

A Faith-Based Approach Integrating Cognitive- Behavioral Treatment and Attachment Styles

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What is Cognitive Behavioral Therapy?

Not a distinct therapeutic technique

- Rational Emotive Behavior Therapy
- Reality/Choice Therapy
- Cognitive Therapy
- Dialectical Behavior Therapy

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What is Cognitive Behavioral Therapy?

Examines the relationship between thoughts, emotions and behaviors; identifies triggers for the response

Directive, assertive, structured and focused on understanding client's point of view

Therapist challenges the client's perceptions vs. and reality and helps client to identify alternatives to the misperceptions

What is Cognitive Behavioral Therapy?

Brief, time limited and focused on strengths

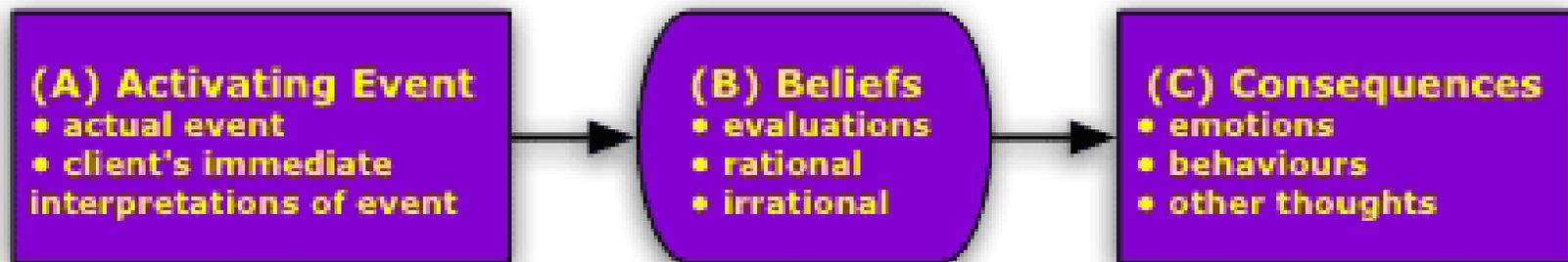
Homework is central to success to allow client to experience successes

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Rational Emotive Behavior Therapy

Developed by Albert Ellis

The theory examines the impact of an “activating event” on a person’s belief system and the “consequences” of the belief system i.e. feelings, behaviors and other thoughts

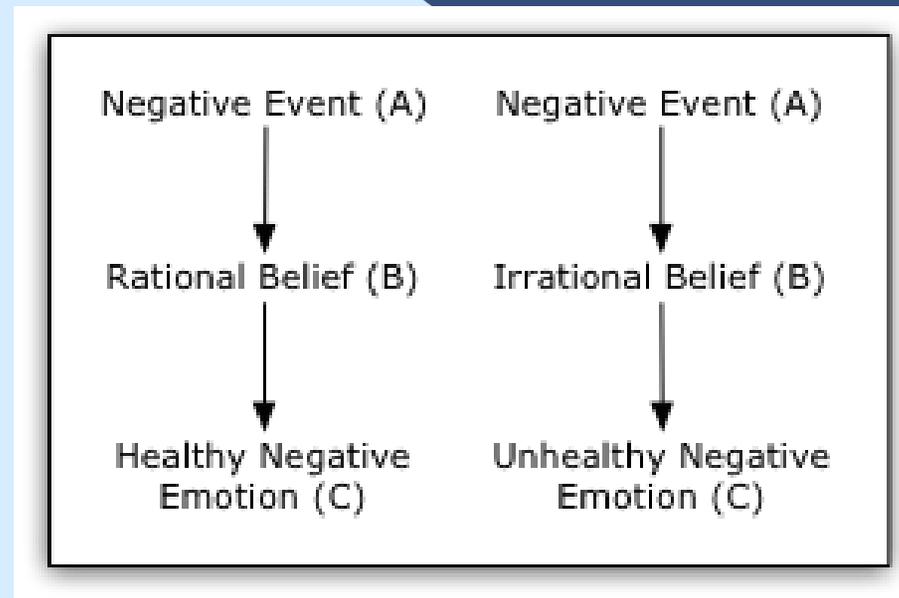


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Rational Emotive Behavior Therapy

Developed by Albert Ellis

Focuses on client identifying the irrational belief and its impact and then developing a more productive belief



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Reality Therapy/ Choice Theory

Developed by William Glasser

Basic Components of Choice Theory:

- Mental illness does not exist because clients have made poor choices to get their basic needs met that have contributed to their current problems
- All people have intrinsic needs that must be met
 - Survival (safety and security- staying alive)
 - Love and Belonging
 - Freedom
 - Power
 - Fun

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Reality Therapy/ Choice Theory

Developed by William Glasser

Basic Components of Choice Theory:

- All behavior is made up of 4 components
 - Acting
 - Thinking
 - Feeling
 - Physiology
- Emotional problems indicate we are not getting our needs met and need help

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Attachment and Attachment Theory

Attachment is our emotional connection or bond with another person. John Bowlby believed the quality of the attachment of a child to the primary caretaker (mother) had a lasting impact on a child's life. He also believed that the attachment of the infant to the mother served to ensure survival for the child.

Attachment and Attachment Theory

Mary Ainsworth expanded on John Bowlby's work with Attachment theory to categorize three main types of attachment:

- **Secure Attachment** – These children feel secure and are able to depend on their caregivers, good self-esteem, capacity for strong romantic relationships and ability to self-disclose to others. They are upset when their caregiver leaves and happy when their caregiver returns. When frightened these children will seek comfort from their caregivers.

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Attachment and Attachment Theory

- Ambivalent Attachment – These children tend to have caretakers with inconsistent ability to care for them and be available, tend to be anxious, labile emotions, idealize others.
- Avoidant Attachment – These children tend to avoid their caretakers because they have learned from experience they cannot depend on their caretakers. They tend to be aloof, not vulnerable to others, withdrawn.

Attachment and Attachment Theory

A fourth attachment style was later identified in children who were severely impacted by physical and/or sexual abuse.

- Disorganized Attachment - the chaotic experience of abuse by a primary caretaker leaves these children experiencing labile emotions, impulsive behaviors, inability to self-soothe, hypervigilance and depression

Dialectical Behavior Therapy

Treatment approach developed by Marcia Linehan (1991) for people with Borderline Personality Disorder

Basic Beliefs

Grew up in an invalidating environment (and unknown biological factors)

React irrationally to emotional stimulation- arousal rises more quickly and takes more time to return to baseline

Limited ability to cope with sudden, intense surges of emotion

Skills are taught to increase coping skills and manage destructive behavior

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Teach skills for:

Interpersonal Effectiveness

Distress Tolerance/Reality Acceptance Skills

Emotion Regulation

Mindfulness Skills

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How do these theories related to a Biblical world view and how do we use them in Christian counseling?

What does God say about who we are and His purpose for His people?

What does God say about our emotions, thoughts and behaviors?

What is God's goal for His children?

- To become like His Son
- To reflect His presence; His image

"Then God said, ' Let Us make man in our image, according to Our likeness; and let him rule over the fish of the sea and over the birds of the sky and over the cattle and over all the earth... And God created man in His own image, in the image of God He created him..." Genesis 1:26-27