More Walk Less Talk
Action-Packed Therapy

presented by
Christine A. Padesky, PhD
www.padesky.com

A 3 hour workshop presented at the Evolution of Psychotherapy Conference 17 December 2017, Anaheim, California
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Dr. Padesky is happy to sign your copy of
Mind Over Mood (2nd Ed) at the
Author’s Book Signing Reception on
December 15, 2017 from 6:30 - 7:30 pm

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More Walk Less Talk: Action-Packed Therapy

Description

Is talking the best way to promote change and growth? We don’t tell toddlers how to walk or ask them how they feel about walking. We encourage trial and error experience. As a therapist in training, would lectures have been sufficient or did you need supervised practice? Talk therapy is not always the best therapy. Observe and practice several types of action that can be done in session to promote client learning. Experience how action-packed therapy can increase client engagement, discovery and change.

Objectives

- Describe two benefits of action-packed therapy
- Demonstrate one action approach that is likely to enhance client learning
- Plan & Utilize three actions appropriate to use with current clients
Conflict of Interest Statement
References to these products are for educational purposes and not to solicit sales.

Limitations
This workshop draws on evidence from studies of adult learning. However, there are no specific Randomized Control Trials (RCTs) examining use of these methods in psychotherapy.
3 Goals

Engagement

Discovery

Change

WALK

Action methods that enhance learning

TALK

Discussions that enhance learning

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I don’t have the energy to exercise.

If I don’t have the energy, then ...

Set up BEs to test the UAs

In-session Behavioral Experiments

What did you notice about:

Talk and Walk
Identifying UA’s
Setting up BE’s to test UA’s
Interactive Writing

Differences

Walk / Talk

Is my current therapy more walk or more talk?

What can I do to get a better fit between walk and talk?

How can I use writing and experiments more effectively with my clients?
**Types**

Behavioral Experiments

- Direct test of UAs
- Observations
- Survey

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**Walk**

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**Group Discussion**

- What **TYPES** of clients might benefit from a Mandalynth BE?
- What **BELIEFS** might this test?
- What **PREDICTIONS** would you ask clients to make in advance?
Behavioral Experiments Steps

1. IDENTIFY beliefs/skills to test
2. PREDICT what will happen
3. PLAN experiment
4. OBSERVE outcomes
5. COMPARE to predictions
6. REASSESS beliefs/skills

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What is Action-Packed Therapy?

- Learning focused
- **WALK** emphasizes experiential learning
- **TALK** sets-up & extracts learning

Imagery

- Specific
- Anticipate barriers
- Personally important outcomes

WALK

Role Play
Workshop Role Plays

- LEARNING value
- RESEARCH findings
- IMPLICATIONS for therapy

THERAPIST role
- Technical aspects

CLIENT role
- Empathy
- Relationship
- Self-understanding

Bennett-Levy & Padesky, in progress

Role Play

1. Current or past experience
2. Doing something new
3. Mindful

Therapist Alignment

With Action-Packed Therapy

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VALUES & STRENGTHS

<table>
<thead>
<tr>
<th>THERAPIST ALIGNMENT EXERCISE</th>
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<tbody>
<tr>
<td><strong>VALUES &amp; STRENGTHS</strong></td>
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<tr>
<td>-----------------------------</td>
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<tr>
<td><strong>Engagement</strong></td>
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<tr>
<td><strong>Discovery</strong></td>
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<tr>
<td><strong>Change</strong></td>
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3 Goals
More Walk, Less Talk: Action-Packed Therapy
Workshop 33: Evolution of Psychotherapy

4 Methods

Engagement  Discovery  Change

Brainstorm Creative Actions

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Match Creative Actions to Client

- Alliance
- Stage of Therapy
- Client Response
- Therapist Comfort Level

BRAINSTORM CREATIVE ACTIVITIES

<table>
<thead>
<tr>
<th>GOALS</th>
<th>Fun</th>
<th>Impact</th>
<th>Support</th>
<th>Learning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interactive Writing</td>
<td></td>
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<tr>
<td>Behavioral Experiments</td>
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<tr>
<td>Imagery</td>
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<tr>
<td>Role Play</td>
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</tbody>
</table>

When is Talk Best?
Action-Packed Therapy

- Learning focused
- **WALK** emphasizes experiential learning
- **TALK** sets-up & extracts learning

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Use Action-Packed Therapy

EVERY Session

Talk is Best when ...

