

Final Interview Outline

The Shyness Clinic
Lynne Henderson, Ph.D., Director

Instructions for Therapists:

1. Talk about specific goals for the future and plans to meet them. Record 3 specific goals for the next six months: _____
2. What should they do if they get off track? (e.g., review cognitive/attributional distortions and challenge negative thinking; write down challenges and rational responses; call someone with whom they can strategize about behavioral goals or get help with negative thoughts and feelings; review their hierarchies, specify specific goals and write down situations in which to practice; schedule a booster session).
3. Discuss possible psycho-educational opportunities, such as community college classes for communication skill building or public speaking, and Toastmasters. For unmarried clients, discuss local singles groups such as Meeting for Good and the Sierra Singles club as places to continue to practice meeting people. Include gay and lesbian groups. Make a list they can take home.
4. **Administer the Shyness Attribution Questionnaire (SAQ) and compare it with the one they filled out during the first session. Discuss how they changed their attributions when they did change them. If they did not change their negative attributions in a given situation, discuss how they can continue to challenge them and what adaptive responses they can use.**
5. **Social Phobia (Does patient still meet criteria? Rate the degree of anxiety and avoidance experienced in each situation: conversations, small groups, dating, speaking to authority figures, parties)**
6. **Administer the BAT and have the client fill out the Thought Listing Form afterward. Point out to them the changes they have made, such as fewer negative thoughts, and more positive or neutral thoughts.**