

Reflection Exercise: Explaining Safety Behaviours & Why We Drop Them

The following questions refer to the "Explaining Safety Behaviours & Why We Drop Them" CCI Clinical Demonstration video, which can be viewed at: https://www.youtube.com/c/CentreforClinicalInterventions

The questions on the first page have been designed for early career clinicians/students. More experienced clinicians may wish to look at the questions on the second page.

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1.	Describe the reasons why safety behaviours are a problem (4 were presented in the video).					

2. Using hypothetical examples or clients you may have worked with, provide three examples of safety behaviours and the feared predictions that each behaviour may be trying to prevent.

Safety Behaviour	Feared Prediction(s)	

3. Pick an example of a safety behaviour you generated in Q2 above and design an experiment that a client could set up to test the impact of dropping the safety behaviour. (If you have watched the "Developing a Behavioural Experiment" video, you can also specify what evidence the client would need to observe to be able to test their specific predictions.)



For more experienced clinicians

1.	Identify a recent or current client who may be using safety behaviours in response to their
	anxiety. Draw a formulation for how their safety behaviours are reinforcing their anxiety in the
	long-term.

2. Pick one of the safety behaviours that you included in your formulation in Q1 and design an experiment that your client could set up to test the impact of dropping the safety behaviour. (If you have watched the "Developing a Behavioural Experiment" video, you can also specify what evidence the client would need to observe to be able to test their specific predictions.)

3. What are some obstacles that you have encountered/may encounter when working with this client on dropping their safety behaviours? Consider obstacles relating to the client, you as the clinician, and the therapy process. What are some responses you could take to overcome these obstacles?