

Cognitive Behavioral Therapy- An Overview

Today's Facilitator

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Master of Counseling Psychology (1999)

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Experienced therapist for adults, adolescents
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Learning Objectives:

1. Discuss the history of Cognitive Behavioral Therapy (CBT)
2. Identify the key principles of CBT
3. Recognize common thinking errors
4. Describe the basic techniques that are utilized for various conditions with CBT



Agenda

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What is CBT

02

History of CBT

03

How does CBT work

04

Class Exercises

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Chapter

01

What is Cognitive Behavioral Therapy?

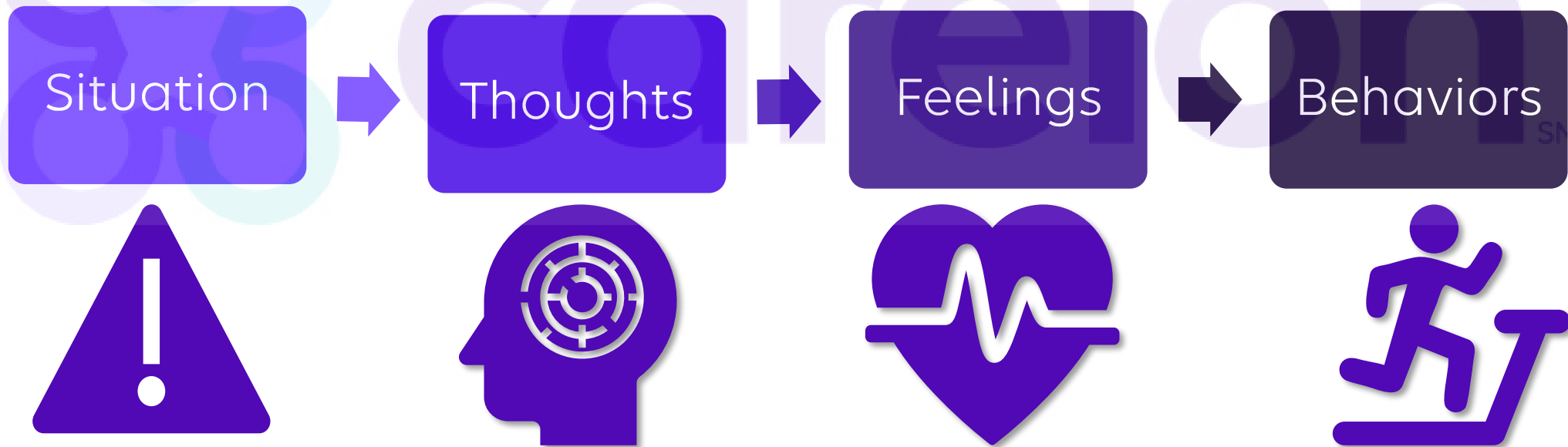


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Basics of Cognitive Behavioral Therapy (CBT)

- CBT is a type of psychotherapeutic treatment that helps people learn how to identify and change maladaptive thought patterns that have a negative influence on behavior and emotions



CBT Has Many Applications

Mental Health Concerns

- Anxiety
- Mood Disorders
- Schizophrenia
- Eating Disorders
- PTSD
- Addiction

Physical Health Concerns

- Coping with Chemotherapy
- Chronic Pain
- New Diagnoses
- Chronic Fatigue
- Insomnia

Lifestyle Issues

- Assertiveness
- Diet
- Exercise
- Social Isolation
- Grief
- Anger Management



Research Supports CBT as Successful Treatment

CBT found to be most helpful in treating:

