

Resource-activation & Self-esteem in CBT

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Workshop Schedule

Day 1:

- Getting started
- Some findings: importance of resource-oriented interventions
- How does it work: a quick look on resource activation as an active ingredient of CBT
- Some examples of resource-oriented interventions
- Resource priming
- Diagnostic tools
- Setting goals



Workshop Schedule

Day 2:

- Behavior activation
- Challenges

- Pillars of self-esteem
- Interventions
- Challenging Situations
- Intervision – Questions - Discussion



Goals for the Workshop

- Learn how to explore your patient's resources
- Get a resource-oriented perspective on your patients
- Learn how to implement resource-oriented values for yourself as a therapist
- Get to know and practice useful tools to activate, use and maintain resources
- Take a glance at self-esteem



Focus on the Therapist



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Focus on the Therapist

...the proof of the pudding is in the eating...

Should I focus on resources?

Even if my patient is really challenging?

Yes!

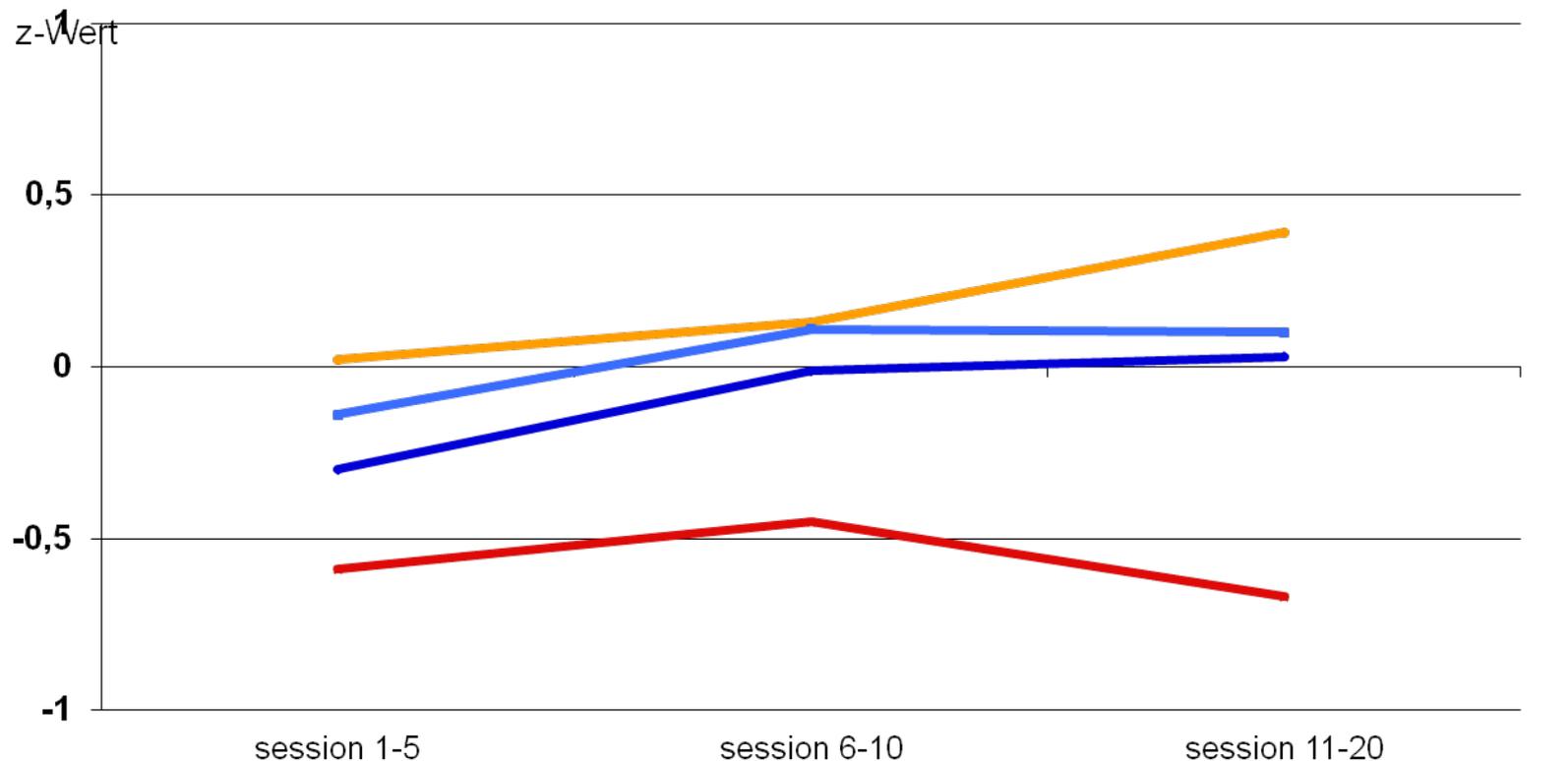


Some Findings: Importance of Resource-oriented Interventions



Resource Oriented Therapist

The amount of therapist's resource-activation with „easy“ or „difficult“ patients in successful or less successful therapies.



Resource Oriented Therapist

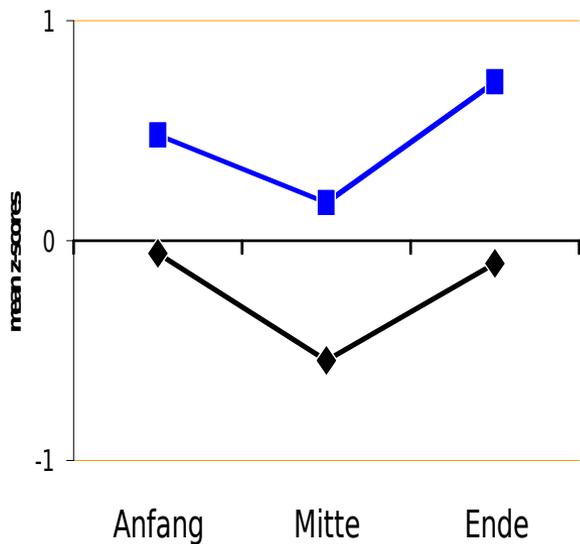
Should I focus on resources?

Even if problems mount up like Gabal Katrine's highest peaks?

