SESSION 7

SESSION OBJECTIVES:

❖ Provide successful outside-group exposure information.
❖ Introduction to use of imagery for accurate exposure step perception.
❖ Introduction to within-group role play.
Therapist’s Notes
Welcome group members.

Begin with ‘Check-in SUDS Rating’, and then move to Calming Technique.

**Calming Technique** (10 minutes)

*Mini-Relaxation:*
Review the effects of doing the relaxation exercises within and outside sessions. Remind group participants of the rationale for this exercise.

Engage in Mini-Relaxation exercise

Mini-Relaxation Script (repeated for your convenience):

“Everyone stand and allow your hands to hang by your sides and relax comfortably. Remember, ‘Lips closed, jaw relaxed, breathe slow and low’. Whilst we are doing the Mini Relaxation, I want you to breathe in for two seconds and out for three seconds. Whilst you are breathing out, I want you to say the word ‘relax’ to yourself. It is important that you are breathing from your stomach more so than from your chest. I now want you to cross one leg over the other, keeping your feet close together and firmly on the floor…. Now, place both arms behind your back and grasp your hands together. Lightly twist your wrists as much as you comfortably can, such that the palms of your hands go from facing directly behind you to now facing the ground beneath you. Move your hands and arms away from your back… keeping your hands clasped and arms straight…. such that you can feel tension in your, forearms, wrists and shoulders. You should also now be feeling tension in your legs muscles, back, neck and chest. Remember that whilst you are doing this it is important to continue to concentrate on your breathing. Now uncross your legs and return your arms to a resting position at your sides. Notice the difference between this sense of relaxation as compared to the previous feelings of tension. Focus on your breathing…for the next 30 seconds. Take two seconds on the breathe in, and three seconds on the breathe out. Remembering to say the word ‘relax’ on the breathe out. (Now repeat these steps (at least three times).”
## Detailed Contents

### Review (20 minutes)

- **Step Ladder h/o (W/S: I):** Review and provide feedback about the completed by group participants.
- Have clients break into dyads and circulate to ensure goals are adequately broken into steps.

- Write: **STUNT Diary #2 (W/S: F):** template on white board

### Equipment/Activity

- **Review:** *Step Ladder h/o (W/S: I) completion*
- **Template on board**

<table>
<thead>
<tr>
<th>Review</th>
<th>Equipment/Activity</th>
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<tbody>
<tr>
<td><strong>Step Ladder h/o (W/S: I):</strong></td>
<td><strong>Template on board</strong></td>
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### Discussion

#### Confronting Real Situations: (20 minutes)

(May be adapted for group participants): The previous two sessions have included discussions about hierarchy development and in-vivo exposure. This is referred to as confronting real situations. As mentioned previously, this involves confronting personal fears, as opposed to avoiding situations which play a part in starting off distressing levels of anxiety. In addition to examining and disputing our stuck thoughts and engaging in evidence testing, it is necessary to confront the situation which is contributing to the high levels of anxiety being experienced. Share the following points with group members:

1. **Not leaps...rather steps.** Encourage group members to persevere...‘keep on keeping on’, because change occurs in steps not leaps.
2. **Stay put, until anxiety goes down.** Whilst in a situation, if an individual escapes just as the level of anxiety experiences reaches its highest point, it may be more difficult to accomplish the same step the next time it is attempted.
3. **Over and over again:** It is important to continually enter situations, since if you only repeat it once, then you may convince yourself...
**Detailed Contents**

that it was luck or that it was a different day than most. If you don’t continues to enter situations until you become more comfortable, it can actually become more difficult with a long ‘break’ in between.”

4 *Good to bad days:* We all have our up and down days. It is unreasonable to expect that each time an exposure exercise is attempted, it will definitely become easier. Thus, there are a variety of reasons that play a part in how much anxiety is experienced. Difficulties one day may necessitate increased focus and attention the following day.

5 *Avoidance can be a problem:* Avoidance occurs in a number of ways, and remember individuals with social anxiety are experts at using avoidance to make their anxiety less distressing. They may exhibit direct avoidance. For example, they could be invited out for a boat trip and decide not to go, using an excuse such as, being too busy to go. Another example of avoidance is called subtle avoidance. For the above example they might go on the boat trip, but not talk to anyone. Both forms of avoidance are self-defeating in the long term.