Anxiety disorders

Somatoform disorders

Bulimia

Anger control problems

General stress

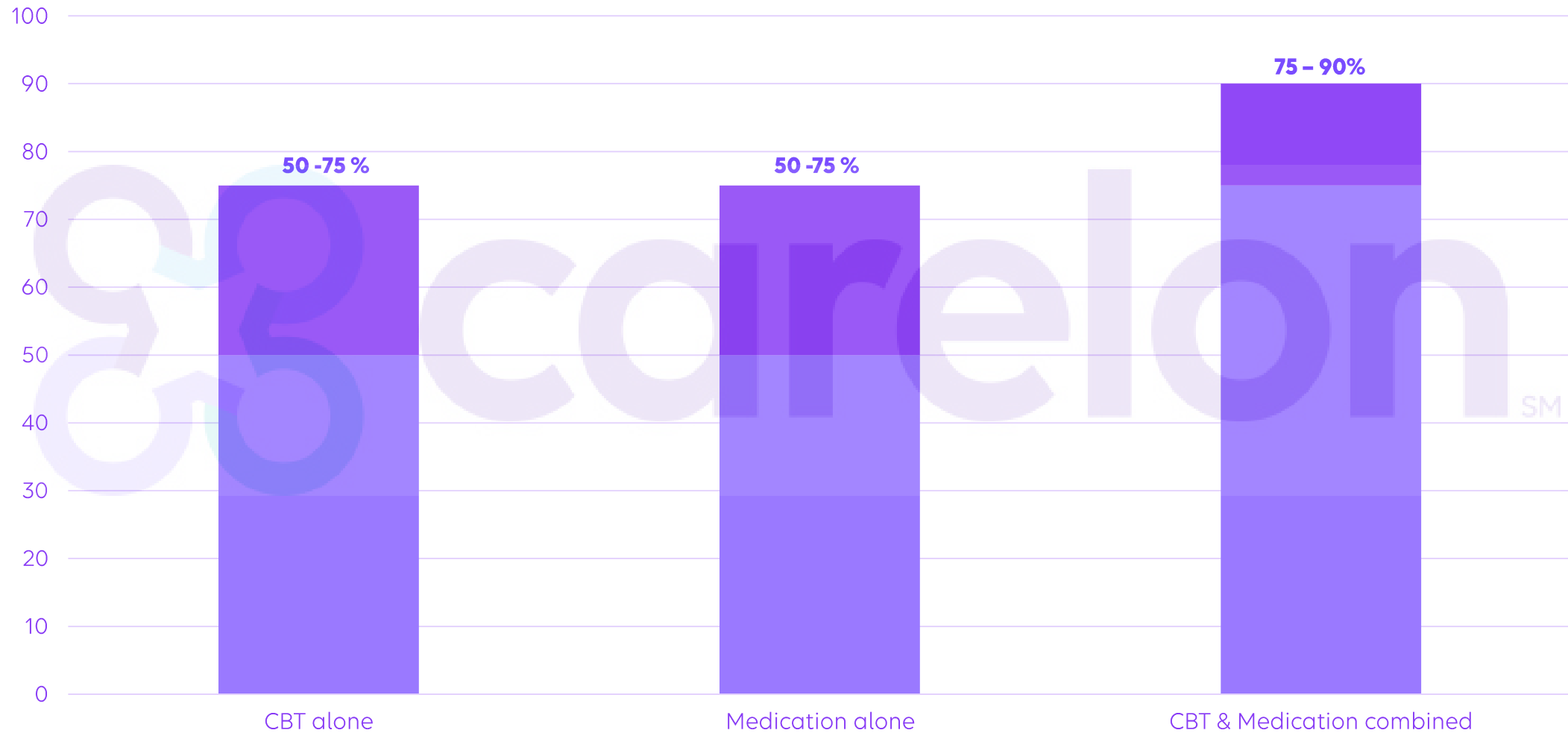
CBT showed higher response rates in 7 out of 11 studies.

Only one review reported that CBT had lower response rates than comparison treatments (Hoffman, 2012)



Effectiveness of Treatment Modalities in Adults with Depression and Anxiety

MedCircle (2020)



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Chapter

02

History of Cognitive Behavioral Therapy



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Origins of Cognitive Behavioral Therapy

Linking thoughts, feelings, and behaviors was first initially discussed in the *Handbook of Epictetus*

Short manual of stoic ethical advice compiled by Arrian, a 2nd-century disciple of the Greek philosopher Epictetus