Action-Packed CBT

3 Goals

4 Methods
Engagement | Discovery | Change

- Writing
- Behavioral Experiments
- Imagery
- Role Play

More Walk, Less Talk

More Walk Less Talk

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license: stickman, woman in office, therapy room with 2 chairs.
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license: lighted room, woman with laptop, man with tin can and string.
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GRATISOGRAPHY.COM Images provided by the artist without restriction:
woman at typewriter, bunny, man with tie on face, woman in laundromat,
man with photo viewer, clothes on sidewalk, man in bicycle accident, woman
with shopping cart.
Open Mandalynths are gentle and relaxing to trace. They are best for crisis, trigger anxiety, anger and panic. Open Mandalynths have a rhythmic count, which is grounding.
VALUES & STRENGTHS

1) How much is this action already a strength for you?  0=not a strength  3=comfortable with some but not all clients   5=expert
2) How much value do you think this action would have for your clients?  0=none  3=moderately helpful  5=extremely helpful
3) For each action, choose whether you as a therapist would like to:  – Decrease use  0 Stay the Same  + Increase use

<table>
<thead>
<tr>
<th></th>
<th>1) THERAPIST STRENGTH Rate 0-5</th>
<th>2) VALUE FOR CLIENT Rate 0-5</th>
<th>3) T’S DESIRED CHANGE (circle one)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interactive Writing</td>
<td></td>
<td></td>
<td>- Decrease</td>
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<td></td>
<td>0 Stay the same</td>
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<td>+ Increase</td>
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<tr>
<td>Behavioral Experiments</td>
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<td>Imagery</td>
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<td>Role Play</td>
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<td>+ Increase</td>
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</tbody>
</table>
1) Identify 3 clients
2) For each client, rate how much you use each action with your client in session

<table>
<thead>
<tr>
<th>Behavior</th>
<th>EASIEST CLIENT Rate 0-4</th>
<th>MOST TYPICAL CLIENT Rate 0-4</th>
<th>MOST DIFFICULT CLIENT Rate 0-4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interactive</td>
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<tr>
<td>Writing</td>
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<tr>
<td>Behavioral</td>
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<tr>
<td>Experiments</td>
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<td>Imagery</td>
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**BRAINSTORM CREATIVE ACTIVITIES**

1) Identify client with whom you are having some difficulty: **CLIENT __________ DIFFICULTY __________________**

2) Circle the goal/s that are impeded by this difficulty

3) Beginning with the first goal circled, brainstorm 2-3 creative actions that you imagine might be helpful for you to try

<table>
<thead>
<tr>
<th>GOALS</th>
<th>Foster ENGAGEMENT</th>
<th>Guide DISCOVERY</th>
<th>Support CHANGE</th>
</tr>
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<tbody>
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<td>Interactive Writing</td>
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</table>
MORE WALK LESS TALK: ACTION-PACKED THERAPY

WORKSHOP REFERENCES

Interactive Writing


Behavioral Experiments


Imagery


Role Play


Therapist Learning


ANXIETY DISORDERS
ANX1 Anxiety Disorders: Principles & Methods
ANX2 Brief CT for Phobias & Generalized Anxiety Disorder (GAD)
OCD CT for Obsessive Compulsive Disorder (OCD) & Hypochondriasis
PTSD2 CT for Posttraumatic Stress Disorder (PTSD): Theory & Protocol
SANX CT for Social Anxiety: “Are You Talking To Me?”

