

Reflection Exercise: Introducing the Thought-Feeling Connection

The following questions refer to the “Introducing the Thought-Feeling Connection” 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.

For early career clinicians/students

1. Consider possible reasons (or benefits) for why the therapist might have opted to:
 - a) Use Socratic questioning to elicit suggestions from the client, as opposed to providing an explanation of the thought-feeling connection didactically.

 - b) Use a hypothetical example to illustrate the thought-feeling connection, rather than a personal example from the client.

2. Describe:
 - a) Two strengths that you have noticed in the way that the clinician has explained the thought-feeling connection. Why do you consider these to be strengths?

 - b) Is there anything you might present differently? If so, why?

3. It sometimes helps to use alternative hypothetical scenarios that would be more suitable for your clients (for example, this video’s “pub” scenario would not be as suitable for children or teenagers, so changing the setting or activity might help). Brainstorm 1-2 alternative scenarios that you can try with your clients.

For more experienced clinicians

1. Identify three potential problems you may encounter/have encountered when introducing the thought-feeling connection to a client, and brainstorm solutions for addressing these problems.

Potential Problem	Possible Solutions

2. Describe:

c) Two strengths that you have noticed in the way that the clinician has explained the thought-feeling connection. Why do you consider these to be strengths?

d) Is there anything you might present differently? If so, why?

3. Brainstorm some ideas for in-session or homework exercises that can help the client to build awareness of the thought-feeling connection.