

Definition of CBT

- Focused form of psychotherapy based on a model suggesting that psychiatric and/or psychological disorders involve dysfunctional thinking
- The way an individual feels and behaves is influenced by the way s/he structures his experiences

Definition cont'd

- By modifying the dysfunctional thinking the identified patient improves in both symptom distress and overall coping efficiency. By modifying their dysfunctional beliefs (that underlie dysfunctional thinking) the person has a more durable improvement
- Therapy is driven by a cognitive conceptualization and uses a variety of strategies

The General Cognitive Model

Situation



Automatic Thoughts
And Images



Reaction (Emotional,
Behavioral and physiological)

The Cognitive Triad

- Negative view of the self (e.g., “I’m no good”, I am unlovable, I am ineffective.)
- Negative view of the future (e.g., nothing will work out)
- Negative view of the world (e.g., world is hostile)

Automatic Thoughts (ATs)

- Negative thoughts about yourself, your world, or your future
- ATs are not given the same consideration as other thoughts but rather they are assumed to be true

Examples of Automatic Thoughts

Catastrophizing - extreme consequences of events

All or nothing - seeing things in black and white - no grey areas

Emotional reasoning - if I feel it, it must be true

Identifying Assumptions and Core Beliefs

- “If..., then...” (Assumptive process)

Therapeutic Questions – assess the belief via “downward arrow”.

- If this thought is true, what’s so bad about that?
- What’s the worst part about that?
- What does it mean to you? About you?

Helpless Core Beliefs

- I am inadequate, ineffective, incompetent, can't cope
- I am powerless, out of control, trapped
- I am vulnerable, likely to be hurt, weak, needy
- I am inferior, a failure, a lower, not good enough, defective, don't measure up.

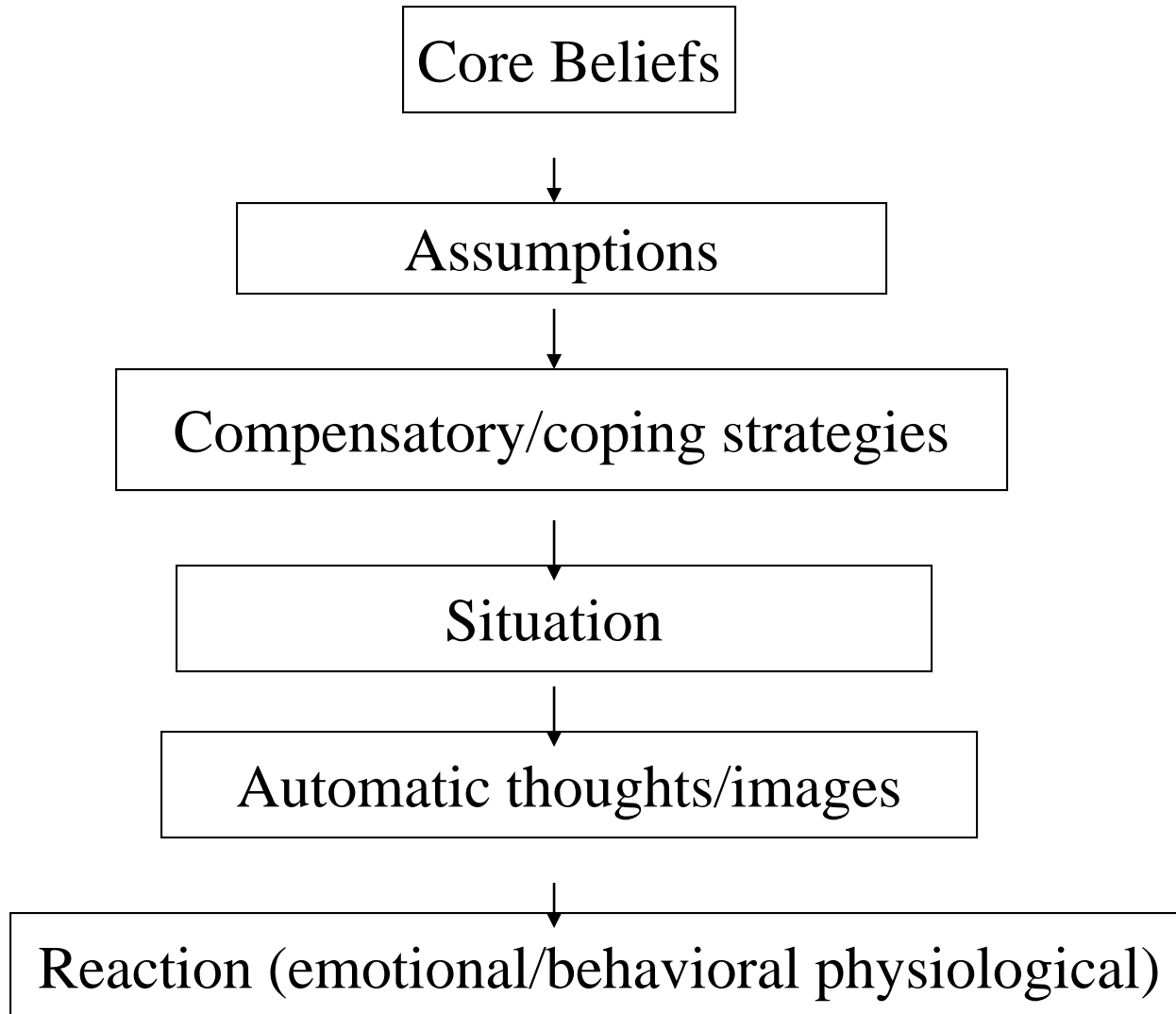
Unlovable Core Beliefs

- I am unlikable, unwanted, will be rejected or abandoned, always be alone
- I am undesirable, unattractive, ugly, boring, have nothing to offer
- I am different, defective, not good enough to be loved by other, a nerd

Worthless Core Beliefs

- I am bad, irresponsible, worthless
- I am dangerous, toxic, evil, inhuman.

The Cognitive Model



The basic goals of CBT

- To challenge the thoughts about a particular situation by identifying the cognitive traps
- help the patient to identify less threatening alternatives
- to test out these alternatives in the real world
- to challenge the assumptions that lead to the AT's (automatic thoughts).

The basic tenets of CBT

- Cognitive specificity - different cognitive themes are associated with different problems
- Socratic dialogue - inquiry and discussion using questions to stimulate critical thinking to illuminate ideas
- collaborative empiricism - thoughts, attitudes, beliefs and behaviors are tested

The importance of homework

- Much of the individuals change occurs between sessions due to practice activities
- A comparison to exercise and muscle development by repetitions is reasonable.
- Homework is a valuable predictor of success