

What is cognitive behavior Therapy
?



School of therapies based on the premise that it is not what happens that causes how we feel, but what we think about what happens.

Whilst adhering to the underlying theory, CBT uses a Collection of cognitive, behavioral and emotive strategies.



“People are disturbed not by things but the view that they take of them.”

- Epictetus 1st Century
AD

“There is nothing either good or bad,
but thinking makes it so.”

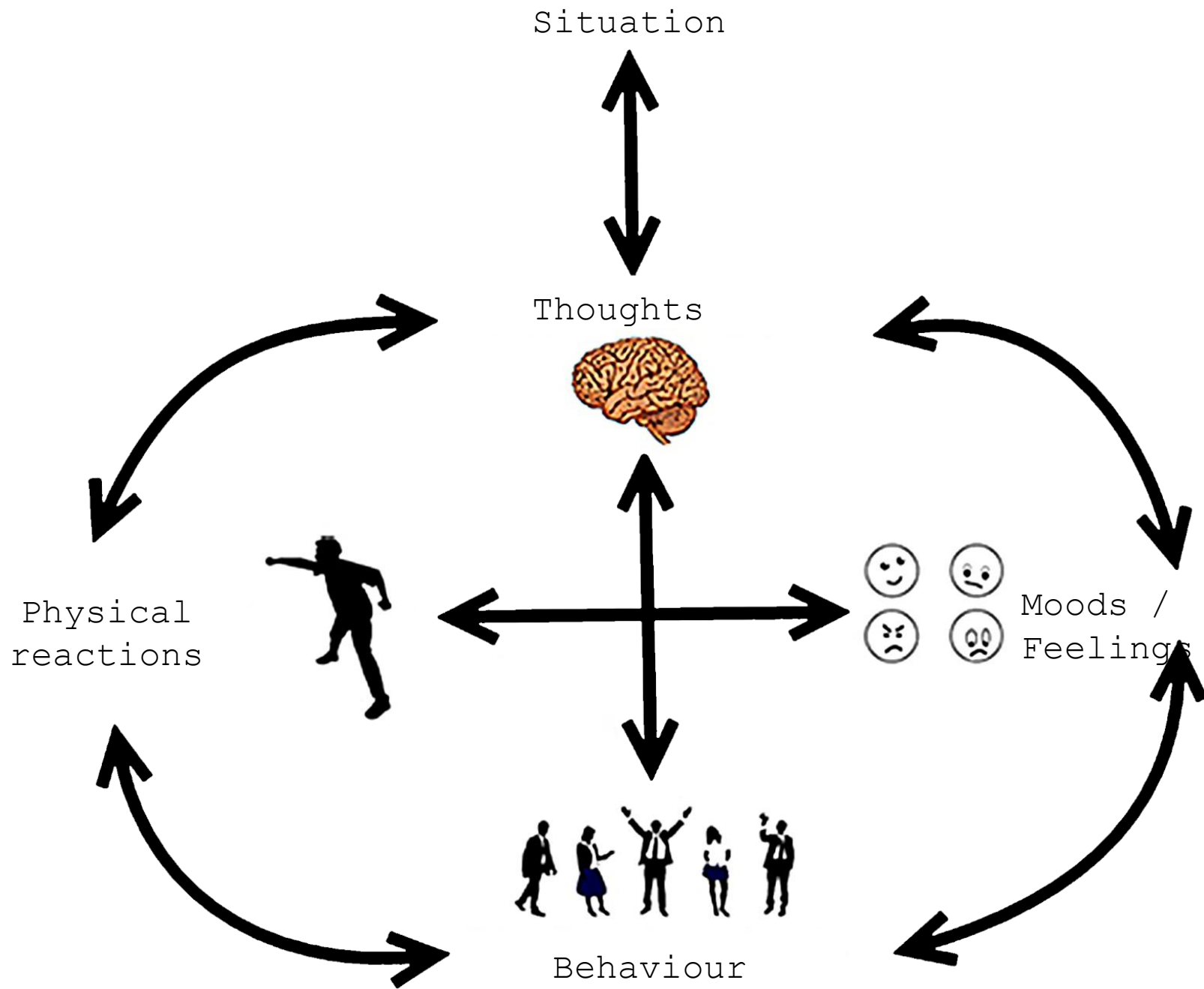
- Hamlet 2,2,254



"We are what we think. All that we are
arises with our thoughts. With our
thoughts we make the world."

