

Collaborative Empiricism & Guided Discovery

Personalization

- CBT techniques should be individualized to each client, based on multiple variables
- While the basics are the same across youth, the particulars are highly tailored
- “Flexibility within fidelity”

Collaboration

- The base for being able to do effective CBT with any child or adolescent is a strong working alliance
- Can be enhanced via making sure the youth and their families feel that therapy is a team effort, not a dictatorship

Collaboration

- Addressing concerns not dismissing them
- Acting together to determine homework
- Working with, not on, families
- Remembering your basic, Rogerian skills and using them

Empiricism

- Refers to the data-based approach of CBT
- Data comes from the clients, including cognitions, A-B-C's, environment, and more
- This allows one to adapt general treatments into highly idiographic ones

Guided Discovery

- Broad name for teaching clients how to rationally analyze their thoughts / behaviors
- Happens via specific, planned techniques
 - Socratic questioning
 - Behavioral experiments
 - Therapy homework

Curiosity

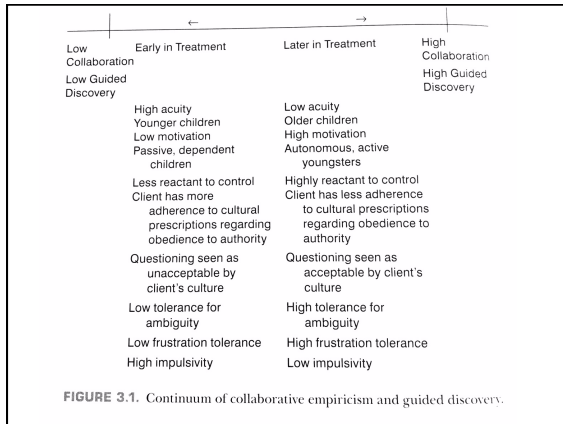
- Collaborative empiricism and guided discovery are key to having a curiosity-filled session
- Therapist *and* client should be curious
 - Allows us to not get “stuck” in one formulation
 - Helps promote flexibility of thinking

WOW BOX 3.1. Collaborative Empiricism and Guided Discovery

- Collaboration involves a working partnership and teamwork.
- Empiricism refers to the data-based, hypothesis-testing focus in CBT.
- The empiricism fosters transparency which makes treatment less mysterious; it also facilitates informed consent and participation in treatment.
- Guided discovery emphasizes casting doubt on beliefs rather than refuting or disputing them.

Stages of Therapy

- Depending upon when in therapy you are, and the characteristics of the child, levels of CE & GD will change
- Presenting problem, developmental level, age, motivation for change, personality, and cultural factors all come into play



WOW BOX 3.2. Determining the Level of Collaboration and Guided Discovery

- Be mindful of the stage of therapy.
- Appreciate the unique configuration of strengths and vulnerabilities of individual children and adolescents.
- Respect the acuity and chronicity of the presenting problems.
- Consider the child's developmental capacity, age, and motivation.
- Be aware of the child's interpersonal style.
- Value the cultural factors shaping children, adolescents, and families' degree of comfort with collaborative empiricism and guided discovery.
