SW 850:  
Clinical Social Work: Individuals & Dyads  
Study Questions - Session 5  
DUE: 09/30/02  

*Study question answers must be typed and single-spaced. Where the question calls for a list, each item on the list should be on its own line. Answers should be BRIEF.*

Text: Ellis

1. Please define the following REBT techniques:

   *Empirical disputing* - *Pragmatic and practical disputing* -
   *Logical disputing* -

2. Here is an A-B-C analysis of a critical incident.

   **Activator:**
   My children went to McDonald's without me and I was left alone in the house with stale food and no mustard. When they did this they were taking advantage of me.

   **Belief:**
   I must never be left alone or taken advantage of. I must always get what I want. If I don't always get what I want, then I will never get what I want. If I never get what I want, then my life will be awful and I will never be happy. If my life is awful and I can never be happy, then I CAN'T STAND IT!

   **Consequence:**
   Depression

   Identify a rational replacement belief (B).

Text: Sands

1. Beck discussed certain “silent assumptions” associated with depression. Two of these are -
   “If I’m not on top, I’m a flop” and
   “If I make a mistake, it means that I am inept.”
   These are examples of a specific cognitive error discussed by Beck. What is this error?

2. Briefly define and describe the following procedures.

   *Interoceptive exposure* –  
   *Situational exposure* –

Text: Reserve - Barlow, Ed., *Clinical Handbook of Psychological Disorders (2nd ed.)* - Young, Beck & Weinberger

1. Sometimes a client may resent being given homework assignments. The authors suggest three strategies to deal with his. What are they?

Text: Reserve - Barlow, Ed., *Clinical Handbook of Psychological Disorders (2nd ed.)* - Brown, O’Leary & Barlow

1. Sometimes the "worry exposure" technique will not elicit very much anxiety. The authors list five possible reasons for this. What are they?