

Building Clients' Self Esteem

**SDS Seminar with
Paul Grantham,**
Consultant Clinical Psychologist

**Mental health
problems**

**Offending
behaviour**

**Maintenance of
function in the
elderly**

**Truancy & poor
school
achievement**

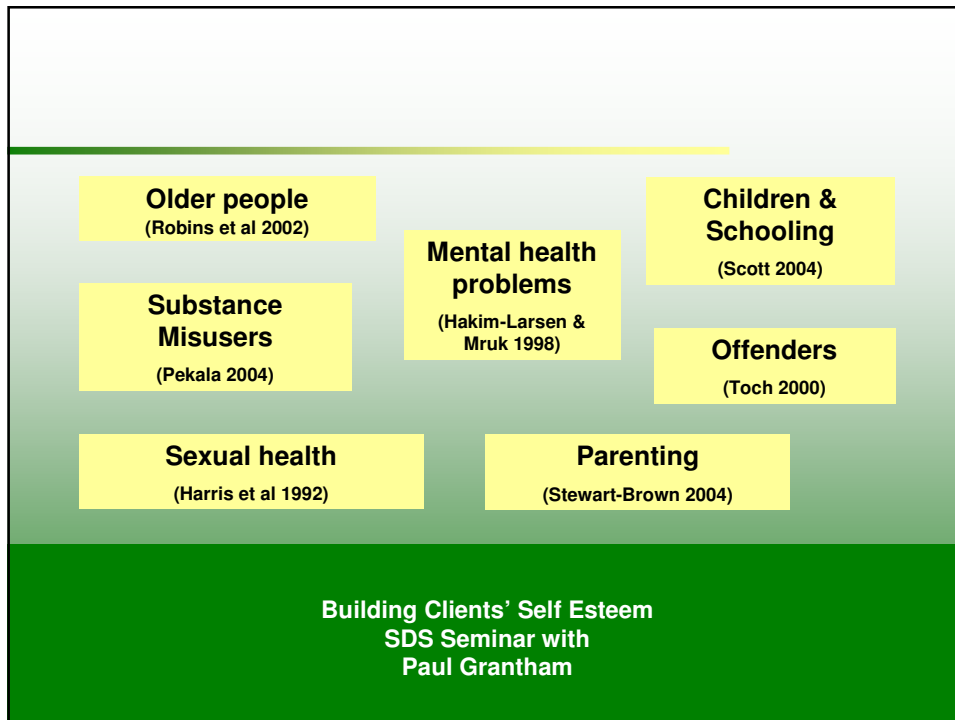
**Substance
misuse**

**Vulnerability to &
recovery from physical
illness**

**Adolescent
pregnancy**

**Weight & body
image problems**

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The slide has a light green background with a horizontal yellow line near the top. The main text is a quote in green, followed by the citation 'Mruk (1999)' in green. At the bottom is a solid green rectangular box with white text.

**‘Self esteem is the lived status
of ones competence in dealing
with the challenges of living in
a worthy way over time’**

Mruk (1999)

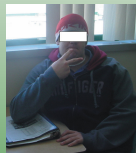
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‘Self esteem is accepting & valuing yourself whilst doing things competently and in a way you find morally acceptable’

