



Where: Live Online

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When: 12:00pm-1:00pm

Thursday, April 18th, 2024



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Financial Disclosure: Dr. Leahy has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Robert L. Leahy, Ph.D. was educated at Yale University (BA,MS,MPHIL, PHD) and completed a Postdoctoral Fellowship under the direction of Aaron Beck the founder of cognitive therapy at the University of Pennsylvania Medical School. He is the Founder and Director of the American Institute for Cognitive Therapy in NYC, Clinical Professor of Psychology in Psychiatry at Weill Cornell Medical College, and Past- President of the Association of Behavioral and Cognitive Therapies, The Academy of Cognitive Therapy, and The International Association of Cognitive Therapy. He is the recipient of the Aaron T. Beck Award for outstanding contributions in CBT and the 2023 Outstanding Clinician Award from the Association of Behavioral and Cognitive Therapies. Leahy is the author of 29 books which have been translated into 24 languages and is a frequent keynote speaker and presenter of workshops worldwide. His new book is *If Only..Finding Freedom from Regret*, published by Guilford Books

“THE USE AND MISUSE OF REGRET”

ABSTRACT

The anticipation of regret can keep us from making important changes and the lack of anticipation of regret can lead to impulsive and self-destructive behavior. Many people ruminate about past decisions and are plagued with regrets, often leading to self-criticism and the inability to live in the present moment. Regret is similar to all other emotions since it evolved because it was sometimes useful. The emotional schema model examines the evolutionary basis of regret, cultural and historical differences in regret, expectations about what one's life must be (existential and emotional perfectionism), biases in predicting our emotions, idealization of alternatives, and how depression and anxiety are maintained by regret. Finally, we will examine many techniques that can help clients use regret productively, learn how to accept trade-offs, and integrate regret into a meaningful and full life

LEARNING OBJECTIVES

1. Explain three kinds of productive regret
2. Describe three ways how depression can affect decision making and regret
3. Determine the disadvantages of taking a maximizing approach.

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REFERENCES

1. Leahy, R. L. (2022). *If only. . . : Finding Freedom from Regret*. Guilford Publications.
2. Leahy, R. L. (2016). Emotional schema therapy: A meta-experiential model. *Australian Psychologist*, *51*(2), 82–88. <https://doi.org/10.1111/ap.12142>
3. Byrne R. M. (2016). Counterfactual thought. *Annual review of psychology*, *67*, 135–157. <https://doi.org/10.1146/annurev-psych-122414-033249>

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