Reframing

Definition

- Reframing means to explore how an incident or situation is typically perceived and to offer another view or frame for the situation.
Example

• A: "I procrastinate all the time; I just can't get things done."

• B: "That's a great skill to have; especially when you apply it to overeating - just put off having that second helping. Lucky you."

• http://en.wikipedia.org/wiki/Reframing_(NLP)
Reframing used with

**Issues**
- AIDS prevention
- Anxiety
- Cognitive change
- Decision Making
- Depression
- Family Therapy
- Illness
- Lupus
- Mental Health

**Populations**
- Children & Adolescents
- Older Adults
- Terminally Ill

**Issues**
- Pain
- Panic
- Parenting
- Resistance
- Smoking
- Supervision
- Trauma
Reframing Is Used to:

- Reduce defensiveness
- Reduce over-simplistic attributions
- Modify view of context and situation
- Overcome resistance
Reframing Differs from Cognitive Restructuring

- Cognitive Restructuring deals with faulty cognitions
  - I cannot complete this task
- Reframing deals with faulty perceptions
  - This situation is unbearable
Steps in Reframing

• Rational
• Assessment of feelings and perceptions
• Intervention
  – deliberate enactment of selective perceptions
  – identification of alternative perceptions
  – modification of perceptions in problem situation
• Homework and follow-up
Rationale

• Description
  – Tools to change the way you “see” a situation
  – Attend to new aspects
  – Respond with new feelings

• Application
  – How it applies to client

• Client willingness?
Two Kinds of Reframe

- **Meaning Reframe**
  - Stubbornness — independence
  - Greediness — ambition

- **Context Reframe**
  - In what situation is a negative behavior positive
    - Like to speed — Cop
    - Like to worry — risk assessment
Context Reframe

• Decide when, where, and with whom a given problem behavior is useful or appropriate.
• Answers the question "In what place in your life is behavior X useful and appropriate?"
• Every behavior is useful in some but not all contexts or conditions.
• When client states "I'm too lazy," a context reframe would be "In what situations (or with what people) is it useful or even helpful to be lazy?“—playing with children
• Most useful when dealing with client generalizations: I am never assertive, I’m always late.
Assessment of Feelings and Perceptions

• What are you attending to now?
• What are you aware of now?
• What are you noticing about the situation?
• Link to feelings
• What are you feeling at this moment?
• What do you feel in your body?
Water-phobic Client

• Approach situations with the water
• Attend to the salient features
  – depth of the water
  – inability to see the bottom of the pool.
• Deliberately have the client attend to the situation.
  – Warm of sun
  – Coolness of water
  – Safety features
Intervention

• Is there a large or different frame in which this behavior would have a positive value?
• What else could this behavior mean?
• How else could the behavior be described?
• What other aspect of this situation that is not apparent to the client could provide a different meaning to the frame?
Criteria For The Best Reframe

• Accurate

• “As valid a way of looking at the world as the way the person sees things now.”

• Reframes don't necessarily need to be more valid, but they really can't be less valid."

• Look for bodily change in feeling as a result of the reframe.
Counselor Behavior When Delivering A Reframe

- The counselor's nonverbal behavior must be congruent with the tone and content of the reframe.
Homework and Follow-up

• Who, what, where, when, how, how often. To use intervention in setting.
• Reminders
• Recording
• Bring records to next session
Practice Situations: Reframe a:

• Bad date
• Test anxiety
• Not getting hired
• Someone dumping you
• Doing something embarrassing in public
• Showing up late
Steps in Reframing

• Rational
• Assessment
  – Identification of Perceptions
  – Identification of Alternate Perceptions
• Practice of New Perceptions in Problem Situation
• Homework and Follow-up