PSYCHOLOGISTS' ATTITUDES TOWARD MONEY: USE OF COGNITIVE BEHAVIORAL THEORY TO EXPLAIN HOW WE PERPETUATE OUR FINANCIAL ABUSE

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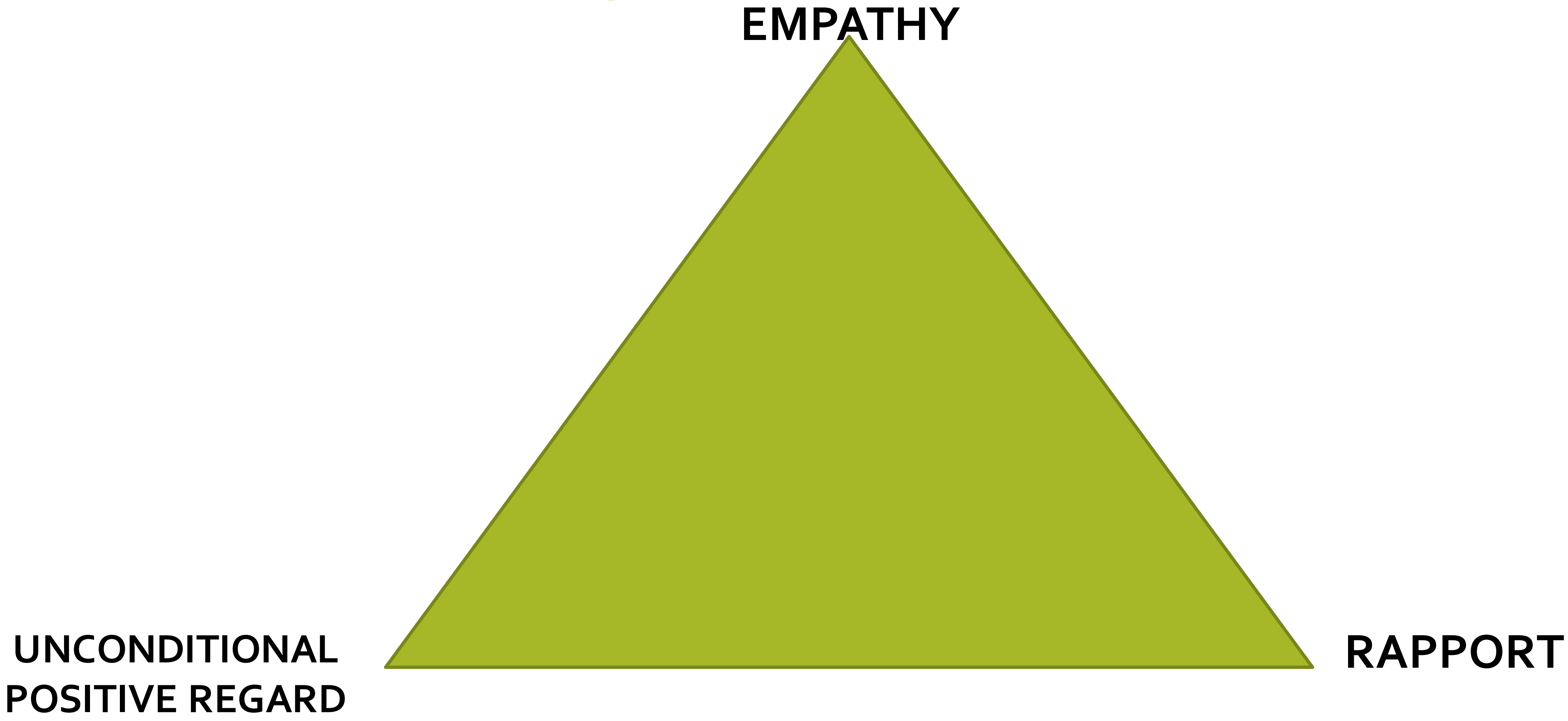
Money Scripts