Shows the way to achieve mental freedom and happiness in all circumstances

This is the essence of Cognitive Behavioral Therapy



**“MEN ARE DISTURBED NOT BY THINGS,
BUT BY THE VIEW WHICH THEY TAKE OF THEM”**



-EPICTETUS IN THE ENCHIRIDION



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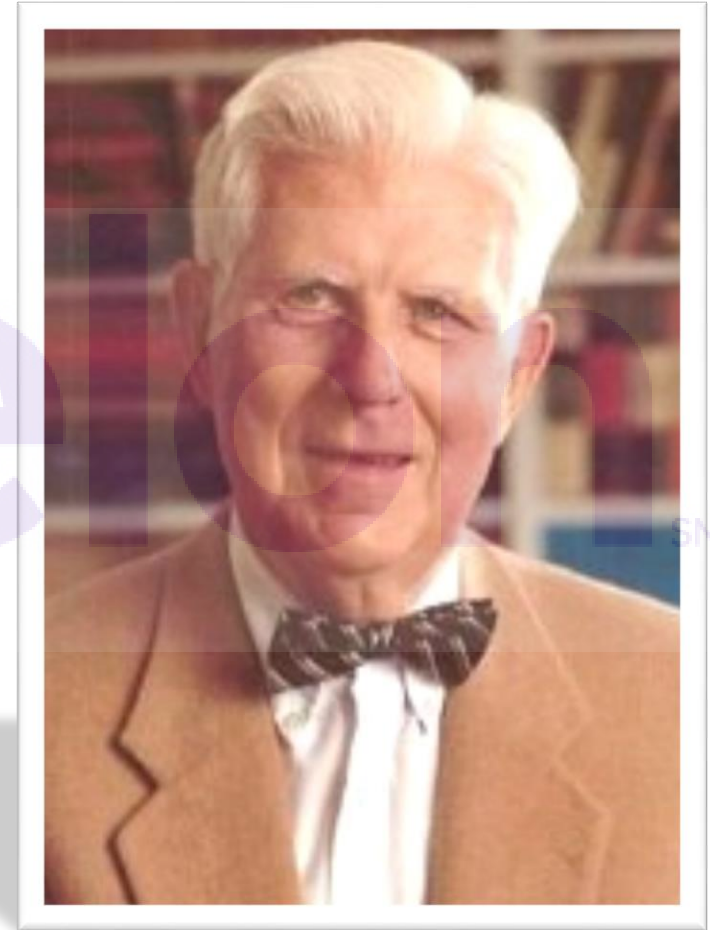
Development of Cognitive Behavioral Therapy

Aaron Beck developed CBT in 1960's

Used CBT to address depression

Observation:

Depressed individuals generally have a negative bias about themselves and a negative interpretation of life events.



Video: Aaron Beck on the Importance of CBT



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Chapter

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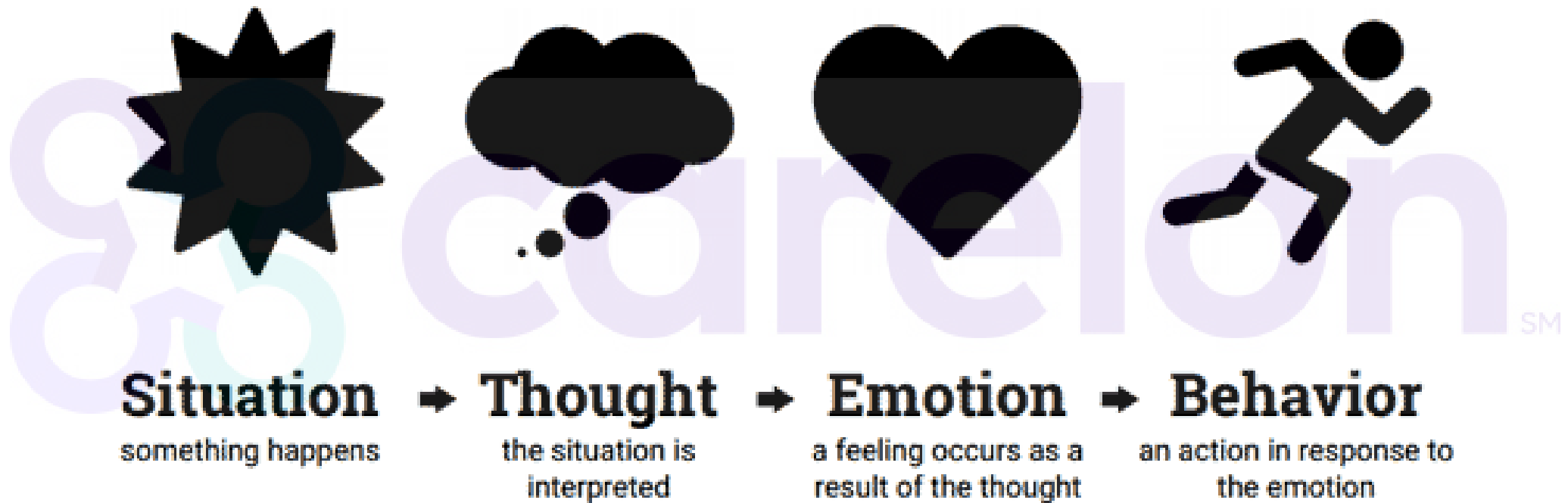
How does Cognitive Behavioral Therapy Work?



