

COGNITIVE BEHAVIORAL THERAPY

Course Objectives

1. Review basic concepts of Cognitive Therapy.
2. Discuss clinical application of Cognitive Therapy as it relates to patient populations seen in Behavioral Health.
 - A. Populations
 - B. Basic Tools of CBT
 - C. Treatment Plan

“Big” Names associated with Cognitive Behavioral Therapy

1. Epictetus, Greek philosopher. Observed that people are not disturbed by things that happen but by the *view* they take of things that happen.
2. Albert Ellis, Ph.D. “grandfather of cognitive behavioral therapy.”
3. Aaron Beck, MD, a psychiatrist (University of Pennsylvania)

Mental health problems - can have both psychological, social and somatic dimensions. These issues often make it hard for people to manage their lives and achieve their goals.

Therapists/mental health professionals are expected and legally bound to respect **client privacy** and **client confidentiality**.

Definitons of Terms

Psychotherapy - set of clinical techniques use to improve mental health.

Counseling = psychotherapy.

Behavior Therapy (Behavior Modification Therapy) - **changing somebody's behavior**

Classical Conditioning - **creation of response to stimulus** (Pavlov's dogs)

Operant Conditoning - **learning through positive and negative reinforcement**

Cognitive Therapy - **psychotherapy aimed at changing way of thinking.** Several approaches to cognitive-behavioral therapy

Rational Emotive Behavior Therapy

Rational Behavior Therapy

Rational Living Therapy

Cognitive Therapy

Dialectic Behavior Therapy

Characteristics of Cognitive-Behavioral Therapies:

1. Thoughts cause Feelings and Behaviors.

2. Brief and Time-Limited.

Average # of sessions = 16 VS
psychoanalysis = several years

3. Emphasis placed on current behavior.

4. CBT is a collaborative effort between the therapist and the client.

Client role - define goals, express concerns, learn & implement learning

Therapist role - help client define goals, listen, teach, encourage.

5. Teaches the benefit of remaining calm or at least neutral when faced with difficult situations. (If you are upset by your problems, you now have 2 problems: 1) the problem, and 2) your upsetness.

6. **Based on "rational thought."** - Fact not assumptions.
7. **CBT is structured and directive. Based on notion that maladaptive behaviors are the result of skill deficits.**
8. **Based on** assumption that most emotional and behavioral reactions are learned. Therefore, the goal of therapy is to help clients *unlearn* their unwanted reactions and to learn a new way of reacting.
9. **Homework is a central feature of CBT.**

Rational Emotive Therapy aka Rational Emotive Behavioral Therapy

A form of cognitive-behavioral therapy in which somebody is encouraged to examine and change irrational thought patterns (irrational thinking) and beliefs in order to reduce dysfunctional behavior.

What is irrational thinking?

What *types* of thinking are problematical for human beings?

The Self-Defeating Rules (Irrational Beliefs)

Ellis suggested that a small number of core beliefs underlie most unhelpful emotions and behaviours. Core beliefs are underlying rules that guide how people react to the events and circumstances in their lives. Here is a sample list of such of these:

1. I need love and approval from those around to me.
2. I must avoid disapproval from any source.
3. To be worthwhile as a person I must achieve success at whatever I do.
4. I can not allow myself to make mistakes.
5. People should always do the right thing. When they behave obnoxiously, unfairly or selfishly, they must be blamed and punished.
6. Things must be the way I want them to be.
7. My unhappiness is caused by things that are outside my control – so there is nothing I can do to feel any better.
8. I must worry about things that could be dangerous, unpleasant or frightening – otherwise they might happen.
9. I must avoid life's difficulties, unpleasantness, and responsibilities.
10. Everyone needs to depend on someone stronger than themselves.
11. Events in my past are the cause of my problems – and they continue to influence my feelings and behaviours now.
12. I should become upset when other people have problems, and feel unhappy when they're sad.
13. I shouldn't have to feel discomfort and pain.
14. Every problem should have an ideal solution.