BELIEFS ABOUT MONEY…

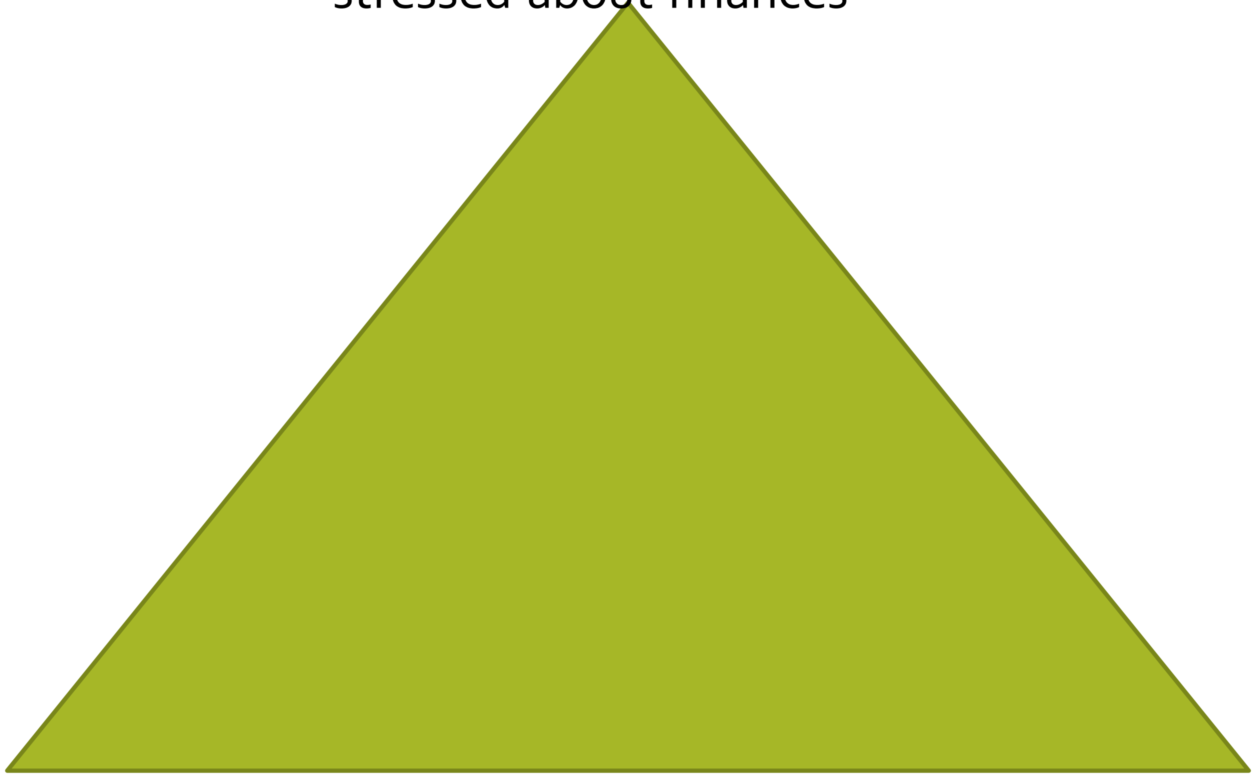
“Scripts” about money are often ignored in graduate programs

Let's start with our expectations as mental health practitioners…



Our current dynamic

"***It sounds like*** you are incredibly stressed about finances"

