

Psychology Grand Rounds
Department of Psychiatry, Psychology Division

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“Cognitive Behavioral Therapy for Regret”

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Thursday, October 20th, 2022
12:00pm-1:00pm

SPEAKER:

The author receives royalties from several publishers: Random House, Hayhouse, Guilford, Taylor and Francis, New Harbinger and the American Psychological Association.

Robert L. Leahy was educated at Yale University (BA,MS,MPHIL, PHD) and 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. Leahy is the author of 29 books and is a frequent keynote speaker and presenter of workshops worldwide. His new book, *If Only..Finding Freedom from Regret* was recently published by Guilford books.

Abstract: Regret is 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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5. What we regret most ... and why. *Personality and Social Psychology Bulletin*, 31, 1273-1285. doi:10.1177/0146167205274693. Zeelenberg, M., & Pieters, R. (2007).
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