

What's Really Going on?

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"Manny"

- Client signs in with no eye contact and when greeted responds with a half smirk, a shrug of his shoulder, and keeps signing in. When you sit down, he says he is concerned about his future because he is "not good at anything." He is a biology major with aspirations to attend medical school due to pressure from his family since his dad is a physician. His GPA is a 2.6 and he fears he will not be able to get into medical school. He is a junior with no volunteer activities and he is fearful about what to do next.

"Ryan"

- Client is in a wheelchair and says he wants to get more involved on-campus. You learn he has suffered numerous traumas including being shot, which resulted in him being paralyzed from the waist down. He was no longer able to be pre-med due to the rigor of the courses and the fact that he could barely write/type after his injury. He says nothing has really been the same after his injury, and he states "not that my life was all that great before." He is not really sure what the point of anything is anymore.

Bryan, C. J. (2019). Cognitive behavioral therapy for suicide prevention (CBT-SP): Implications for meeting standard of care expectations with suicidal patients. *Behavioral Sciences & the Law*, 37(3), 247–258. <https://doi.org/10.1177/1043986219872411>

Career development and mental health

- Mental health constructs directly correlated to dysfunctional career thinking
 - Depression
 - Anxiety
 - Angry hostility
 - Impulsivity
 - Vulnerability
 - Self-Consciousness
 - Indecision
 - Neuroticism

(Sampson et al., 1996)

Career Thoughts Inventory (CTI)

Sample CTI

CTI Profile for College Students

DMC = Decision Making Confusion
 CA = Commitment Anxiety
 EC = External Conflict

Item	DMC	CA	EC
1	1	1	1
2	1	1	1
3	1	1	1
4	1	1	1
5	1	1	1
6	1	1	1
7	1	1	1
8	1	1	1
9	1	1	1
10	1	1	1
11	1	1	1
12	1	1	1
13	1	1	1
14	1	1	1
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93	1	1	1
94	1	1	1
95	1	1	1
96	1	1	1
97	1	1	1
98	1	1	1
99	1	1	1
100	1	1	1

Career Thoughts Inventory Workbook

Improving Your Career Thoughts
A Workbook for the Career Thoughts Inventory

James P. Sautman, Ed, PhD
James H. Johnston, PhD
Scott E. Lane, PhD
Michael S. Rabinovitz, PhD
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Section 1: Identifying Your Total Amount of Negative Career Thoughts: The CTI Total Score

Section 2: Identifying the Nature of Your Negative Career Thoughts: CTI Scale Scores

CTI Workbook

An Exercise for Improving Your Career Thoughts

Old Career Thought	New Career Thought

Challenging and Altering Your Negative Career Thoughts

This exercise of the workbook is designed to help you challenge and alter your negative career thoughts. You will be asked to identify a negative career thought, write it down, and then challenge it. You will be asked to write down a new, more positive career thought that you can believe in. You will be asked to write down a plan of action that you can take to improve your career situation.

- Identify a negative career thought that you believe in.
- Write down the negative career thought.
- Challenge the negative career thought.
- Write down a new, more positive career thought that you can believe in.
- Write down a plan of action that you can take to improve your career situation.