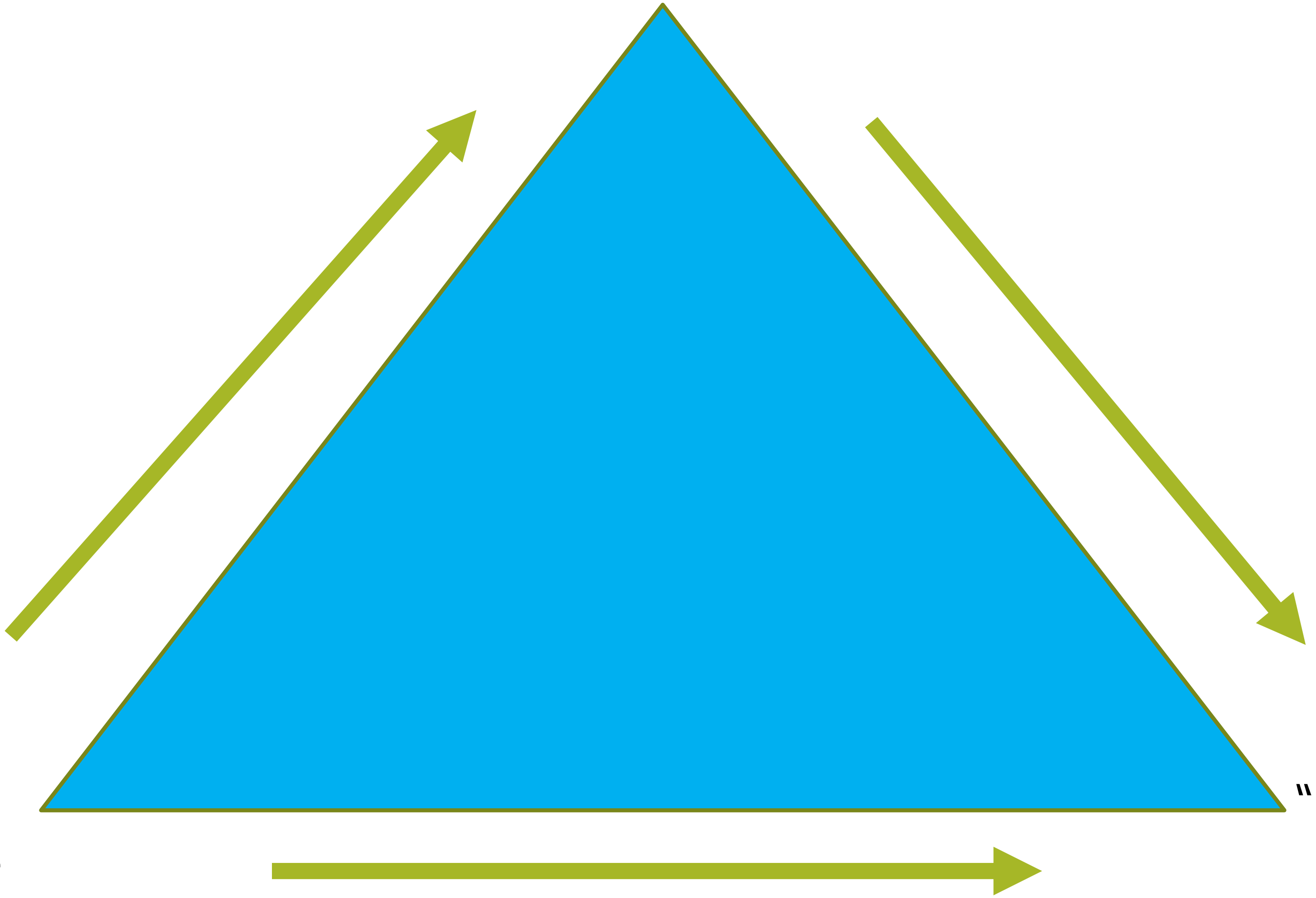


I mean you can just pay me **$75**

That will be **$250** for today's session.

"I am, Dr. Lori. ***You understand me so well."***

Relational Frame



Avoidance

IT WORKS (BTW: that can be a problem in behaviorism)

- Patients are happy/less distressed
- We feel like “good therapists”

So, are we doing the best for our patients?

