

Eliciting key cognitions/images

An ability to draw on a number of sources of information (e.g. empathy, Socratic questioning, discussion and information gleaned from client self-monitoring and behavioural experiments) in order to identify potential key cognitions/images (i.e. those which are associated with significant distress and/ or problems in functioning)

An ability use empathy and Socratic questioning to tentatively draw the client's attention to key automatic thoughts/ images

An ability to use empathy and Socratic questioning to help the client identify cognitions that are associated with distressing emotions which occur in the session

An ability to use clinical judgment to identify the stage of therapy when key cognitions or "hot" thoughts can be focused on