

Substance Institute presents



Module 7 Student's Manual

Cognitive Behavior Therapy

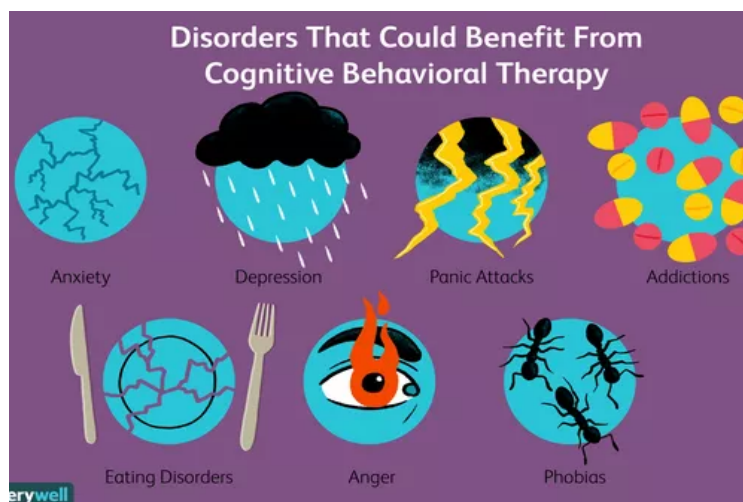
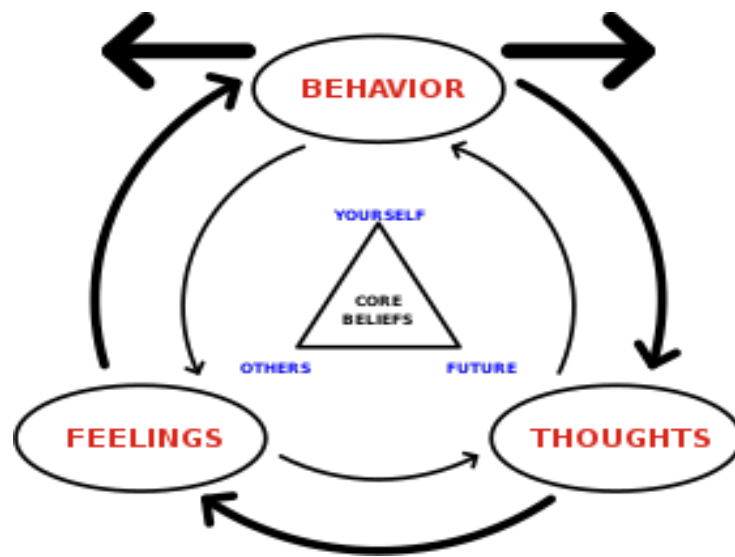
Cognitive Behavior Therapy

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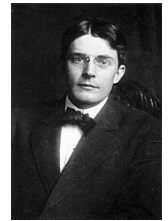
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History & the 3 Waves

Behavior Therapy Roots

The modern roots of CBT can be traced to the development of behavior therapy in the early 20th century, the development of cognitive therapy in the 1960s, and the subsequent merging of the two.



Groundbreaking work of behaviorism began with John B. Watson and Rosalie Rayner's studies of conditioning in 1920.^[27]

Behaviorally centered therapeutic approaches appeared as early as 1924^[28] with Mary Cover Jones' work dedicated to the unlearning of fears in children.^[29]

1. The emphasis on behavioral factors constituted the **"first wave" of CBT**.^[33]

Cognitive Therapy Roots

One of the first therapists to address cognition in psychotherapy was Alfred Adler.

2. It was these two therapies,

- rational emotive therapy, and
- cognitive therapy,

that started the **"second wave" of CBT**, which was the emphasis on cognitive factors.^[33]

3. Behavior and cognitive therapies merge – **third wave CBT**

Although the early behavioral approaches were successful in many of the neurotic disorders, they had little success in treating depression.
^{[27][28][39]}

Behaviorism was also losing in popularity due to the cognitive revolution.

The goal of **Cognitive Behavioral Therapy (CBT)** is not to diagnose a person with a particular disease, but to look at the person as a whole and decide what can be altered.

