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Redirection

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Synonyms

Behavioral redirection; Cognitive redirection;
Cognitive shifting; Refocusing

Definition

Redirection is a term typically used in psychotherapy and counseling that refers to the process by which a therapist or counselor redirects or refocuses a client's behavior, attention, or thought processes from maladaptive thoughts or behaviors

to more adaptive ones. This can be achieved through several techniques including cognitive restructuring, challenging maladaptive thinking, disputing beliefs, and learning new coping skills.

Cross-References

- [Behavioral Therapy](#)
- [Cognitive-Behavioral Therapy](#)

References and Readings

- Freeman, A. (Ed.). (2005). *Encyclopedia of cognitive behavior therapy*. New York: Springer.
- Heaton, J. A. (1998). *Building basic therapeutic skills. A practical guide for current mental health practice*. San Francisco: Jossey-Bass.
- Kalina, I. (2005). The technique of "redirection" in couple therapy. *The Family Journal*, 13, 199–200.