Changing Negative Thought Patterns

By Jody Brand, LPC

We all have that little voice inside our heads that attempts to hold us back through the use of self despairing statements, whether the statements are about our looks, abilities, or the core of who we are. These statements then become part of who we are and keep us from becoming who we can be. These negative self-talk statements are worse for people who have depression or those with low self-esteem, because these statements keep the person trapped and do not allow them to move forward easily.

Replacing negative thought patterns is addressed through the use of the DBT (Dialectical Behavior Therapy) and in individual therapy. The DBT group addresses identifying negative thought patterns by introducing the idea of cognitive myths and teaching the students to challenge these myths that they tell themselves. An example of a myth that students learn to challenge is "it will kill me if he does not talk to me". A possible challenge is "I won't like it, but I will move on if he does not talk to me". Other myths include "It does not matter; I don't really care". This one is generally used to avoid sharing feelings and managing emotions. Many students challenge this one with "I really do care and this is why". Students are then taught: to identify their own myths and challenge them and then to use these challenges every time that myth comes to mind. They practice replacing that thought with the challenge.

The next step in DBT is to learn about "cheerleading statements" and to make their own statements, to give themselves encouragement and to empower themselves. These statements are particularly helpful for overcoming fears and helping the student to feel better about themselves and to build upon their strengths.

Learning to change negative thought patterns are very powerful in learning to feel better about oneself and in turn, change behaviors. Remember our thoughts are directly related to our behaviors.

For more information, contact Layne Bagley, Admissions Director at Sorenson's Ranch School in Koosharem, Utah. Sorenson's Ranch School is a coed Residential Treatment Center working with adolescents ages 12-18 since 1959. For more information about Sorenson's and our use of DBT therapy, call Layne Bagley at 800-455-4590, layneb@sorensonsranch.com or visit www.sorensonsranch.com.

To be a great leader and so always master of the situation, one must of necessity have been a great thinker in action.

An eagle was never yet hatched from a goose's egg.

~ James Thomas

Seen N Heard...

Anniversaries:

Wisdom Ranch School celebrated a decade of service.

January 2011 marked the completion of five years of operation and 598 students and families having come through the doors at Sober College.

Elk River celebrated their five-year anniversary.

New Programs:

Insight Psychological Centers and its affiliate Inspire Health opened a new program for adolescents between the ages of 12 and 18.

Ron and Kristie Campbell opened Blur The Curve, an incentive program designed to enhance employee engagement as well as other advantageous incentive awards for schools and programs in the private, parent-choice network.

Sequel opened Deer Valley Academy for adolescents with Asperger's & other High-Functioning Autism Spectrum Disorders.

Remuda Ranch launched a new OCD program.

News:

The staff and faculty of Bridges Academy in Bend, OR, participated in a day of professional development focusing on Cognitive Self Change.

Sandhill Child Development Center in Los Lunas, NM announced the upcoming completion of a three-year certification program for the implementation of the Neurosequential Model of Therapeutics (NMT). Sandhill is the first NMT Partner Site to complete the full certification, and the announcement was featured in the most recent newsletter.

The 21st edition of the Parent Empowerment Handbook became available, not only in print, but in the Kindle version.

Cedar Ridge Academy student Nisty Tharp was featured as an artist in an art show at a local coffee shop in Roosevelt, Utah, along with the boarding school's art instructor and guidance counselor, Jim Munford.

Cedar Ridge Academy recently held tryouts for their competitive karate team.

Most people assume that Hollywood is the ideal location to hold a red carpet debut, but not for the students at the King George School, a therapeutic boarding school located in Sutton, Vermont. King George students recently participated in multi-media productions as part of Operation Skybound, an educational outreach program that focuses on character education through the arts.

Eating Disorder Hope launched a directory of non-profit organizations dedicated to helping eating disorder sufferers find recovery.

Catherine Freer presented "Positive Peer Pressure and False Positives: A Discussion of Adolescent Development vs. Peer Acceptance" at the annual NATSAP conference in Tucson.

Cumberland Heights is proud to announce that Hugh Nash has received two Professional of the Year Awards "In Recognition of his Contributions in the Field of Alcoholism and Drug Abuse" by MTAADAC (Middle Tennessee Association of Alcoholism and Drug Abuse Counselors) for Middle Tennessee and by TAADAC (Tennessee Association of Alcoholism and Drug Abuse Counselors) for the State of Tennessee.

Newport Academy announces the Chair of Addiction Medicine, David Smith, MD, was honored by the California Medical Association (CMA) with its prestigious Sparks

Continued: **Seen N Heard/ 14**