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The Cognitive Model



Primary Principles of Cognitive Behavioral Therapy



Psychological disorders are characterized by *maladaptive thinking* derived from *maladaptive beliefs*

Improvement is seen by

Modifying maladaptive thinking = short term results

Modifying maladaptive beliefs = long term results

“Talking Therapy”

1. Individual identifies negative ways of thinking or feeling during problem situations
2. Therapist helps show the connections between thoughts and feelings
3. Question thoughts / beliefs: good self talk vs. bad self talk
4. Generate healthy alternatives



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The ABC's of CBT

A

Activating Event

B

Belief

C

Consequence

D

Dispute

E

Effect





Exercise 1: Examine Your Thinking Patterns

Write down the last time you:

Felt angry

Felt upset

For each of these, write down your thoughts at the time of the incident

What did you notice?



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Exercise 1: Discussion

Were you more critical of others when you were angry?

Were you more critical of yourself when you were upset?



Common Thinking Errors

Mind Reading

- Assuming you know what people think with little evidence

Fortune Telling

- Predicting that things will get worse or that there is danger ahead

Catastrophizing

- Belief that what has happened/ will happen will be so awful and unbearable that you won't be able to stand it

Labeling

- Assigning global negative traits to yourself and others

Discounting Positives

- Trivialize positives that you or others attain



Common Thinking Errors

Negative Filter

- Focus is almost exclusively on the negatives and seldom notice the positives

Overgeneralizing

- Perceive a global pattern of negatives on the basis of a single incident

Dichotomous Thinking

- Viewing yourself, events, or other people, in “all or nothing terms”- either perfect or a total failure

“Should”s

- Interpreting events in terms of how things should be rather than simply focusing on what is



Common Thinking Errors

Blaming

- Focus on the other person as the source of your negative feelings & refuse to take responsibility for changing yourself

Unfair Comparisons

- Interpreting events in terms of standards that are unrealistic & finding yourself inferior in comparison

Regret Orientation

- Focusing on the idea that you could have done better in the past, rather on what you can do better now

What If?

- Continuing to ask a series of questions about “What if” something happens and fail to be satisfied with any of the answers



Common Thinking Errors

Emotional Reasoning

- Letting your feelings guide your interpretation of reality

Inability to Disconfirm

- Rejecting any evidence or arguments that might contradict your negative thoughts

Judgment Focus

- Viewing yourself, others and events in terms of evaluations of good bad or superior inferior

Personalizing

- Attributing a disproportionate amount of the blame to yourself for negative events





Exercise 2: Identify Your Thinking Errors

Think of a behavior that you tried to change, and then reverted back to?

Weight change

Smoking

Exercise



What did you tell yourself to help keep you motivated?

What did you tell yourself when you reverted back to previous behaviors?



We Identified them, Now What?

Challenge Thinking Patterns:

Mood Monitoring

Problem Solving

Automatic Thoughts Sheets

Coping Cards

Cognitive Restructuring

Include Behavioral Changes:

Social Skills

Relaxation Skills

Affective Education

Progressive Muscle Relaxation

Activity Monitoring





Exercise 1- Part 2: Change your Thinking Patterns

Go back to the examples you had for the first exercise

Can you think of other ways to view the situations that made you angry or upset?

How can you create a different emotional response?



Chapter

04

Looking Ahead



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There's an App for That!

- CBT is being utilized in apps to support individuals outside of the therapy session



MoodNotes



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CBT via Telehealth

With COVID-19 many mental health services have moved to telehealth

CBT has been shown to be effectively delivered via telehealth

After COVID has subsided, we continue to expect there will be many services being delivered by telehealth



CBT may not be as effective if:



- The therapist does not encourage the individual to develop new replacement thoughts
- The patient is not ready to “do the work”
- CBT does not address wider systems or family issues that can significantly impact an individual’s health and wellbeing
- Those with significant intellectual disability or very young children may not be able to identify and modify thinking patterns



In Summary / Key Takeaways

Cognitive Behavioral Therapy was primarily developed by Aaron Beck in the 1960's

CBT is an evidence based therapy that explores how a person's thoughts & feelings about a situation influence their reactions and behaviors

CBT highlights for individuals their problematic thinking patterns and ways to challenge them

CBT has been shown to be effective on various diagnoses and conditions



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