Present a summary of the following points (this could be used with group members):

> “Okay here’s something you should remember. You’re going to start at the bottom of the step ladder (pointing at step ladder), and you will be doing something that’s a little difficult. This is shown by your SUDS rating you have attached to this step and the other steps that are above it. You will become more comfortable on this step before trying the next step on your ladder, and so on. Remember, before you try the final step, you will have become much more comfortable than you are feeling right now with the steps just below it. How does that sound? When you start thinking about the final goal, why not remind yourself of your step ladder, especially of the step you’re now on and how you’re going to go up the staircase one step at a time. If you think like this, and believe in it, do you think this will help bring down the anxiety you are experiencing?”

**Equipment/Activity**

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<th>Good to bad days</th>
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<td>破灭 can be a problem</td>
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<td>Direct &amp; subtle avoidance</td>
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> “Okay here’s something you should remember. You’re going to start at the bottom of the step ladder (pointing at step ladder), and you will be doing something that’s a little difficult. This is shown by your SUDS rating you have attached to this step and the other steps that are above it. You will become more comfortable on this step before trying the next step on your ladder, and so on. Remember, before you try the final step, you will have become much more comfortable than you are feeling right now with the steps just below it. How does that sound? When you start thinking about the final goal, why not remind yourself of your step ladder, especially of the step you’re now on and how you’re going to go up the staircase one step at a time. If you think like this, and believe in it, do you think this will help bring down the anxiety you are experiencing?”

**Break Time** (5-10 minutes)

**Break-Time**
**Detailed Contents**

- Provide: *Step Ladder Diary* h/o (W/S: K) with provision of instructions (contained on handout).

- **Role Play of Hierarchy Goals:** (40 minutes)
  Role plays within group settings have many uses. They may be used to bring out negative automatic thoughts (stuck thoughts). The use of role playing can be instigated through homework assignments, that guide the patient in practicing and attending to new cognitive responses in problematic social encounters. An additional use of role play is to rehearse new behaviours.

- The use of role plays is sensitive to situational factors. Therefore, think up activities across a range of domains for each of the group members.
  The role play exercise is designed to facilitate the group members’ abilities in engaging in their hierarchal exposure steps. You might first begin with imaginal exercises. Upon completing this exercise, provide group members with time to reflect on the results of the exercise.

- Before each role play, help the group member develop a rich tapestry of the experience they are to rehearse. Such information as: ‘who was in the situation?’ ‘what was happening then?’ ‘time of the day’ ‘where was it occurring’ ‘how were they feeling’ and ‘what sort of thoughts were they having’, may set up the role plays.

- **Imagery Activity:**
  Before doing the actual exercise, help each group member develop an imaginal scenario.
  Begin the practice with a non-anxiety eliciting exercise. This is usually done with eyes closed and the group member indicating they have a clear picture by raising a finger. For example, if the client is imagining a tree, then check they are visualising the object by asking questions such as, ‘Can you see the leaves on the tree?’ ‘What colour are they?’ ‘Are they moist or dry?’ etc, etc...

- **Imagery and Role Play**
  (can be adapted for group members):
  The remainder of this session involves engaging in role-play exercises. These will include social situations in which an individual has experienced high levels of anxiety. This will enable group members to better prepare themselves for situations outside of the group.

**Equipment/Activity**

- Provide: *Step Ladder Diary* h/o (W/S: K)

- **Role Play**

- **Importance of imaginal exercises**

- **Imagery prior to role play**

- **Non-anxiety provoking exercise**
**DETAILED CONTENTS**

- Have group members imagine they are back in a situation in which the anxiety experienced was very uncomfortable. Once they have a clear image, ask them to briefly describe the image. Split group into two separate groups and have both therapists guide these separate groups.

- **Guide Group Members Through Imagery**
  (suggested format follows):
  “Now, slowly run the image forward, noticing all the time what is happening, how you are feeling, and what’s going through your mind. What do you see now? At the moment your anxiety increases, what was going through you mind?”