- Buddha





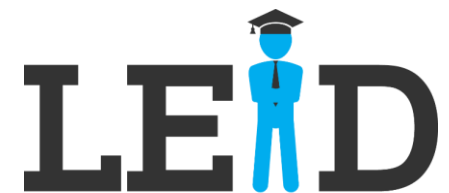
THE ABC'S of CBT

A

Activating
event
Or
situation

B

Consequence
Or
Feelings
&
Behaviour



A

B

C

Situation

Unhelpful
Thoughts
& Beliefs

Consequence

Extreme feelings
Difficult to
manage

Unhelpful behavior
Block goal



A

B

C

Situation

Unhelpful
Thoughts
& Beliefs

Consequence

Appropriate
feelings
Easier to manage

Helpful behavior
Facilitates
movement
Towards goals



cognitive behavior Therapy Sequence

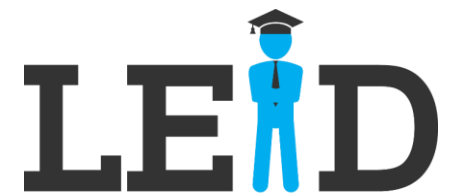
1. Identify the activating events (A) or Situation
2. Identify the consequence (C) or Feelings
3. Evaluate the consequence (C)
4. Exploring the presence of secondary emotions
5. Elicit the Bs (Beliefs or thoughts)
6. Make the B-C Connection
7. Dispute the unhelpful beliefs
8. Develop helpful beliefs
9. Set homework