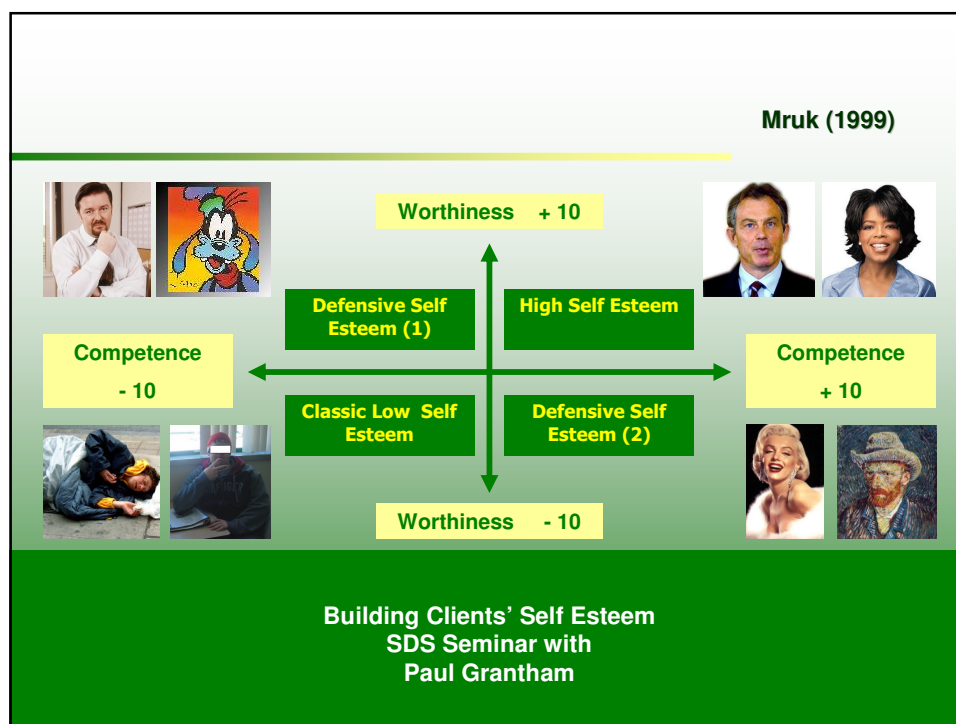
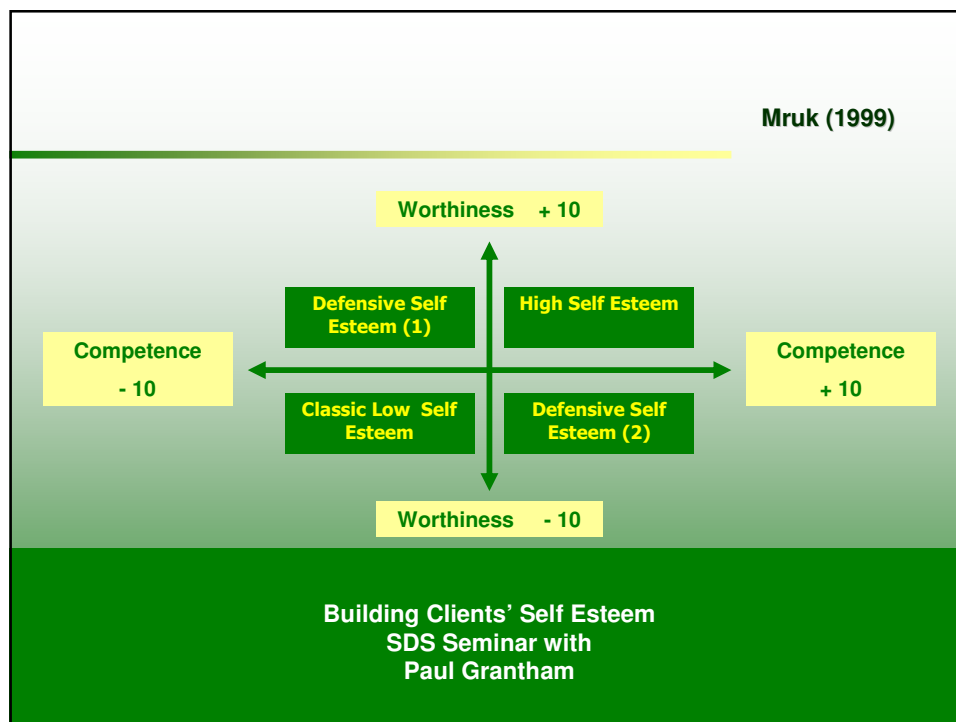
Paul Grantham (1999)

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Who Of These Has High Self Esteem ?



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How Do People Develop High Self Esteem?

- ✦ Being valued by significant others
- ✦ Receiving positive feedback on competence & value
- ✦ Clear & consistent boundary setting and expectations
- ✦ Having excellent role models dealing with challenge
- ✦ Belonging to a social group(s) with high self esteem

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5 Key Sources of Self Esteem

- ✦ Developing self efficacy
- ✦ Cognitive approaches to change thinking and beliefs
- ✦ The use of self nurturing and self enhancement strategies
- ✦ Developing social support to enhance self esteem
- ✦ Receiving effective feedback

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Developing Clients' Self Efficacy

✦ Successfully handling the 'challenges of living'



✦ Successful goal setting



✦ Successful influencing

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Increasing Self Efficacy

- ✦ The importance of positive role models?
- ✦ Real life and distance role model?
- ✦ How can we use role models?



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Increasing Self Efficacy

The use of problem solving to manage the challenges of life

- Give permission for mistakes
- How to spot if there is a problem
- How to make sense of the problem
- Finding different possible solutions or responses to the problem
- Think about effects
- Make a plan
- Implement and evaluate

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Increasing Self Efficacy

Ensuring Successful Goal Setting

- Making goal setting integral
- The issue of goal choice and direction
- Identifying benefits
- Anticipating obstacles and how to address them
- Being flexible
- Encouraging clients to revel in successes
- Using support systems

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Increasing Self Efficacy

Developing Assertion Skills

- ✦ Why are we not more assertive ?
- ✦ The right to make our needs and wants heard
- ✦ How to do it (Saying No)
- ✦ Keeping calm while you do it
- ✦ Keeping a record of successes and effects