What is Cognitive Behavioral Therapy?¹

Cognitive behavioral therapy (CBT) is a type of psychotherapeutic treatment that helps people learn how to identify and change destructive or disturbing thought patterns that have a negative influence on behavior and emotions.¹

Types of Cognitive Behavioral Therapy

There are a number of specific types of therapeutic approaches that involve CBT, including:

- **Cognitive therapy**
- **Dialectical Behavior Therapy (DBT)**
- **Multimodal Therapy**
- **Rational Emotive Behavior Therapy (REBT)**

CBT Techniques

CBT is about more than identifying thought patterns; it is focused on using a wide range of strategies to help people overcome these thoughts.

Identifying Negative Thoughts

It is important to learn how thoughts, feelings, and situations can contribute to maladaptive behaviors.⁵

¹ <https://www.apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral>

Practicing New Skills

It is important to start practicing new skills that can then be put in to use in real-world situations.

Goal Setting

Goal setting can an important step in recovery from mental illness and helping you make changes to improve your health and life.

Problem-Solving

Learning problem solving skills can help you identify and solve problems that arise from life stressors, both big and small, and reduce the negative impact of psychological and physical illness.

Self-Monitoring

Also known as diary work, self-monitoring is an important part of CBT that involves tracking behaviors, symptoms, or experiences over time and sharing them with your therapist.

What CBT Can Help With

Cognitive behavior therapy can be used as a short-term treatment to help individuals learn to focus on present thoughts and beliefs.¹

- Chronic pain or serious illnesses
- Divorce or break-ups
- Grief or loss
- Insomnia⁹
- Low self-esteem
- Relationship problems
- Stress management

Benefits of Cognitive Behavioral Therapy

CBT is often known for the following key benefits:

Cognitive Behavior Therapy

- It allows you to engage in healthier thinking patterns by becoming aware of the negative and often unrealistic thoughts that dampen your feelings and moods.¹

Effectiveness of CBT

Cognitive behavioral therapy is one of the most well-studied forms of treatment and has been shown to be effective in the treatment of a range of mental conditions including:

- Anxiety
- Depression
- Eating disorders
- Insomnia
- Obsessive-compulsive Disorder,
- Panic Disorder
- Post-Traumatic Stress Disorder, and
- Substance use disorder.

Things to Consider and Potential Challenges of CBT

There are several challenges that people may run into during the course of cognitive behavioral therapy.

Change Can Be Difficult

Initially, some patients suggest that while they recognize that certain thoughts are not rational or healthy, simply becoming aware of these thoughts does not make it easy to alter them.

CBT Is Very Structured

Cognitive behavioral therapy doesn't tend to focus on underlying unconscious resistances to change as much as other approaches such as psychoanalytic psychotherapy.¹⁴

People Must Be Willing to Change

For cognitive behavioral therapy to be effective, the individual must be ready and willing to spend time and effort analyzing their thoughts and feelings.

Progress Is Often Gradual

In most cases, CBT is a gradual process that helps a person take incremental steps toward a behavior change.

How to Get Started With CBT

Cognitive behavior therapy can be an effective treatment choice for a range of psychological issues. If you feel that you or someone you love might benefit from this form of therapy, consider the following steps:

- Consult with your physician
- Consider your personal preferences,
- Contact your health insurance
- Expect your initial experience to be similar to a doctor's appointment
- Be prepared to answer questions

CBT Principles:

Several key principles guide CBT, including:

1. In part, psychological problems can be attributed to unhelpful or faulty thinking.
2. Behavioral patterns that are unhelpful contribute to psychological problems.
3. By learning better ways of coping with psychological problems, people suffering from such problems can ease their symptoms and become more effective.

Changing Thinking Patterns:

Treatment for cognitive behavioral therapy is typically aimed at changing thinking patterns.

Cognitive Behavior Therapy

Some strategies may include:

- Identifying one's distortions in thinking and evaluating them in light of reality can help one to avoid creating problems.
- Acquiring a deeper understanding of others' motivations and behaviors.
- Dealing with difficult situations by using problem-solving skills.
- Confidence in one's abilities is a key component to developing self-confidence.

Behavioral Changing Strategies:

Behavioral changes are also usually part of CBT treatments. Among these strategies are:

- Rather than avoiding fears, facing them.
- Practice role play before interacting with others in a potentially problematic way.
- It is important to learn to relax one's body and mind.