Two Types of Disturbance

Ego disturbance:

- emotional tension resulting from the perception that one's 'self' or personal worth is threatened – and lead to other problems such as avoidance of situations where failure, disapproval, etc. might occur.
- looking to other people for acceptance; and unassertive behaviour through fear of what others may think.

Discomfort disturbance:

- results from demands about others (e.g. 'People must treat me right') and about the world (e.g. "The circumstances under which I live must be the way I want").

Discomfort disturbance - two types:

Low frustration-tolerance (LFT) results from demands that frustration not happen, followed by catastrophizing when it does. It is based on beliefs like: “The world owes me contentment and happiness.”

Low discomfort-tolerance (LDT) arises from demands that one not experience emotional or physical discomfort, with catastrophizing when discomfort does occur. It is based on beliefs like: “I must be able to feel comfortable all of the time.”

HOMework

Probably the most important REBT strategy is *homework*. This can include such activities as:

Reading

Self-help exercises

Experiential activities

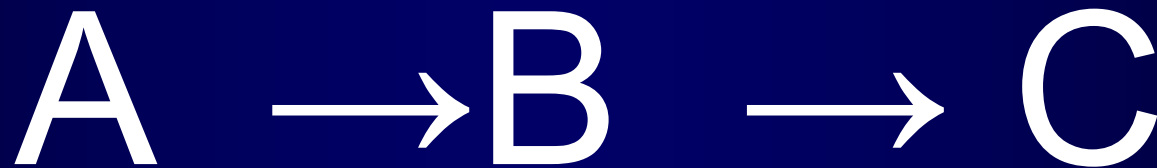
Journaling

Thought Stopping

Intentional Reframing

Therapy sessions are really ‘training sessions’, between which the client tries out and uses what they have learned.

