Reflection Exercise: Developing a Behavioural Experiment

The following questions refer to the "Developing a Behavioural Experiment" 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. Recall the key steps for developing a behavioural experiment:

2. What kinds of behavioural experiments could you and your client design to test out:

    a. The prediction that "Nothing I can do will ever change my mood or lift my depression"?

    b. The prediction that "Worry helps me to be organized and productive"?

    c. The prediction that "Eating my feared foods will send my weight spiralling out of control"?

3. What are some obstacles that you may encounter when developing behavioural experiments with your clients? 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?

For more experienced clinicians

1. Identify a recent or current client you are working with.
    a. How might behavioural experiments be used to target problem areas that your client is experiencing?

    b. What predictions could be tested and what kinds of behavioural experiments might you design with this client?

2. What are some obstacles that you have encountered/may encounter when developing behavioural experiments with your clients? 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?

3. If you are supervising a student or a colleague who is unfamiliar with the concept of behavioural experiments, how might you explain behavioural experiments to them?