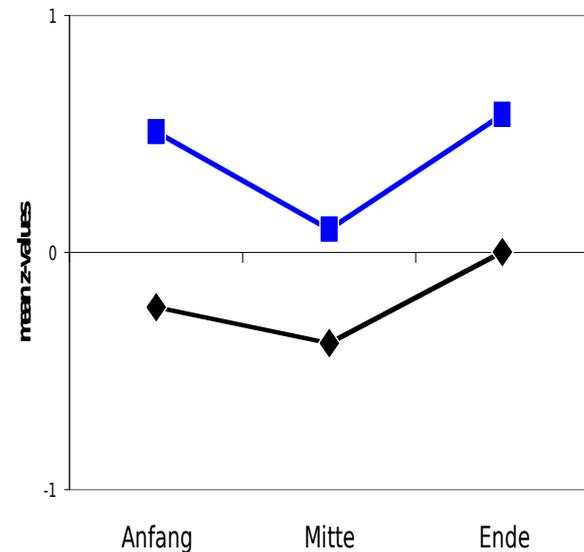


Some More Findings

Beginning and end of therapy sessions // amount of resource-activation

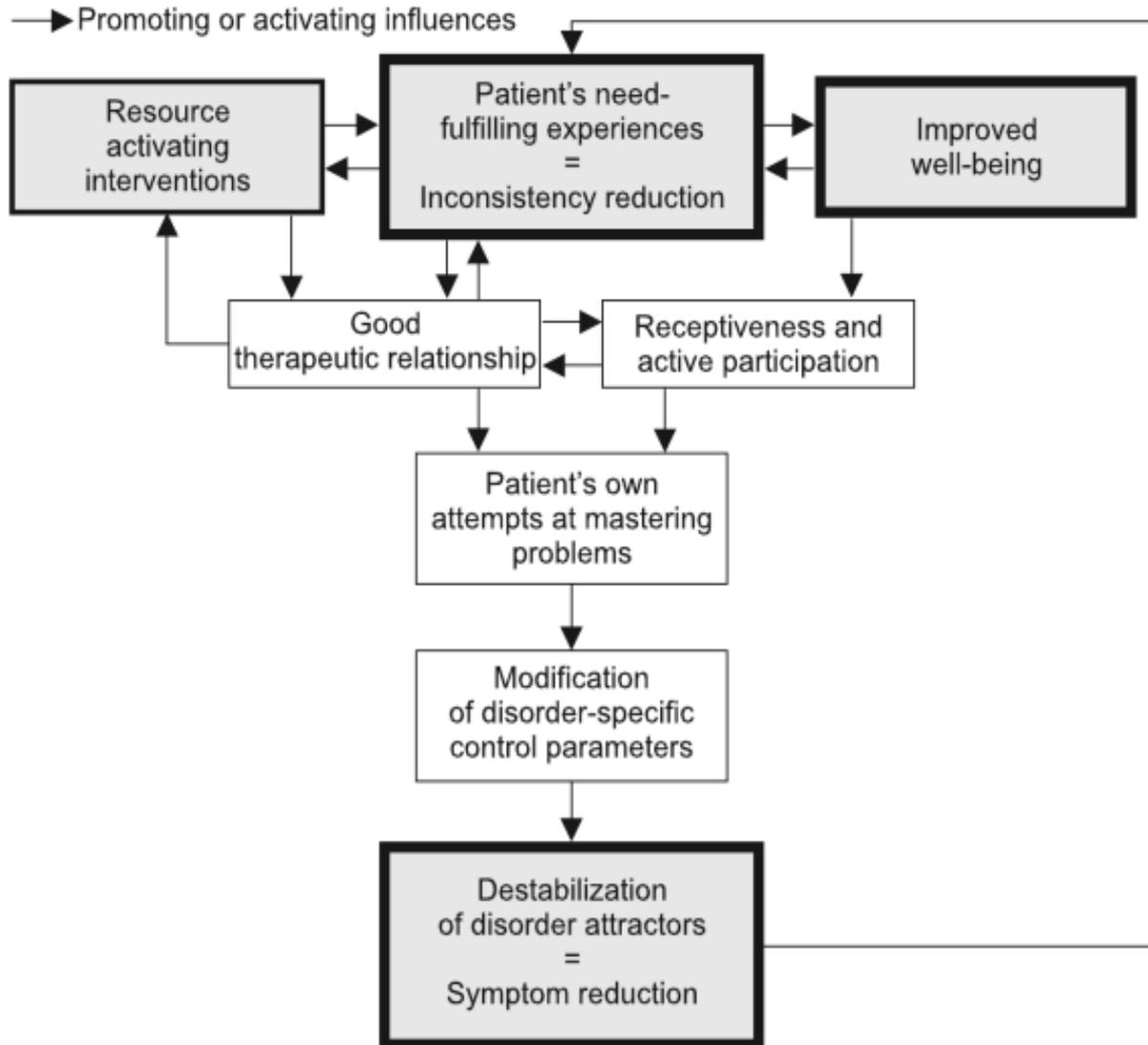


- Session – successful therapy



- Session – unsuccessful therapy

Steps of Intervention during Psychotherapy



Stabilization
via resource-
activation

Some Examples of Resource-oriented Interventions



Example 1

Patient: „I often feel alone. I only have one friend.“

Problem-oriented intervention: „So you really withdraw from people?“

Resource-oriented intervention: „Your friend seems to be important to you. How do you connect?“



Example 2

Patient: „I hate my work, only during holidays I feel lifted and liberated.“

Problem-oriented intervention: „How does your working experience affect your free time and holidays?“