- Provide: **Role Play Recording Sheet** h/o (W/S: J):
  Upon obtaining a detailed description of what has occurred in the social interaction situation, the therapist role-plays the other person, whilst the group members play ‘them-selves’. This exercise is then used constructively by the therapist to help the group individual. It is a good idea to shape up the other group members to provide constructive feedback. The therapist could use this opportunity to discuss strategies the client uses during their in-vivo exposure.

**Goal Setting for Week** (5 minutes)

- **STUNT Diary #2** (W/S: F):
- Monitor Mini relaxation practice
- Monitor PMR relaxation with **Monitoring Your Relaxation Level** h/o (W/S: G):
- Engage and complete hierarchy steps with use of **Step Ladder Diary** h/o (W/S: K)
- Group members to think of which steps on their step ladder to use for role play

- Complete, ‘**My Journal – Session 7**’ (5 minutes)
  At this point, group members complete their list of homework assignments. Then allow them five minutes to jot down notes which relate to ‘Some important points I learned today’.

- Upon completion of writing down summary of session 7, have each group member read their summary from 2 through to 7.

- End group with, ‘**Check-Out SUDS Rating**’

**EQUIPMENT/ACTIVITY**

- Imagine uncomfortable situation

- Provide: **Role Play Recording Sheet** h/o (W/S: J)

- Role-play

- SUDS Rating
This sheet is to be used to record your progress on your step ladders. Please use it to describe: what you did, when you did it (including how long it took), and how nervous you both expected to be and actually were. The last column asks you to jot down any comments about the experience. If you were able to stay in the situation for a reasonable amount of time, what tools did you use. If you experienced a great deal of difficulty, what were some of the reasons for this.

The number scale below can be used to help you record how nervous and anxious you expected to be and how you actually were.

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<tr>
<th></th>
<th>None</th>
<th>Mild</th>
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<td>0</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
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<td>60</td>
<td>70</td>
<td>80</td>
<td>90</td>
<td>100</td>
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</tbody>
</table>

Situation / Event | Expected Anxiety (0-100) | Actual Anxiety (0-100) | How long in event / situation | Describe what you did (evidence testing, relaxation exercises, breathing, etc.) to stay in situation or what made it difficult to do this.

Step Ladder Diary

Centre for Clinical Interventions
- Psychotherapy
- Research
- Training
Role Play Recording Sheet

Name: 
Date: 
Session #: 

Description of role play:

Other people involved:

Your Goal in Role Play:

Evidence testing used in role play:

SUDS Record:

<table>
<thead>
<tr>
<th>Time</th>
<th>SUDS rating</th>
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<tbody>
<tr>
<td>Initial</td>
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<td>9 minutes</td>
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• Psychotherapy • Research • Training
SESSION 8

SESSION OBJECTIVES:

- Watch and discuss exposure step video.
- Further elaboration of role play.
Therapist’s Notes
Welcome group members.

Begin with ‘Check-in SUDS Rating’, and then move on to Calming Technique.

**Calming Technique** (10 minutes)

- **Mini relaxation:** Reiterate the importance of continuing the PMR taped exercise at home in combination with frequent Mini Relaxation practice.
- Engage in Mini Relaxation practice.

**Review** (20 minutes)

- Have clients form dyads and facilitate discussion of their progress with the step ladder exercises. Therapist provides positive reinforcement and inquire about difficulties that may be encountered.
- Examine use of *Step Ladder Diary* h/o (W/S: K)

**STUNT Diary #2** h/o (W/S: F) completion (can be adapted for group members):

- The focus of this exercise is to have individual group members present a recent and typical example from their *STUNT Diary #2*’s h/o (W/S: F). During the individual presentations of these examples, group members will have a role in asking questions and providing feedback. This feedback exercise in itself is therapeutic for group members. The therapist role is to shape up constructive feedback in the group.
- Have each group member use the white board, go through the steps they have taken in dealing with their stuck thoughts.

**Step Ladder Review:**

With the use of the handout, *Points to Remember When Using Your Stepladder* (H/O: 10), review the Real Situation Testing portion of last week’s session. Have each group member read a portion of the handout and answer any questions which arise at the end of this segment.