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Using Cognitive Approaches

- ✦ Raising awareness of verbal thoughts, beliefs, values and images
- ✦ Making the connection between thoughts/beliefs and feelings/behaviour
- ✦ Examining 'unhelpful' thinking
- ✦ Creating doubt rather than changing beliefs



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Common forms of 'unhelpful' thinking

- ✦ Overgeneralising
- ✦ Catastrophising
 - ✦ Filtering
- ✦ Jumping to conclusions
 - ✦ Magnifying
 - ✦ 'Yes, but...'
- ✦ 'Should' statements
 - ✦ Name calling
 - ✦ Personalising
 - ✦ Fortune telling

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Cognitive Techniques

Record keeping

- ✦ Thoughts & alternatives
- ✦ Thoughts & contrary examples
- ✦ Thoughts & rebuttals

Self statements (mantras)

- ✦ Rebuttals
- ✦ Positive self statements
- ✦ Socratic dialogues
- ✦ Personification, tone & volume

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Keeping an eye on the daft sod inside me

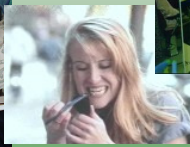
Daft thought	Why the daft sod said it	Telling the daft sod to sod off
Stevie keeps looking at me	Stevie stared at me	Fuck off daft sod, thank you
I always get picked on for washing up	It was my turn to wash up	F... off daft sod, you're always trying to get me into trouble
I always get picked on to do the washing up	Kylie ignored me this morning	Don't be so daft daft sod. You know Kylie's a babe

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The role of self nurturing



- ✦ Body maintenance
- ✦ Body enhancement



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Exercise & Self Esteem

What type of problems does it work with?

Mental health

Raglan (1990)

Obesity

Ready (1991)

Physically Disabled

Coyle & Santiago (1995)

Pre-School Children

Alpert et al (1990)

Young Offenders

MacMahon (1990)

The Elderly

Lampman (1987)

Children

Waade (2004)

Epilepsy

Van Linschotten (1990)

Myocardial Infarction

Conn et al (1992)

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Why does exercise build self esteem ?

✦ Distraction

✦ Monoamine metabolism and endorphin release

✦ Sense of increased control of self

✦ Perception of success & achievement

✦ Meditative effect

✦ Perceptions of improving physical condition & body attractiveness

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Body Enhancement

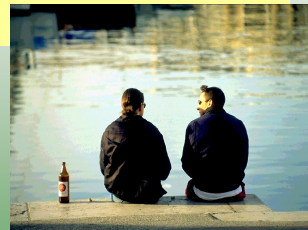
- ✦ Cosmetics Use – Brdar et al (1996)
- ✦ Clothing Use – Fiore & DeLong (1990)
- ✦ Hairdressing - LGFB



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Using Social Support & Help

- ✦ Important characteristics of social networks
 - ✦ Size
 - ✦ Use
 - ✦ Perception



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Social Support Networks

Why do they increase self esteem?

Aid self acceptance

Suggestibility
increases hope and
belief in success

Reduces sense
of isolation

Someone to disclose to

Extra resources
for problem solving,
guidance & practical
help

Increases perseverance to
tackle problems

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Key methods for improving clients' social support & networks

✦ Add members

✦ Teach clients how to use their networks more effectively

✦ Enhance clients' perceptions of existing social networks & support (Brand 1995)

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How to use the people you know better

- How NOT to talk to people
- Things to say and do to get people to like you
 - What to do with your body and face
 - Choosing who to practice with

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Enhancing perceptions of social support

- Getting More From Your Friends & Family
 - List all the people you know :
 - Circle those you talk to at least once a week/month
 - List something each does for you over the next week/month

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Obtaining Accurate Feedback

- ✦ Feedback as a source of information about self
 - ✦ Positive vs negative feedback
- ✦ The importance of type, salience and frequency



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How to give 'good feedback'

- ✦ If performance is VERY bad, attend to your client and 'appreciate' them their unique characteristics
 - ✦ 'Catch your client doing things right'
 - ✦ Repeatedly & frequently let them know about it
- ✦ Give feedback at the start/middle, get eye contact, be concrete and specific and don't collude afterwards
- ✦ Provide positive and negative feedback on a ratio of 5:1 (Frey & Carlock 1989)

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Feedback Exercise

Given more
than got

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Key learning points

- ✦ Does your client have self esteem issues on competency, worthiness or both? Don't address the wrong issue !
- ✦ Explore the use of role models. They are frequently under used in self esteem work
 - ✦ Watch out for the clients' own language for describing their cognitions. Then use it !
- ✦ Don't rule out how clients LOOK in building self esteem. SOME form of exercise is near enough essential
 - ✦ Loners rarely have high self esteem. Look at building social networks
- ✦ Negative feedback is always easier to take if you know what's already unique or good about you

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