Resource-oriented intervention: „What did you cherish about your holidays?“



Example 3

Patient: „My problems rise up like a huge mountain.“

Problem-oriented intervention: „Obviously you feel overwhelmed and devastated?“

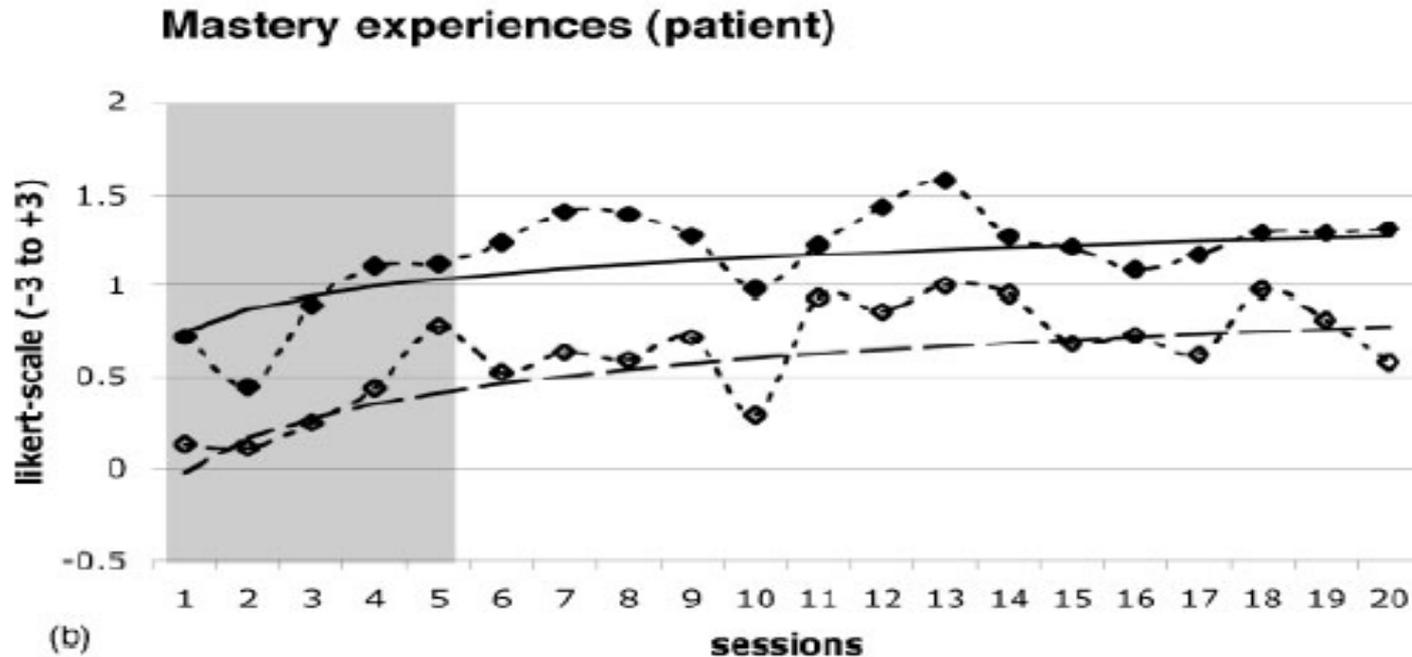
Resource-oriented intervention: „Right now it seems as if you look from too close – so your problems appear to be overwhelming. Let us try to step back.“

Priming Resources: The Role of a Resource- oriented Therapist



Priming Resources

Effects on experiences of mastery in the first 20 sessions



(b)

- ◆--- priming
- ◇--- kg
- priming HLM
- kg HLM



Priming Resources

Gather together in groups of 3-4:

- Think about a difficult patient of yours – what do you like about this person? Tell your colleagues about that and ask them about their impression.
- Do you manage not to talk about the difficulties?



Priming Resources

- Have a card with key resources of your patient
- Read this card before therapy session!
- What do you like, admire, cherish about your patient? What is just so cool about her/ him?
- Remember!!! Always...



Diagnostic Tools



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Diagnostic Tools

Questionnaires:

- Bern Inventory of Resources (Trösken, 2002)
- Resource Checklist (Dick, 2007)

Resource Potentials – Working - Loving - Learning

- **Working**
 - Competencies in acting efficiently
 - Stress resistance
 - Autonomy in thinking and acting
 - Self-worth
 - Acceptance of own needs
- **Loving**
 - Social competencies
 - Social integration
 - Family embeddedness
 - Emotional openness
 - Optimism, happiness and feeling of meaning
- **Learning**
 - Self reflection
 - Eagerness to learn
 - Open communication
 - Imagination and creativity
 - Intellectual capabilities
 - Hobbies and interests