**Break Time** (5-10 minutes)

**Discussion** (40 minutes)

- **Role Play of Hierarchy Goals:** Remember, the form of the role play would involve: (1) cognitive preparation, and (2) Provide: *Points to Remember When Using Your Stepladder* h/o (H/O: 10), and review

**Break time**

Combine cognitive restructuring and exposure for role play
**Detailed Contents**

- Do thought preparation (*STUNT Diary #2*) (W/S: F) prior to role play enactment.
- Examine the *Step Ladder Diary* h/o (W/S: K), such that behavioral and cognitive strategies are incorporated.

**Role Plays:**
The therapist and group members are assigned role plays. Prior to each role play, participants run through a brief cognitive restructuring activity using the *STUNT Diary #2* h/o (W/S: F), by first imagining themselves in the role play, identifying potential ‘stuck thoughts’, using the evidence testing (unstuck) questions for questioning the stuck thoughts.

During the actual role plays, participants are asked to give a SUDS rating at one minute intervals whilst recording this on the accompanying handout. They are additionally encouraged to use cognitive restructuring when stuck thoughts occur. Each participant is praised for their effort and achievement for completion of the role play.

**Goal Setting for Week** (5 minutes)

- *STUNT Diary #2* h/o (W/S: F)
- Monitor Mini relaxation practice with *Monitoring Your Relaxation Level* h/o (W/S: G)
- Complete hierarchy steps with use of *Step Ladder Diary* h/o (W/S: K)

- Complete, ‘*My Journal – Session 8*’ (5 minutes)
  At this point group members complete their list of homework assignments. Then allow them five minutes to jot down notes which relate to ‘Some important points I learned today’.

- Upon completion of writing down summary of session 8, have each group member read their summaries from 2 through to 8.

- End group with, ‘*Check– Out SUDS rating*’.

**Equipment/Activity**

- Review: *Step Ladder Diary* h/o (W/S: K)
- Provide: *Role Play Recording Sheet* h/o (W/S: K)

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*Session 8: Overview of Schizophrenia and Social Anxiety Treatment Protocol*
Handouts & Worksheets
Points To Remember When Using Your Stepladder

Okay here's something you should remember. You're going to start at the bottom of the step ladder, and you will be doing something which is a little difficult. This is shown by your SUDS rating you have attached to the first step you are taking, and the other steps that are above it.

You will become more comfortable on each step before trying the next step on your step ladder, and so on. Remember, before you try the final step, you will more than likely have become more comfortable than you are feeling right now with the steps just below it.

How does that sound? When you start thinking about the final goal, why not remind yourself of your step ladder. Especially... of the step you're now on and how you're going to go up the step ladder one step at a time. If you think like this, and believe in it, do you think this will help bring down the anxiety you are experiencing?!

So the important points to remember when you are moving from one step to the next and finally to your goal at the top of the step ladder are:

1. Not one leap, but manageable steps→ You begin with the least difficult step and gradually work your way up the step ladder. As you climb higher up the ladder, your SUDS rating becomes higher.

2. Stay ‘put’... don’t leave situation in a hurry→ If you are in a situation, and you leave just as your anxiety reaches it's highest point, it will be more difficult to accomplish this same step the next time you attempt it. Stay in the situation and do evidence testing (unstuck thinking)
3. **Over and Over again**→ It’s important to continually enter situations, since if you only do it once, then you may convince yourself that it was luck or that it was a different day than most. 

1...2...3...4...etc...

4. **Days ranging from good to bad**→ We all have our up and down days. Don’t expect that each time you repeat the same step, it will definitely become easier. Actually, you may be feeling down that day for a variety of reasons and this will play a part in how much anxiety you are experiencing.

5. **‘Staying away’ can be a problem**→ You are an expert at avoiding situations to make your anxiety less for you, but this is one expert skill you don’t need. Staying away from a situation is not the only part of avoidance. You may be embarrassed of going to social gatherings, so instead of simply not going, you go...but you sit far away from others’ so that you don’t have to talk to anyone. This would still be ‘staying away’ from the problem.
Points To Remember When Using Your Stepladder

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1….2….3….4…etc…

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SESSION OBJECTIVES:

- Introduction of coping cards, so as to facilitate thought diary completion.
- Further role play of hierarchy steps.
## Detailed Contents

- Welcome group members.
- Begin with ‘Check-in SUDS Rating’, and then move to Calming Technique.

