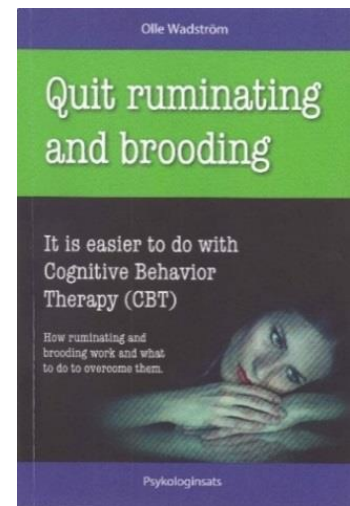


A new model for treatment of worry and rumination.

Rumination is a scourge to most people. In this book an operant analysis of ruminating behavior is given and a model how to treat the problem is proposed. The analysis makes it obvious that certain technics are useful e.g. acceptance, mindfulness, while others can be directly detrimental e.g. reassurances, logical reasoning, comforting. The book explains how rumination works, in addition it provides a logical explanation why certain techniques are more suitable.



The model was first presented in 2007 in the Swedish version of the book “**Quit ruminating and brooding**” (Wadstrom 2015) and has proven to be clinically effective in two large studies by PhD Erik Andersson. The model, developed by the clinical psychologist Olle Wadström, is based on an operant analysis after 40 years of experience of ruminating patients with OCD, social phobia, GAD, anticipatory anxiety, decisions anxiety etc. The model uses competing responses (incompatible thoughts) to block the comforting thoughts in order to extinguish the discomforting catastrophic worry thoughts.

Presentation of two studies at EACBT 2016 (open paper session 18)

Saturday September the 3rd 10:30 A.M

PhD Erik Andersson’s research group¹ at KI (the Karolinska Institutet) has developed an internet treatment package based on the treatment model presented in the book (Wadström 2015). This internet-based treatment has recently been tested for high-worriers in two large scale randomized controlled trials. The control group in the first trial (n=140) consisted of a waiting-list. The control group in the subsequent trial (n=311) consisted of stress-management training (including applied relaxation techniques). Both trials will be presented at the EACBT. Visit Erik’s presentations at the congress to get information about the very encouraging results.

Usefulness

The treatment model has become popular among CBT therapists in Sweden. The book has been praised by clinical psychologists, students of psychology, patients and people in general as self-help.

“I have been working with a patient with severe anxiety and depression-problems, where ruminations have been very prominent. Progress with traditional CBT was quite small. After reading the book, I presented the model to the patient, who said he was willing to work with it. Pretty soon, we both noticed that it showed powerful results. Now, a while later, the results are incredible, almost like magic!”

Socionom, and lic.psychoterapist (CBT) Gudrun Hansson-Lönnqvist

References

Wadstrom, Olle (2015) **Quit Ruminating and Brooding** – *It is easier to do with Cognitive Behavior Therapy*. Amazon.com ISBN 9781511549776

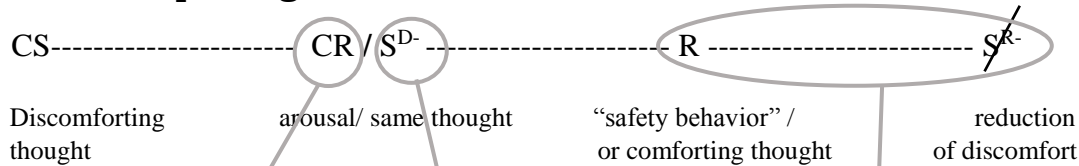
Wadström, Olle (2013) *When Mowrer is not enough – An operant analysis of rumination*. Translated from **Beteendeterapeuter** 1 (pp 12-17). Retrieve the article from: <http://quitruminating.com/scientific-base-2/>

¹ Erik Andersson’s research group has no commercial interest in this product.

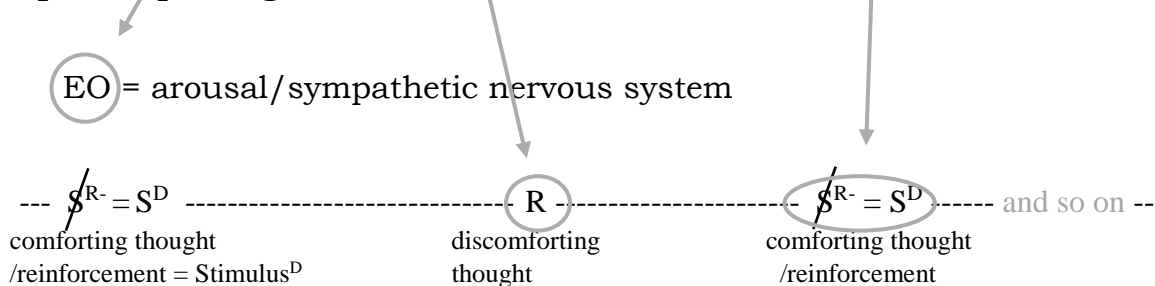
An excerpt from "When Mowrer is not enough"

Mowrer's two-factor theory has had an immense influence on the perception of anxiety disorders. However Mowrer gives a momentary picture of respondent conditioning but not protracted anxiety like worry and rumination. Therefore I have supplemented it with an operant paradigm – a behavior chain. The two paradigms and their relation are illustrated here.

Mowrer's paradigm



Operant paradigm - a behavior chain



The two paradigms are working simultaneously and parallel.

Mowrer's paradigm occurs once in a while during worry/rumination and explains why the discomforting thoughts can become conditioned stimuli i.e. how the ruminator gets scared of his/her own discomforting thoughts.

The operant paradigm on the other hand explains how the worry is kept going, why the discomforting thoughts become more and more intrusive and also opens for the idea that the discomforting/intrusive thoughts are possible to extinguish.

According to the operant analysis the comforting thinking serve as reinforcement (Premack's principle) for the behavior to think discomforting thoughts and at the same time serve as discriminative stimuli for next coming, new discomforting thoughts. The comforting thoughts thus increase the amount of discomforting thoughts and make the behavior chain continue.

The continuously ongoing arousal during rumination serves as an establishing operation (EO) which makes the comforting thoughts reinforcing.

The aim for the treatment is to extinguish the discomforting/intrusive thoughts by removing the reinforcers i.e. to refrain from comforting thoughts and other anxiety reducing behaviors.

Suitable techniques to block the cognitive reinforcements with incompatible behaviors are elaborated in "**Quit ruminating and brooding**" where numerous examples are given. The book is available at Amazon.com