefs about activators (A). These Bs serve as mediators between an activating event (A) 
   and a consequence (C). 
   C refers to the cognitive, emotional, and overt behavioral consequences that are a function of the interaction of 
   A and B. 
   A critical component of the REBT model is that an activating event (A) does not bring about a 
   consequence (C). Rather, it is the belief (B) that an individual holds about an activator (A) that brings 
   about a particular consequence (C). 
   If an individual holds a self-defeating belief (an irrational belief – iB) about an activating event (A), 
   then the consequence (C) will block the individual from reaching personal goals. 
   On the other hand, if an individual holds an adaptive or helpful belief (a rational belief – rB) about an 
   activating event (A), then the consequence (C) will help the individual to reach personal goals. 

   The next step in the model is disputation (D). Disputation is the process used to change irrational beliefs (iBs). 
   According to the text, disputation (D) has three components that we may think of as the three ds. 
   Please list the three ds given in the text. Then define each of them in your own words. 

   1.01. __________________________________________________________________________________
   1.02. __________________________________________________________________________________
   1.03. __________________________________________________________________________________

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       Real World

2. Define the following terms in your own words. 
   2.01. catastrophizing: _________________________________________________________________
   2.02. emotional reasoning: _____________________________________________________________
   2.03. dichotomous thinking: ___________________________________________________________
   2.04. disqualifying the positive: _______________________________________________________

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       Cognitive Therapy

3. In clinical interviews, insisting on a long detailed report from a client may be problematic. In one sentence, tell 
   why.
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4. One problem with using the clinical interview as an assessment procedure is that a client must rely upon memory to provide information about events occurring outside a meeting. In many instances, the client may forget or distort important information. Since most events relating to the client’s concerns occur outside the worker’s office, the inaccuracy of recall can be an obstruction to constructing a useful assessment.

One possible solution to this problem is in-vivo interview and observation. When a worker conducts an in-vivo interview and observation, the worker visits the client where the problem situation occurs. During the visit, the worker interviews the client and carefully observes events as they occur. (Social workers frequently use this technique when conducting home visits.)

The following list indicates some other procedures that may be used to obtain information without relying upon recall.

Please list the names of these procedures with a brief description of each.

4.01. Self-Monitoring – ______________________________________________________________________________________

4.02. Thought sampling – ______________________________________________________________________________________

5. Briefly describe the listed techniques for challenging automatic thoughts.

List the name of each technique, followed by your description.

5.01. Understanding Idiosyncratic Meaning – ________________________________________________________________________

5.02. Guided Association/Guided Discovery – _________________________________________________________________________

5.03. Examining Evidence – _______________________________________________________________________________________

5.04. Challenging Absolutes – ____________________________________________________________________________________

5.05. Considering Odds – _________________________________________________________________________________________

5.06. Reattribution – ___________________________________________________________________________________________

5.07. Turning Adversity to Advantage – ___________________________________________________________________________

5.08. Direct Disputation – _________________________________________________________________________________________

5.09. Externalization of Voices – _________________________________________________________________________________

In Class Content

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

List the name of each procedure, followed by your definition and description of what differentiates them from each other.

6.01. Fading – ________________________________________________________________________________________________

6.02. Thinning – ______________________________________________________________________________________________