Cognitive Behavioral Therapy (CBT) is a form of psychological treatment that has been demonstrated to be effective for a range of problems including:

- Depression,
- Anxiety Disorders,
- Alcohol and Drug Use Problems,
- Marital Problems,
- Eating Disorders, and
- Severe Mental Illness.

CBT is based on several core principles, including:

1. **Psychological problems** are based, in part, on faulty or unhelpful ways of thinking.
2. **Psychological problems** are based, in part, on learned patterns of unhelpful behavior.

3. People suffering from **Psychological Problems** can learn better ways of coping with them, thereby relieving their symptoms and becoming more effective in their lives.

CBT treatment usually involves efforts to change thinking patterns. These strategies might include:

- Learning to recognize one's distortions in thinking that are creating problems, and then to reevaluate them in light of reality.
- Gaining a better understanding of the behavior and motivation of others.
- Using problem-solving skills to cope with difficult situations.
- Learning to develop a greater sense of confidence in one's own abilities.

CBT treatment also usually involves efforts to change behavioral patterns. These strategies might include:

- Facing one's fears instead of avoiding them.
- Using role playing to prepare for potentially problematic interactions with others.
- Learning to calm one's mind and relax one's body.

CBT places an emphasis on helping individuals learn to be their own therapists.

- Through exercises in the session as well as "homework" exercises outside of sessions, patients/clients are helped to develop coping skills, whereby they can learn to change their own thinking, problematic emotions, and behavior.

Methods of Access

Therapist

A typical CBT programme would consist of face-to-face sessions between patient and therapist, made up of 6–18 sessions of around an hour each with a gap of 1–3 weeks between sessions.

Cognitive-Behavioral Therapy is most closely allied with the scientist-practitioner model in which clinical practice and research are informed by a scientific perspective, clear operationalization of the problem, and an emphasis on measurement, including measuring changes in cognition and behavior and the attainment of goals.

The 21 Best CBT Techniques That Psychologists Use:

There are several CBT techniques used by psychologists to treat different psychological problems. These may include:

1. **Journaling** - It's a way to gather information about one's mood and thoughts.
2. **Disentangling Cognitive Distortions** - CBT can be practiced with or without the assistance of a therapist as a primary objective.
3. **Cognitive Reorganization** - As soon as you become aware of the distortions you hold, you can explore how they took root and why you are inclined to believe them.
4. **Preventing Exposure and Adverse Reactions** - The technique is especially effective for those with obsessive-compulsive disorders.
5. **Interoceptive Exposure** - Panic and anxiety can be treated with this technique.
6. **Rescripting and Exposure Nightmare** - The purpose of nightmare exposures and rescripting is to help those who suffer from nightmares.
7. **Let the Script Run Until the End** - Anxiety and fear sufferers will especially benefit from this technique.

8. **Progressive Relaxation of The Muscles** - Those who practice mindfulness are familiar with this technique.
9. **Breathing Relaxation** - Practitioners of mindfulness will also be familiar with this technique.
10. **The Pie Technique** - This technique assists clients in visualizing their goals and ideas by using a pie chart.
11. **Role Playing** - Roleplaying different situations gives clients experience with these possible outcomes, which can help reduce fear.
12. **Behavior Activation and Activities Scheduling** - It is more likely that clients will act on positive, helpful behaviors if they are identified and scheduled.
13. **Conducting Behavioral Experiments** - Clients are asked to predict what's the possible outcome before beginning an anxiety-provoking task in a behavioral experiment.
14. **Desensitizing Systematically** - Desensitization involves both relaxation and exposure to a stressful situation.
15. **Training Skills** - Skills training helps people achieve their goals by providing them with practical skills.
16. **Assessment** - In certain cases, the process may include completing questionnaires related to your specific problem and identifying distressing symptoms.
17. **Educating Yourself** - To help you learn more about your particular problem, your therapist provides written content (such as books or brochures).

