

## Clinical Applications



---

---

---

---

---

---

---

---

## Some Common Client Issues



- Adjustment difficulties
- Important decisions
- Relationship conflicts
- Difficulty connecting with others
- Debilitating trauma
- Vicious cycles (“spiraling”)

---

---

---

---

---

---

---

---

## Examples of Spiraling



---

---

---

---

---

---

---

---



• **Clinical Depression**

- Worthless feeling, lethargic
- Uninterested in usual things (activities, friends, etc.)
- Disrupted sleeping and eating schedules

• **Depressive realism**

- Depressed people have accurate perceptions of abilities and limits
- Opposite of **self-serving bias**

---

---

---

---

---

---

---

---



**How it Spirals**

- \_\_\_\_\_
  - Negative Events = internal, global, stable
  - Positive Events = external, specific, unstable
  - Opposite of **optimistic explanatory style**
- Negative mood
  - Focus inward
  - recall and attend to negative aspects of environment
- Chronic self-focus → negative mood

---

---

---

---

---

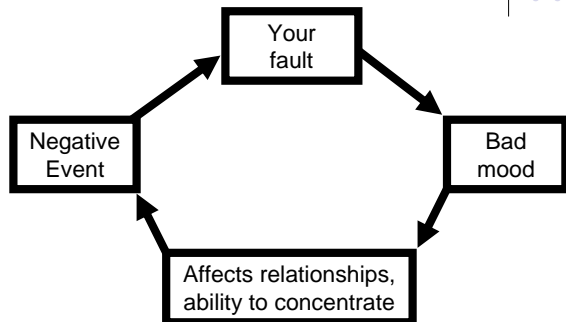
---

---

---



**How it Spirals**



---

---

---

---

---

---

---

---



- Social relationships low in quality and/or quantity
- **Sociometer hypothesis**
  - Chronic social exclusion → low self-esteem
- Chronic shyness
  - Difficulty during social interactions

---

---

---

---

---

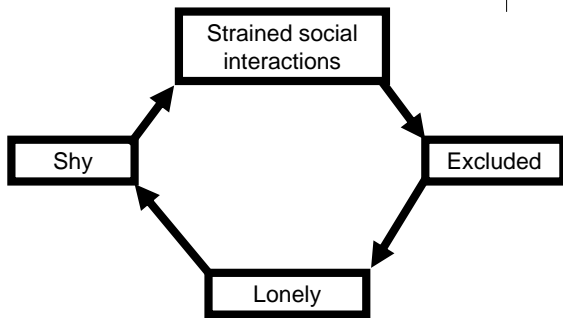
---

---

---



### How it Spirals



---

---

---

---

---

---

---

---



- Want to make an impression, but don't think we can do it successfully:
  - Interview
  - Meet the Parents
  - Presenting to important others
  - Novel situations
- Chronic self-focus → all reactions are personally relevant

---

---

---

---

---

---

---

---

## & Social Anxiety



- Start with negative assumption about others
  - “They’re going to hate me”
- Behave in a way that yokes negative reaction
  - Stress → Difficulty concentrating → lose audience
- Confirm belief based on other reacting to you
  - “Yep. They hate me”

---

---

---

---

---

---

---

---

## Solutions



---

---

---

---

---

---

---

---

## Treatment



- Behavioral and/or attitude change
- Insight
- Explore, identify and express emotions
- Realizing small goals
- Reducing fears
- Resolution of past trauma
- Symptom relief and management

---

---

---

---

---

---

---

---

## Understanding Treatment Using Social Psych



---

---

---

---

---

---

---

---

- Behavior → attitudes
- **Foot-in-the-door technique**
- **Self-presentation**
  - Client given “homework” outside of session



---

---

---

---

---

---

---

---

## Breaking Vicious Cycles

- Efficacy training
- Alter explanatory style
- Discourage rumination



---

---

---

---

---

---

---

---



- Choice and new relationships best predictors
- Emphasize importance of wanting to change
- Therapist creates positive, new relationship with client → social glue for change

---

---

---

---

---

---

---

---



- Feeling liked, affirmed, and encouraged by intimate friends and family
- Internalizing close others into therapy goals may strengthen desire to achieve them

---

---

---

---

---

---

---

---