

## **Reflection Exercise: Explaining the Vicious Cycle of Worry**

The following questions refer to the “Explaining the Vicious Cycle of Worry” 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. (a) Recap the five maintaining factors of worry (and/or rumination) shown in the video.

(b) Describe why we might adopt a metacognitive treatment approach to dealing with worries, as opposed to traditional CBT techniques such as cognitive disputation.

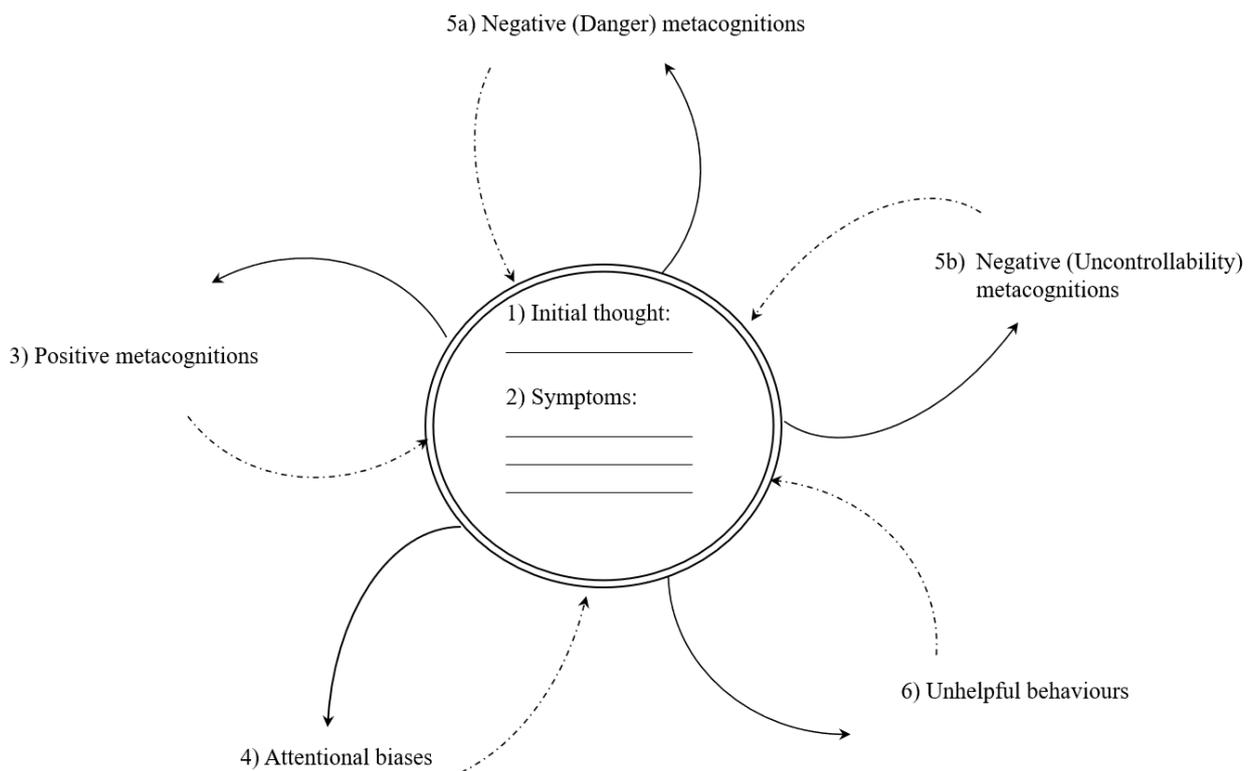
(c) Why is it useful to provide the client with psychoeducation about thoughts/thinking?

2. Would you consider that the formulation discussion showcased in the video was conducted collaboratively? If yes, what makes you say so? Would you do anything differently?

**For more experienced clinicians**

1. Describe why we might adopt a metacognitive treatment approach to dealing with worries, as opposed to traditional CBT techniques such as cognitive disputation.

2. Identify a recent or current client who worries and/or ruminates. Map out a formulation for this client based on the 'Worry Flower' presented in the video. Reflect on areas that you may wish to seek more information about, and what questions you could use or could have used to elicit this information from your client.



3. What are some challenges that you may encounter when developing a metacognitive formulation with a client? Identify two challenges and describe how you might address each of them.