18. **Defining Your Goals** - During therapy, your therapist helps you formulate a list of goals you would like to accomplish (for instance, you might need to overcome shyness when socializing).
19. **Practicing Strategies** - The therapist helps you practice your new strategies.
20. **Homework** - Participation in your own therapy will be expected of you.
21. **CBT Techniques For Insomnia** - Insomnia is a sleep disorder that can make it difficult to fall asleep, or stay asleep, or wake you up early and keep you from sleeping again.
 - a. It is recommended as the first line of treatment of chronic sleep problems when it comes to cognitive behavioral therapy for insomnia, sometimes called CBT-I.
 - b. Sleep-inducing thoughts and behaviors are identified and replaced with sleep-promoting ones through cognitive behavioral therapy for insomnia.
 - c. A CBT-I session helps you resolve sleep problems by addressing the underlying causes.
 - d. You may be asked to keep a detailed sleep diary for one to two weeks to help your sleep problem therapist figure out how to best treat your insomnia.

Phases in therapy

CBT can be seen as having six phases:^[45]

1. Assessment or Psychological Assessment.
2. Reconceptualization.
3. Skills acquisition.
4. Skills consolidation and Application Training.
5. Generalization and Maintenance.
6. Post-Treatment Assessment follow-up.

The steps in the assessment phase include:

1. Identify critical behaviors
2. Determine whether critical behaviors are excesses or deficits
3. Evaluate critical behaviors for frequency, duration, or intensity (obtain a baseline)
4. If excess, attempt to decrease frequency, duration, or intensity of behaviors; if deficits, attempt to increase behaviors.^[49]

Cognitive Distortions

Therapists Or Computer-Based Programs Use CBT Techniques To

- Help People Challenge Their Patterns And
- Beliefs And Replace Errors In Thinking,
- Known As Cognitive Distortions, such as
 - Overgeneralizing,
 - Magnifying Negatives,
 - Minimizing Positives and
 - Catastrophizing" With "More Realistic and
 - Effective Thoughts,
 - Decreasing Emotional Distress and
 - Self-Defeating Behavior".^[42]
 - Cognitive Distortions Can Be Either A Pseudo-Discrimination Belief or
 - An Overgeneralization Of Something.^[44]

CBT Techniques May Also Be Used To Help Individuals Take A More Open, Mindful, And Aware Posture Toward Cognitive Distortions so as to diminish their impact.^[43]

Skills

- Mainstream CBT helps individuals replace "maladaptive ...
- Coping Skills,
- Cognitions,
- Emotions and

- Behaviors with more adaptive ones",^[45]

Delivery Protocols

There are different protocols for delivering cognitive behavioral therapy, with important similarities among them.^[51]

- Use of the term CBT may refer to different interventions, including "self-instructions (e.g., distraction, imagery, motivational self-talk),
- Relaxation and/or
- Development of adaptive coping strategies (
- Goal Setting".^[45]
- Interventions such as imaginal exposure therapy combine both approaches.^{[53][54]}

Related techniques

CBT may be delivered in conjunction with a variety of diverse but related techniques such as

- Exposure Therapy,
- Stress Inoculation,
- Cognitive Processing Therapy,
- Cognitive Therapy,
- Metacognitive Therapy,
- Metacognitive Training,
- Relaxation Training,
- Dialectical Behavior Therapy, and
- Acceptance and Commitment Therapy.^{[55][56]}

Medical uses

In adults, CBT has been shown to be an effective part of treatment plans for

- Anxiety Disorders,^{[58][59]}
- Body Dysmorphic Disorder,^[60]
- Depression,^{[61][62][63]}
- Eating Disorders,^{[7][64][63]}

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- Chronic Low Back Pain,^[45]
- Personality Disorders,^{[65][63]}
- Psychosis,^[66]
- Schizophrenia,^{[67][63]}
- Substance Use Disorders,^{[68][63]} and
- Bipolar Disorder.^[63]

It is also effective as part of treatment plans in the adjustment,

- Depression, and
- Anxiety Associated with
- Fibromyalgia,^[42] and with
- Post-Spinal Cord injuries.^[69]

In children or adolescents –

CBT is an effective part of treatment plans for

- Anxiety Disorders,^[70]
- Body Dysmorphic Disorder,^[71]
- Depression and Suicidality,^[72]
- Eating Disorders^[7] and
- Obesity,^[73]
- Obsessive–Compulsive Disorder (OCD),^[74] and
- Posttraumatic Stress Disorder (PTSD),^[75]
- Tic disorders are defined in the Diagnostic and Statistical Manual of Mental Disorders (DSM) based on type (motor or phonic) and duration of tics (sudden, rapid, nonrhythmic movements) ,
- Trichotillomania, and
- Other Repetitive Behavior Disorders.^[76]

CBT has also been applied to a variety of childhood disorders,^[77] including

- Depressive Disorders and
- various Anxiety Disorders.

