



<p>February 2014</p>	<p>In Counseling, Beware the Filter: ...and we all have one.</p>
<p>Common Cognitive Distortions</p>	<p>Technically speaking, a filter is a porous device used to separate solid particles from liquid. Behaviorally speaking, a filter is something that all of use to process information. It is a tendency for our brains to automatically filter out information that does not conform with our held beliefs or social mores.</p>
<ul style="list-style-type: none"> • All-or-Nothing Thinking • Overgeneralization • Negative Filtering • Disqualifying the Positive • Jumping to Conclusions including; <ul style="list-style-type: none"> ○ Mind Reading ○ Fortune-Telling • Magnification and Minimization • Catastrophizing • Emotional Reasoning • Should Statements • Labeling and Mislabeling • Personalization • Blaming • Fallacy of Change • Always Being Right 	<p>This type of information filtering has pros and cons. On the plus side, it offers a heightened ability to focus on certain preferences. On the down side, it can lead to cognitive distortion.</p> <p>Filters and Outcomes in Vocational Rehabilitation</p> <p>Filters influence outcomes.</p> <p>In vocational rehabilitation, since much of our work focuses on helping others to earn and manage money, it is useful to develop an increased awareness of how we view managing money, as well as how our customers view managing money. This achieves two important objectives;</p> <ol style="list-style-type: none"> 1. We can minimize projecting our views on our customers 2. We can maximize facilitating our customer's progress based on their interests, objectives and capacity <p>A Systems Approach to Leveraging Filters to Improve Outcomes</p> <p>Through a systematic process of goal setting, planning and celebrating progress along the way, we can significantly improve our ability to facilitate improved outcomes. A couple of options in this regard include;</p>
<p>Common Cognitive Restructuring Methods</p>	
<ul style="list-style-type: none"> • Socratic Questioning • Thought Recording • Cognitive Error Identification • Analysis; Pros-Cons or Cost-Benefit • Labeling Distortions • Decatastrophizing • Reattribution • Cognitive Rehearsal • Guided Imagery • Listing Rational Alternatives 	<ol style="list-style-type: none"> 1. Goal Setting: How does your customer define success by working with Vocational Rehabilitation? Discuss Specific, Measurable, Achievable, Realistic and Time-targeted (S.M.A.R.T) goals. Write them down and have both parties agree to them. 2. Planning: How will we get from where we are now to where we want to be? For self-employment, this process is significantly aided through the 5 Steps and 10 Steps mentoring processes. 3. Celebration Journal: Change can be challenging. Ask customers to write down 3 to 5 things each day that they celebrate. Ask them to share some of these things with you each time you meet. Also be prepared to share with them 3 to 5 things that you celebrate about the case from your perspective.

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