1. Identify the activating events (A) or Situation



2. Identify the consequence (C) or Feelings



3. Evaluate the consequence (C)



4. Exploring the presence of secondary emotions



5. Elicit the Bs (Beliefs or thoughts)



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9. Set homework



cognitive behavior Therapy

Depression



Challenging Core Beliefs

Demands on self

Self downing

Dealing with self acceptance not self esteem



Homework

Experiential

Cognitive

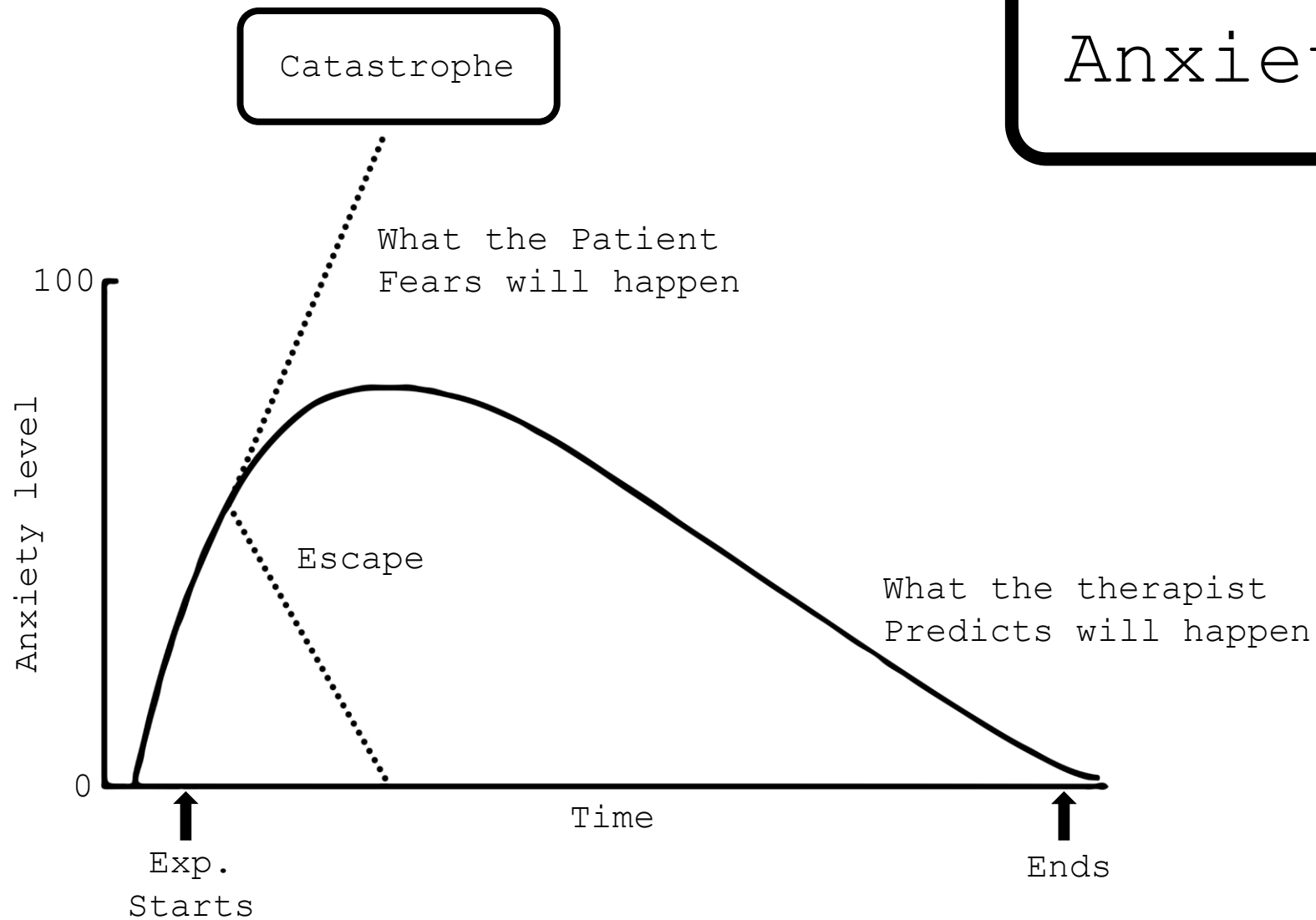


cognitive behavior Therapy

Anxiety



Anxiety Curve



Assessment issues

Sensations

Flight/flight response

Nausea, vomiting, diarrhea

Dizziness, lightheadedness, tingly

Sensations, shortness of breath

Muscle tension, pains, headaches

Excessive perspiration, hot flushes

Shakiness

Dry mouth, tight throat

Mind racing

Heart racing



Assessment issues (cont.)

Behaviours avoidance

Irritability

No concentration

Strength of emotions

Assessed on a 10 point sud's Scale

Need to assess secondary anxiety panic

Is anxiety about being anxious



Assessment issues (cont.)

Assessment tools

Beck anxiety inventory

Speilberger state-trait anxiety inventory

Dass (depression, anxiety & stress scale)

-easily downloaded from internet



Two types of anxiety

Discomfort Anxiety

EGO Anxiety

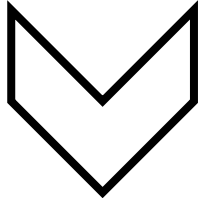


cognitive behavior Therapy

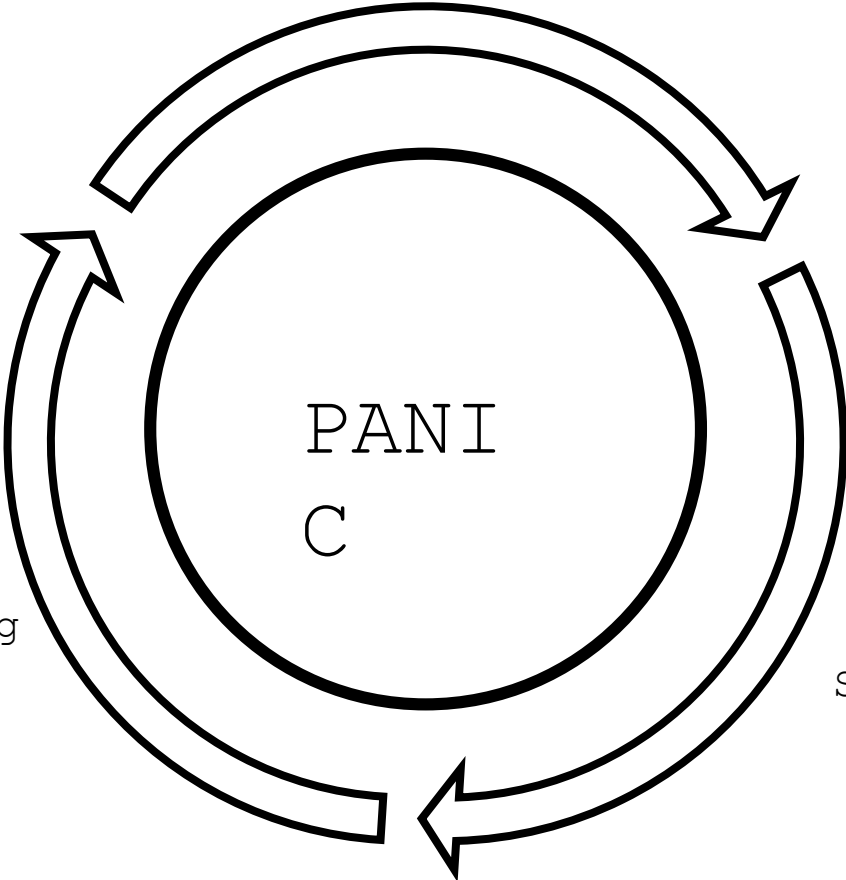
Panic



Trigger



Arousal

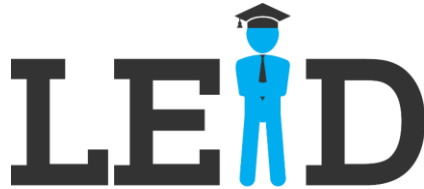


PANIC

Catastrophizing

Physical Sensations

The Panic Cycle



cognitive behavior Therapy

Anger



Cognitions

Demand on self

Demand on others

Other rating / Condemning

Revenge

lft