Diagnostic Tools

Half structured interview:

Resource Analysis (Trösken, 2002)



Resource Analysis

Resources	Self rating	Perspective of others
<p>Material resources Example: certificates, insurances, living space, working spaces, favourite pieces, clothing, vehicles...</p>		
<p>Physical resources Example: physical characteristics, I like or find attractive, any aspects of physical health: organs, fitness, enjoying sports...</p>		
<p>Personal resources Examples: characteristics of one's personality, that one cherishes, signature strengths: reliability, friendliness, assertiveness, experiences in overcoming hardships, resilience..</p>		
<p>Social resources Examples: friends, family, doctors, relationships, internet contacts, networks...</p>		

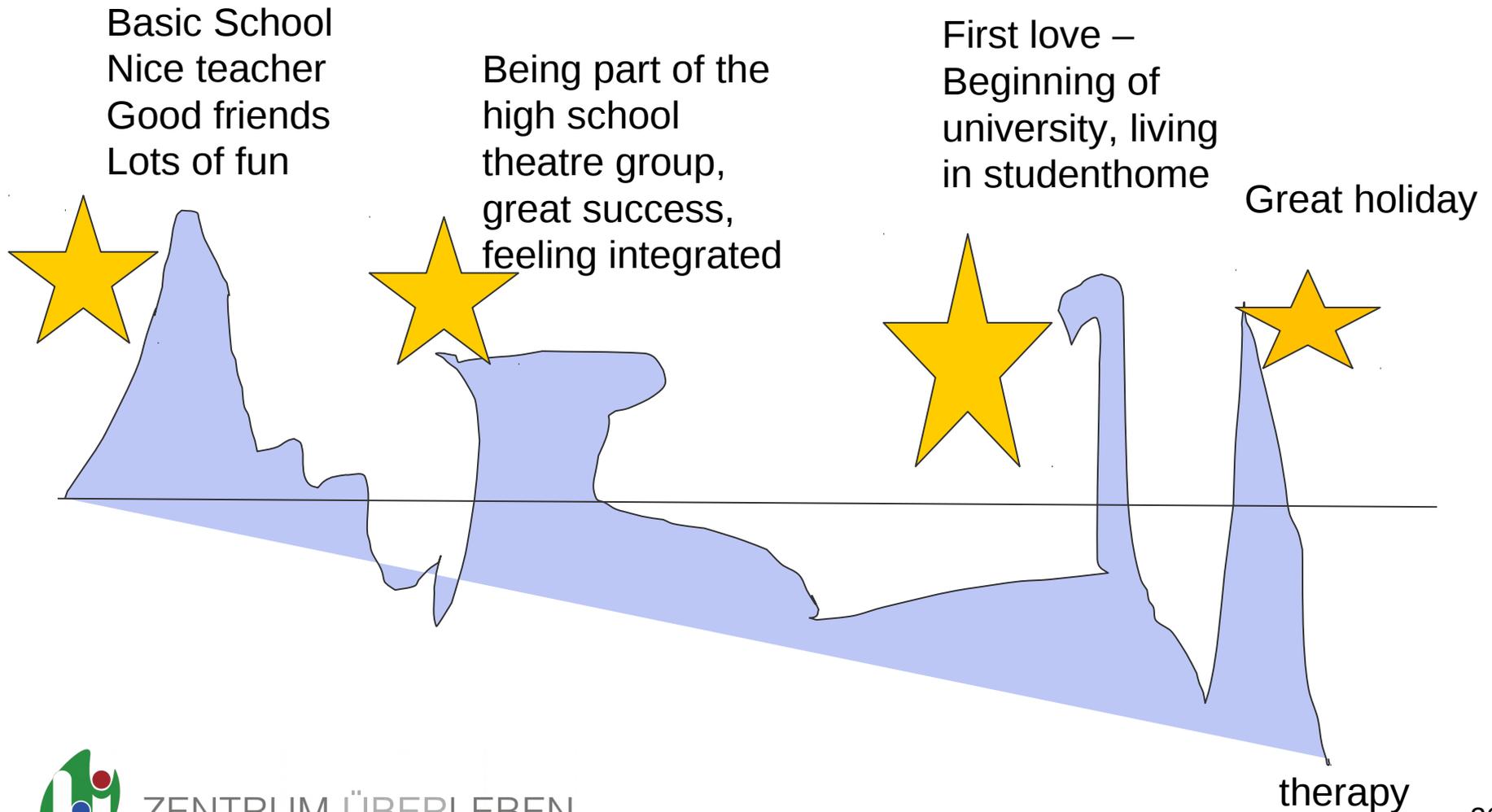


Diagnostic Tools

- Timeline, life span
- Genogramm



Life Span: Recurrent Depression



Diagnostic Tools

Experimental techniques:

