“Cognitive Behavioral Therapy for Regret”

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12:00pm-1:00pm

Abstract: Regret is a potential part of any decision and often leads to procrastination and avoidance or to rumination and self-criticism. We will examine how certain decision making styles make us more vulnerable to regret and how to modify these decision schemas to make more balanced decisions and to live with a range of outcomes. In particular, we will examine the role of existential and emotional perfectionism, maximization styles, depressive decision making, and emotional forecasting. Specific CBT techniques will be described drawing on cognitive therapy, emotional schema therapy, ACT, metacognitive therapy, and other approaches.

Learning Objectives:
1. Identify the role of the maximization and depressive styles in decision making
2. Describe how regret impacts procrastination, risk aversion, indecision, rumination, and self-criticism
3. Explain how to assist clients in accepting uncertainty and risk in order to make more pragmatic and effective decisions
4. Describe how to assist clients in reducing post-decision regret, self-criticism and rumination and accept trade-offs in making decisions while enhancing satisfaction with imperfect outcomes

References:

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