

Reflection Exercise: Working through a Thought Diary

The following questions refer to the "Working through a Thought Diary" 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 guestions on the second page.

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or ea	rly career clinicians/students					
1.	How might you explain the rationale of using thought diaries to a client?					
2.		k the therapist has tried to adopt each of nere anything you might do differently? Why?				
	a. Collaborative					
	b. Socratic					
	S. Cociatio					
	c. Validating					
3.	Identify three potential problems you m	ay encounter when working through a thought				
	diary with a client, and brainstorm solutions for addressing these problems. (This can be a helpful discussion to raise in supervision).					
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For more experienced clinicians

1.	Identify a	recent or	current	client y	you are	working	with.
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a.	How might	cognitive d	isputation/th	ought diaries be	a useful tool for this	client?

b.	What are 3 problems that have arisen or that may arise when working through
	a thought diary with this client? Describe how you have, or plan to, overcome
	them.

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2. What characteristics of the therapist did you notice when they were working on the thought diary with the client? Why do you think these characteristics might be important?

3. Doing a complete thought diary from A-E is not the only kind of cognitive disputation homework that can be set with clients. Brainstorm alternative thought diary exercises that can be set as homework with the client.