- Resource Cards

- Resource Zoo



Setting Goals



Identifying Goals

„A miracle“:

If a fairy entered the room and ended all troubles at once – what would happen then?

Goal attainment:

If my problem is solved, what will I do, think, feel?

Positive identity goals:

What kind of a person do I want to be?



Identifying Goals

Video example: the „miracle question“



Activation of Behavior and Resources



Behavior Activation

Painting positive and favourite activities



Behavior and Resource Activation

- ▶ **Painting is more fun! – especially for patients suffering from depression**
- ▶ **Painting adds more to mood than working on a list of positive activities**
- ▶ **Painting positive activities leads to better recall**
- ▶ **Only painting leads to better resource realization two weeks later**

Resource Activation

Implementation in daily life:

Diaries:

- 3 positive experiences
- Experiencing positive feelings
- One goal a day – building up self-esteem



Some Challenges



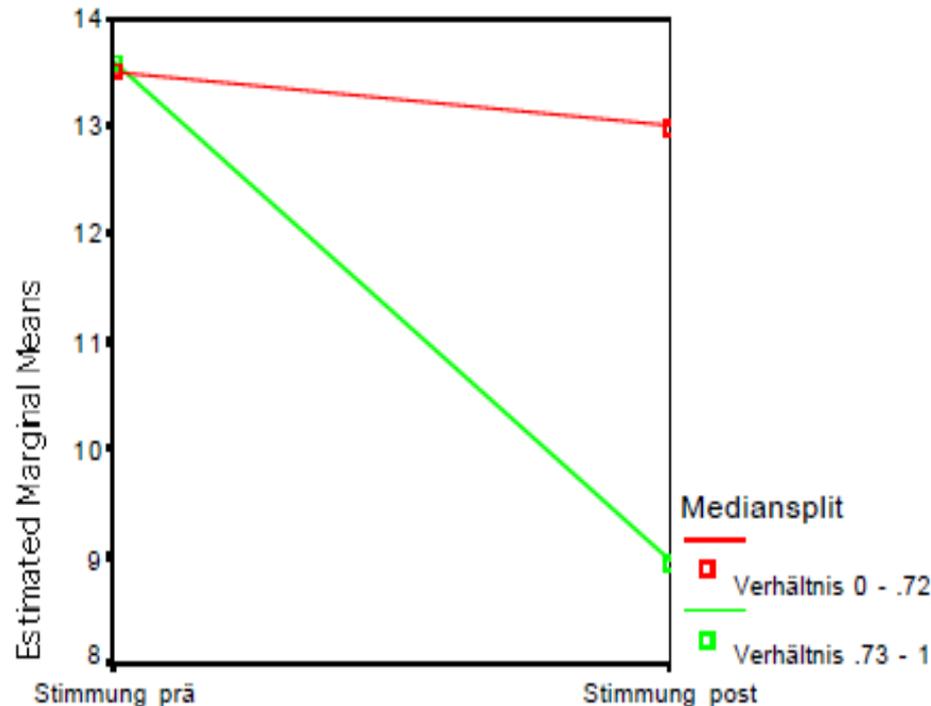
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Some Challenges

- Self complexity of the cognitive network of resources:
- Torch vs. Sudden blinks

Some Challenges

Using the torch: only with patients with high self complexity in resource networks



High positive self complexity

Low positive self-complexity

Mood before and after the interview – lower values = better mood

Some Challenges

- Resource analysis is part of the individual case conception.
- Resource activation facilitates the process – but working on key issues is nevertheless necessary.

Some Challenges

Don't expect too much change too quick! Even if the solution seems obvious to you.