### Calming Technique (10 minutes)

- **Mini relaxation**:
  - Reiterate the importance of continuing the PMR taped exercises at home in combination with frequent Mini relaxation practice.

### Review (20 minutes)

- **Review of Step Ladder Diary** h/o (W/S: K):
  - Look at the progress of group members in moving through the steps in their hierarchy, and whether the h/o, is being used.
  - It may be advantageous to have clients break into dyads. Additionally, inquire into whether difficulties are being experienced.

- **Review of STUNT Diary #2** h/o (W/S: F):
  - For this session have each member contribute an example of how they handled situation in which high anxiety was experienced. Remind the group to write down examples on their STUNT Diary (W/S: F) h/o. These will be used in the future.

### Discussion

- **Coping Cards**: (30 minutes)
  - Coping Cards provide the individual with a quick and comprehensive means of challenging stuck thoughts. They can be used to prompt and motivate group members to construct additional Step Ladders for anxiety eliciting situations.

- **Introduction to Coping Cards**: (this can be adapted for group members)
  - Until now, group members have spent time using the STUNT Diary. Hopefully, group members are finding it useful, and are challenging stuck thoughts with evidence testing questions in a variety of social situations. It is most likely that the specific social fears experienced by individuals are long standing in nature. It is analogous to an old shoe that it is possibly not the most comfortable, yet it has been around for such a long time that it is difficult to throw it away. In the case of some

### Equipment/Activity

- SUDS Rating
- Mini relaxation
- Progress through hierarchy
- Use of: **Step Ladder Diary** h/o (W/S: K)
- Use of: **STUNT Diary #2** h/o (W/S: F)
- Coping Card introduction
### Detailed Contents

stuck thoughts, group members may experience difficulty ‘letting go’.

- **Coping Cards** are a useful way to lessen the negative influence of these stuck thoughts. Ask the individual to jot down the most commonly occurring stuck thought on one side, and the ‘unsticking’ evidence testing answers on the other side. Encourage the individual to read the card often to increase the likelihood of breaking the bad thinking habits.

- **Break into manageable sub-groups.** Have clients write down stuck thoughts experienced repeatedly in the past, and evidence testing answers obtained from **STUNT Diary #2**.

- **Circulate amongst groups to ensure members are discussing and appropriately recording their stuck thoughts and evidence testing responses.**

- **Once each group member has completed this task,** spend the remaining time before the break recording their stuck thought on one side of the card, and the coping (evidence testing) statements on the other side of the card.

### Equipment/Activity

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<thead>
<tr>
<th>Rationale for coping card</th>
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<tr>
<td><strong>Break Time</strong> (5-10 minutes)</td>
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<tr>
<td><strong>Role Play of Hierarchy Goals:</strong> (45 minutes)</td>
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<tr>
<td>Provide: <strong>Role Play Recording Sheet</strong> h/o (W/S: J)</td>
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<tr>
<td>Spend remainder of session engaging in role play exercises. This is a repeat of last week, and will continue for sessions 10 and 11. It is important that new situations are covered in each.</td>
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| Therapist to circulate from group to group |
| **Break Time** |
| **Role Play** |
| Provide: **Role Play Recording Sheet** h/o (W/S: J) |

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<th><strong>Goal Setting for Week</strong> (5 minutes)</th>
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<tr>
<td>→ <strong>STUNT Diary #2</strong> h/o (W/S: F)</td>
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<tr>
<td>→ Monitor Mini relaxation practice with <strong>Monitoring Your Relaxation Level</strong> h/o (W/S: G)</td>
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<tr>
<td>→ Complete hierarchy steps with use of <strong>Step Ladder Diary</strong> h/o (W/S: K)</td>
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<tr>
<th><strong>Complete, ‘My Journal - Session 9’</strong> (5 minutes)</th>
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<tr>
<td>Complete, ‘My Journal - Session 9’ (5 minutes)</td>
</tr>
<tr>
<td>At this point group members complete their list of homework assignments. Then allow them five minutes to jot down notes which relate to ‘Some important points I learned today’.</td>
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<th><strong>End session with, ‘Check-out SUDS’ rating.</strong></th>
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<tr>
<td>Upon completion of writing down summary of session 9, have each group member read their summary from session 2 through 9.</td>
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<td><strong>SUDS rating</strong></td>
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