Patient age

- CBT is used to help people of all ages, but the therapy should be adjusted based on the age of the patient with whom the therapist is dealing.
- Older individuals in particular have certain characteristics that need to be acknowledged and the therapy altered to account for these differences thanks to age.^[85]
- Of the small number of studies examining CBT for the management of depression in older people, there is currently no strong support.^[86]

Types

Brief Cognitive Behavioral Therapy

Brief Cognitive Behavioral Therapy (BCBT) is a form of CBT which has been developed for situations in which there are time constraints on the therapy sessions.^[192]

Breakdown of Treatment^[192]

1. Orientation

1. Commitment to treatment
2. Crisis response and safety planning
3. Means restriction
4. Survival kit
5. Reasons for living card
6. Model of suicidality
7. Treatment journal
8. Lessons learned

2. Skill focus

1. Skill development worksheets
2. Coping cards
3. Demonstration
4. Practice

5. Skill refinement

3. Relapse prevention

1. Skill generalization
2. Skill refinement

Cognitive Emotional Behavioral Therapy

Cognitive Emotional Behavioral Therapy (CEBT) is a form of CBT developed initially for individuals with eating disorders but now used with a range of problems including

- Anxiety,
- Depression,
- Obsessive Compulsive Disorder (OCD),
- Post-Traumatic Stress Disorder (PTSD) and
- Anger Problems.

Structured Cognitive Behavioral Training

Structured cognitive-behavioral training (SCBT) is a cognitive-based process with core philosophies that draw heavily from CBT.

SCBT also builds on core CBT philosophy by incorporating other well-known modalities in the fields of behavioral health and psychology: most notably, Albert Ellis's rational emotive behavior therapy.

Moral Recognition Therapy

Moral recognition therapy, a type of CBT used to help felons overcome Antisocial Personality Disorder (ASPD), slightly decreases the risk of further offending.^[195]

Stress Inoculation Training

This type of therapy uses a blend of cognitive, behavioral, and certain humanistic training techniques to target the stressors of the client.

This is a three-phase process that trains the client to use skills that they already have to better adapt to their current stressors.

The first phase is an interview phase that includes psychological testing, client self-monitoring, and a variety of reading materials. This allows the therapist to individually tailor the training process to the client.^[197] The focus is conceptualization.^[197]

The second phase emphasizes the aspect of skills acquisition and rehearsal that continues from the earlier phase of conceptualization. The client is taught skills that help them cope with their stressors.

These skills involve

- Self-Regulation,
- Problem-Solving,
- Interpersonal Communication Skills, etc.^[197]

The third and final phase is the application and following through of the skills learned in the training process.

Activities include:

- Role-Playing,
- Imagery,
- Modeling, Etc.

In the end, the client will have been trained on a preventive basis to

- Inoculate personal,
- Chronic, and
- Future stressors by breaking down their stressors into problems they will Address in long-term,
- Short-term, and
- Intermediate Coping Goals.^[197]

Activity-guided CBT: Group-knitting

A newly developed group therapy model based on CBT integrates knitting into the therapeutical process and has been proven to yield reliable and promising results.

Mindfulness-Based Cognitive Behavioral Hypnotherapy

Mindfulness-based cognitive behavioral hypnotherapy (MCBH) is a form of CBT focusing on awareness in reflective approach with addressing of subconscious tendencies.

Unified Protocol

The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (UP) is a form of CBT, developed by David H. Barlow and researchers at Boston University, that can be applied to a range of Anxiety Disorders.

The UP includes a common set of components:^[202]

1. Psychoeducation
2. Cognitive Reappraisal
3. Emotion Regulation
4. Changing Behaviour

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