CHILDREN
CHILD CT with Children

COUPLES
COUP CT for Couples Conflict: “What Lies Beneath”
LANG Constructive & Deconstructive Language in Couples Therapy
LNE Love is Never Enough: CT with Couples

DEPRESSION
DEP1 CT of Depression: Foundations & Innovations
LB1 Advanced CT of Depression

FUNDAMENTALS OF COGNITIVE THERAPY
BEHX Behavioral Experiments
CC Case Conceptualization
CHCT Cognitive Therapy’s Past & Future: A Conversation Hour with Q & As
GOAL Goal Setting in CT
GUID Guided Discovery
IMAG Imagery in CBT
MCCC Step-by-Step Model of Collaborative Case Conceptualization

GROUPS
GRP Group CT: A Balancing Act

MANUAL ASSISTED THERAPY
MMTX Using Mind Over Mood in Therapy

PERSONALITY DISORDERS
CTPD24 CT of Personality Disorders (CTPD): Principles & Methods to Change Schemas
CTPD5 CT of Borderline Personality Disorder
CTPD7 CT of Dependent & Avoidant Personality Disorder
CTPD9 Continuum & Positive Data Log: Schema Change Methods

FOR THE THERAPIST
TB1 Therapist Beliefs: Protocols, Personalities & Guided Exercises

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8 Clinical CBT Demonstrations

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#### CBT Protocols

**Testing Automatic Thoughts with Thought Records**

2. Situations, Mood, Thoughts
3. "Hot" Thoughts
4. Support Evidence
5. Non-supporting Evidence
6. Search for Hidden Evidence
7. Alternative / Balanced Thoughts
8. Summary & Feedback
9. End Credits

**Coghnitive Therapy for Panic Disorder**

2. CBT Panic Disorder
3. Sensations & Thoughts
4. Panic Model
5. Induction Experiment
6. Debrief Experiment
7. Two Hypotheses
8. Treatment Plan
9. Homework Assignments
10. End Credits

**CBT for Social Anxiety**

2. Fear of Criticism
3. Relevant History
4. Treatment Rationale
5. Assertive Defense Setup
6. Practice Assertive Defense
7. Debrief Experiments
8. Seek Criticism
9. Practice "Gentle" Defense
10. Summary & Assignment

---

#### NEW System

**Collaborative Case Conceptualization**

2. Cultural Context
3. Beliefs, Rules & Strategies
4. Summary, Benefits & Costs
5. Goals
6. Written Conceptualization
7. Conceptualization & Goals
8. New Rules to Reach Goals
9. Summary & Feedback
10. End Credits

**Constructing New Core Beliefs**

2. Session Overview
3. Identify Core Beliefs
4. Continuum Ratings
5. Continuum Criteria
6. Core Belief Log Rationale
7. Navigate Roadblocks
8. Assign Core Belief Log
9. Feedback & Summary
10. End Credits

**Constructing New Underlying Assumptions & Behavioral Experiments**

2. Underlying Assumptions
3. Bob’s Conceptualization
4. Goals & NEW Beliefs
5. Strengths Perspective
6. NEW Underlying Assumptions
7. Behavioral Experiments
8. Bob's Predictions
9. Feedback & Summary
10. End Credits

---

See more DVDs on the next page!
Cognitive Therapy Training on Disc™


RESILIENCE

BUILDING RESILIENCE WITH STRENGTHS-BASED CBT

1. Identify Problems & Positive Interests
2. Choosing a Positive Interest for Strengths Search
3. Identify Obstacles
4. Step 1: SEARCH for Strengths
5. Step 2: CONSTRUCT a Personal Model of Resilience
6. Set a Goal to be Resilient
7. Step 3: APPLY PMR to a Problem
8. Step 4: PRACTICE Resilience

# VRES

For a follow-up of Suki’s experience, details about Strengths-Based CBT and cognitive behavior therapy training opportunities, visit: www.padesky.com

SOCRATIC DIALOGUE

GUIDED DISCOVERY USING SOCRATIC DIALOGUE

1. Socratic Dialogue
2. Four Stages
3. Depressed Client: Sharon
4. Collaborative Empiricism
5. Anxious Client: Jean
6. Advantages of Guided Discovery
7. Angry Client: Carl
8. Summary & End Credits

# VSOQ

Advisement: Viewing these programs does not qualify you to competently conduct cognitive behavioral therapy in the absence of further education, training, supervised experience or appropriate professional experience.

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- Skills to Improve Your Life
- Skills to Change How You Feel

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