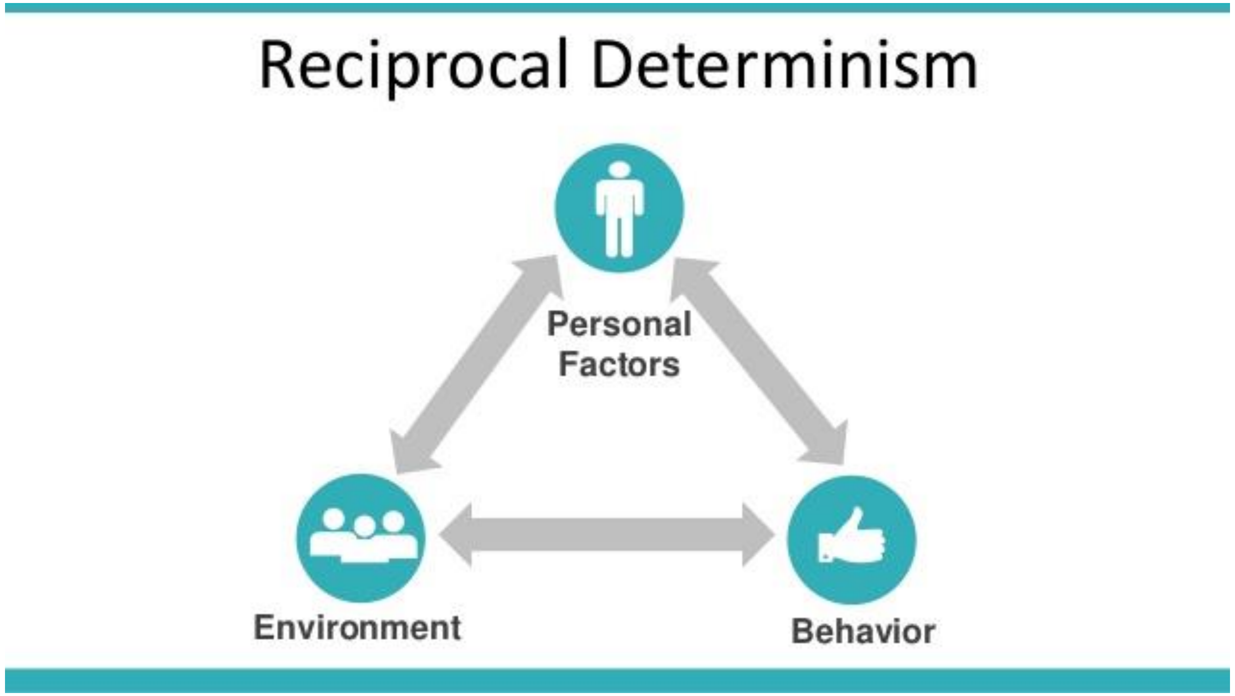
And, are we doing the best for our field?

Even more, are we doing the best for ourselves?