ABC's of REBT

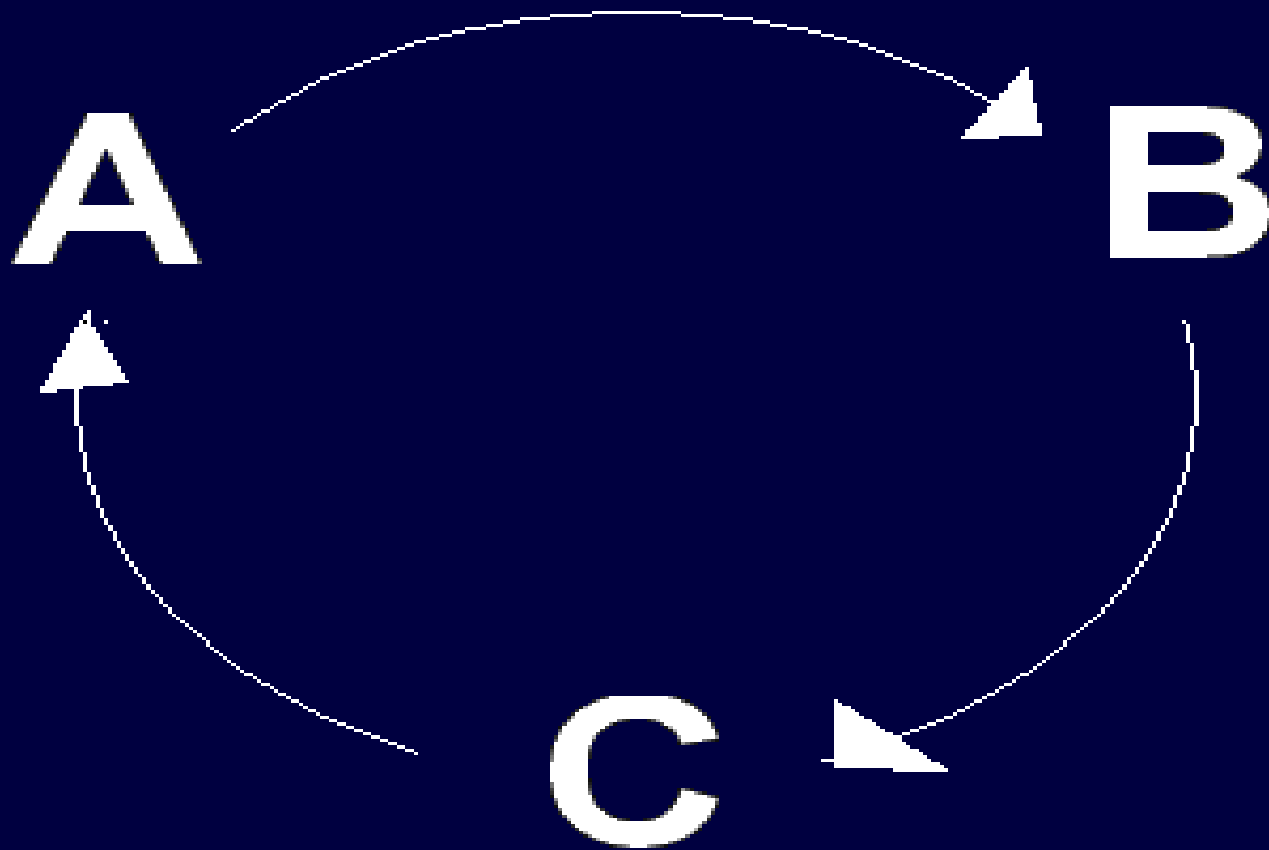


A = Activating Event

B = Beliefs, Thoughts, Attitudes, Assumptions

C = Consequences, Feelings, Emotions,
Behaviors, Actions

Nouveau ABC's



Clinical Applications of REBT

- Depression
- Anxiety disorders, including obsessive-compulsive disorder, agoraphobia, specific phobias, generalised anxiety, posttraumatic stress disorder, etc.
- Eating disorders, addictions, impulse control disorders
- Anger management, antisocial behaviour, personality disorders
- Sexual abuse recovery
- Adjustment to chronic health problem, physical disability, or mental disorder
- Pain management
- General stress management
- Child or adolescent behaviour disorders
- Relationship and family problems
- Personal growth
- Workplace effectiveness

CBT effective for use with

- Self / Personal Growth
- Individual Clients
- Groups
- Marriage / relationships
- Family
- Workplace
- Varying Intellectual ability/learning impairments

CAUTION: Cognitive therapies do not appear to work as well with those who are cognitively impaired.

Principles of REBT

The basic aim of REBT is to leave clients at the completion of therapy with

- The freedom to choose their emotions, behaviours and lifestyle (within physical, social and economic restraints)

A method of self-observation and personal change that will help them maintain their gains.

- Realistic thoughts, emotions, and behaviours that are in proportion to the events and circumstances an individual experiences.
- A *Here and Now* orientation.
- **Finally, the emphasis is on profound and lasting change in the underlying belief system of the client, rather than simply eliminating the presenting symptoms. The client is left with self-help techniques that enable coping in the long-term future.**

LEARNING TO USE CBT/REBT

- Techniques of CBT/REBT are best learned by attending an appropriate training course.
- To practice it is important to have a good understanding of irrational thinking.
- The most effective way to learn how to help clients uncover and dispute irrational beliefs is to practice on oneself.

Treatment Plan

- Who is involved? Mental Health Techs, Nurses, Clinicians, Case Managers
- Reinforce/implement cognitive interventions included in the tx plan.
- Read the tx plan & reinforce items within your scope of practice
- Chart to the treatment plan.
- If the Treatment Plan indicates “client will be redirected from discussing substance use” you may chart something like, “client was redirected from discussing substance use four times this evening.”
- Separate course on charting to the Treatment Plan.

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