Ways to Identify and Address Cognitive Distortions

Identifying Beliefs

- Re-read narrative with focus on thoughts
    - Inquire about whether the thought is accurate and helpful
    - Look out for places where key thoughts may be missing
- Use the Dealing with Trauma TF-CBT Workbook
    - Your Thoughts and Feelings About the Trauma(s) page 33
- Review responses from the UCLA PTSD Reaction Index or other Assessment Measures
    - I have thoughts like “I’m bad”
    - I have thoughts like “the world is really dangerous”
    - I have thoughts like “I will never be able to trust other people”
    - I think part of what happened was my fault
- Examine theme “Categories”
    - Safety, Trust, Intimacy, Power, Esteem
- Attend to youth’s comments throughout PRAC
- Parent’s observations
- Use imagery/role-play
- Supervision

Addressing Beliefs

- Review Chapter 12 of the text: Trauma Narration and Processing, Part 2
- Reflect on what trusted/respected people have said
- Brainstorm alternative hypotheses and examine the evidence for and against each
- Role Plays (e.g., “best friend”, “you be the therapist”)
- Responsibility Pie
- Responsibility vs. regret
- Explore concept of “accident”
- Reflect on psychoeducation material