Some Challenges

Don't skip validation of emotional pain and hardship. Resources are not „problem plasters“

Some Challenges

Too much of good things...

Changes in Resource Realization

Psychosomatic rehabilitation (6 weeks)

End of therapy

Resources	Post: low	Post: average	Post: high
Pre: low			60% improved
Pre: average			20%
Pre: high		worsend	

31,5%

10%



Pillars of Self-Esteem



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Pillars of Self-esteem

Definition of Self-esteem

Pillars of Self-esteem

Intrapersonal Dimension

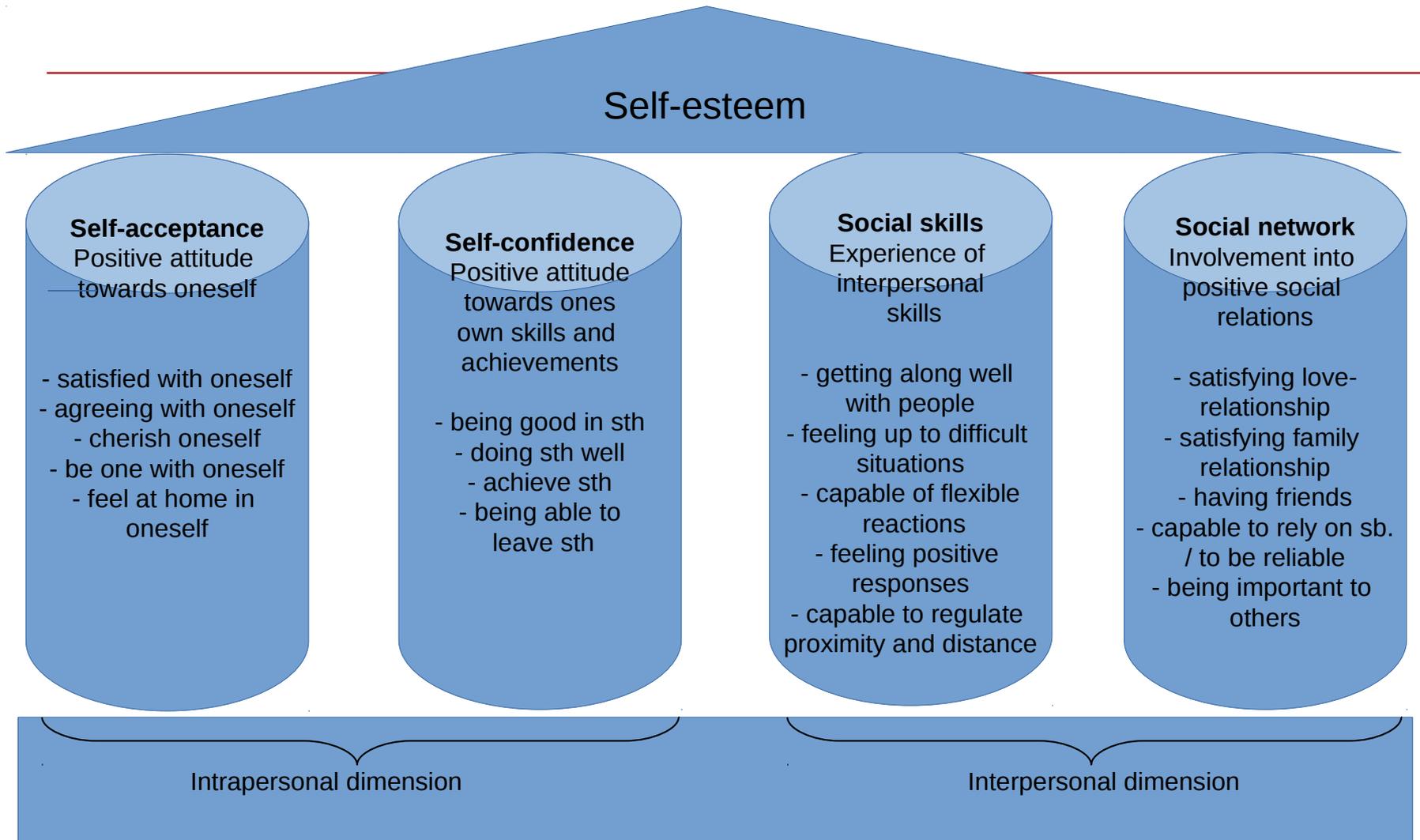
- Self-acceptance
- Self-confidence

Pillars of Self-esteem

Interpersonal Dimension

- Social skills
- Social network

The Four Pillars of Self-esteem



Interventions for Therapy



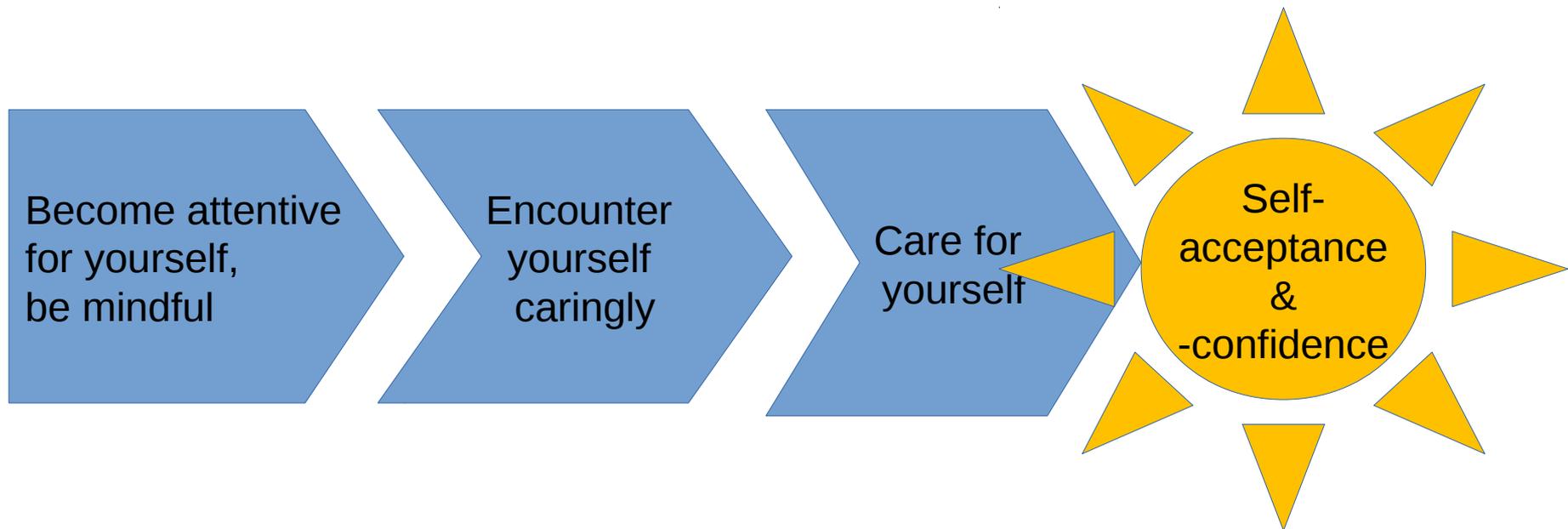
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Interventions for Therapy

- Pillars 1 and 2 can be addressed in one-to-one sessions
- Pillars 3 and 4 should ideally be addressed in group therapy

Basic Assumptions

The base of self-acceptance and self-confidence is a positive self-care:



Interventions for Therapy

Mindfulness

- an attentive, nonbiased observation of everything
 - perceive things/situations/... and see them as they are, without distorting them emotionally or intellectually
- to be here and now as you are



Interventions for Therapy

Mindfulness regarding:

- senses
- body
- needs



Interventions for Therapy

Caring encounter

- Choose a „caring companion“
- Identification of „inner critic“
- Encounter yourself caringly in everyday life

Interventions for Therapy

Care for yourself

- Implement self-care into daily routine
- Commitment to self-care
- Identifying obstacles



Interventions for Therapy

A path to self-confidence

- Set goals
- Plan steps
- Determine expectation of success and use of energy
- Plan self-gratification
- Check results

Challenging Situations in Therapy



Questions?



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THANK YOU



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