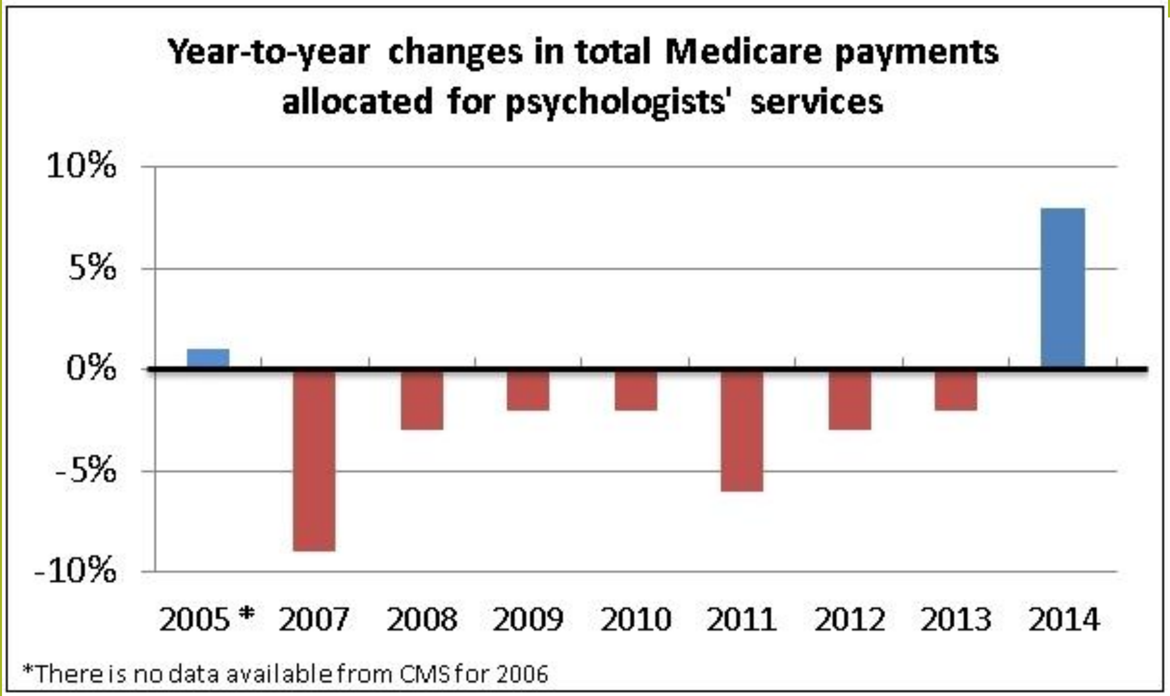
Costs of Avoidance

$$\text{DISAPPOINTMENT} = \frac{\text{EXPECTATION}}{\text{REALITY}}$$

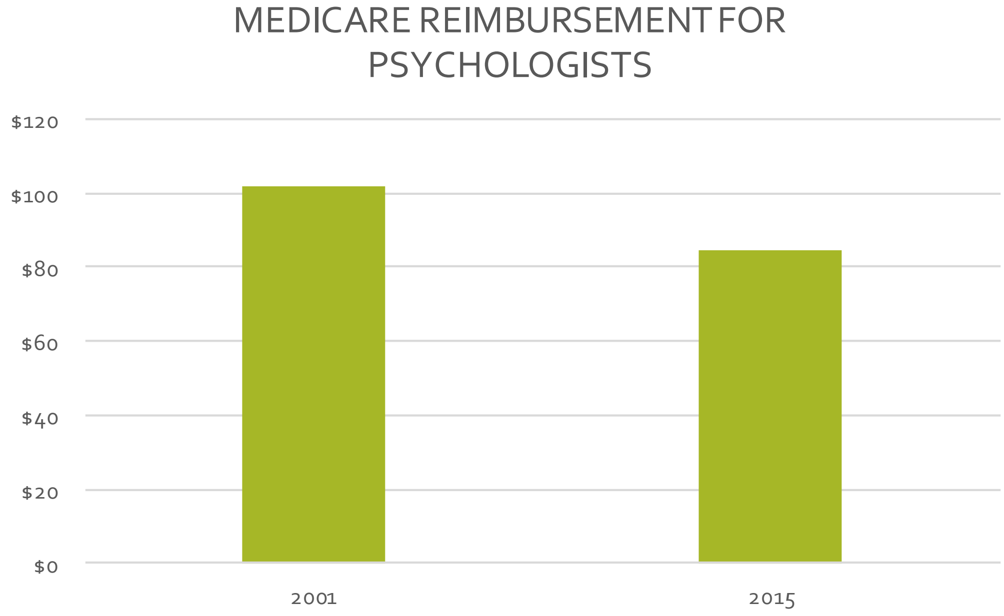
MORE COSTS…


Reciprocal Determinism
Personal Factors
Environment
Behavior

MORE COSTS…



INCREASE IN NEED

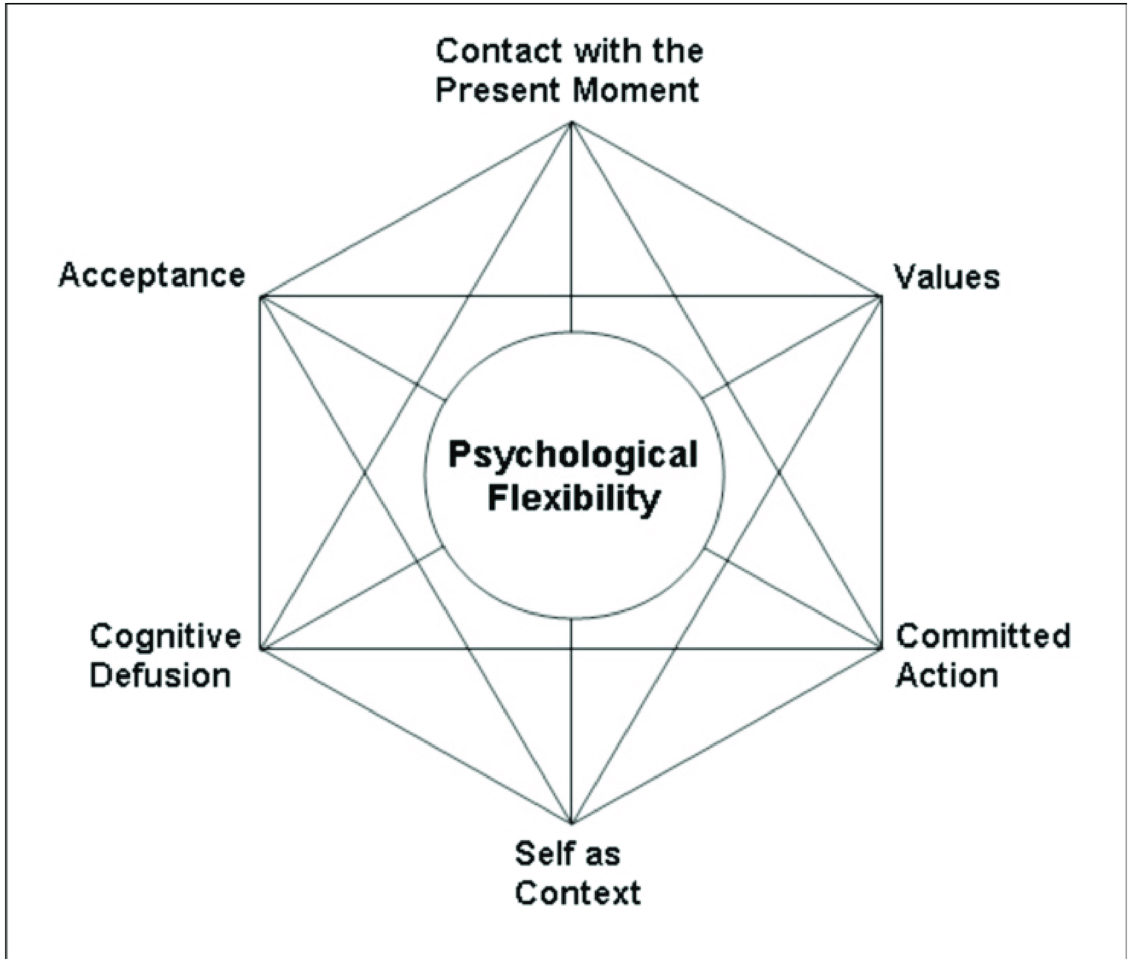


DECREASE IN REIMBURSEMENT

ENVIRONMENTAL IMPACT

This is so frustrating!

PSYCHOLOGIST "TREATMENT PLAN"



HEXAFLEX

- We can be more mindfully aware of this issue
- Stick to our values to help patients and our field
- Be committed to doing what works

HEXAFLEX

View	View ourselves as humans who can be empathic for others AND put ourselves first
Separate	Separate from our fearful thoughts and feelings
Accept	Accept a wide range of experiences: sometimes we can disappoint patients and that's ok

HOPE THIS PLANTED A SEED FOR CHANGE

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