

Cognitive Behavioural Therapy (CBT)

Cognitive-behavioural therapy (CBT): background

- Highly evidence-based treatment for wide variety of psychological and emotional disorders including:
 - Depression (as effective as antidepressants and lower rate of long-term relapse)
 - Generalised anxiety / Panic disorder
 - Social phobia
 - Obsessive-compulsive disorder
 - Health anxiety (hypochondriasis) / Medically unexplained symptoms

CBT

- Cognition or thoughts
- Behaviour or one's actions

But apparently affects much more:

- Feelings
- Motivation
- Physical symptoms

The Cognitive Behavioural Model (CBM) in relation to depression

Early Experiences



Underlying Assumptions/Beliefs



Critical Incidents



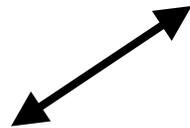
Assumptions Activated

CBM & depression

Assumptions Activated



Negative Automatic Thoughts



Behavioural

Affective

Physical



Motivational

Cognitive

CBM & depression

Behavioural effects	Lower activity
Motivational	Loss of energy Loss of pleasure & interest Loss of confidence that tasks can be completed

CBM & depression

Change in Affect	Sadness Guilt Worthlessness Anger
Physical effects	Loss of sleep Loss of appetite Agitation or retardation

CBM & depression

Cognitive	Indecisiveness Poor concentration Poor memory Preoccupation with suicide & death
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Cognition & behaviour...

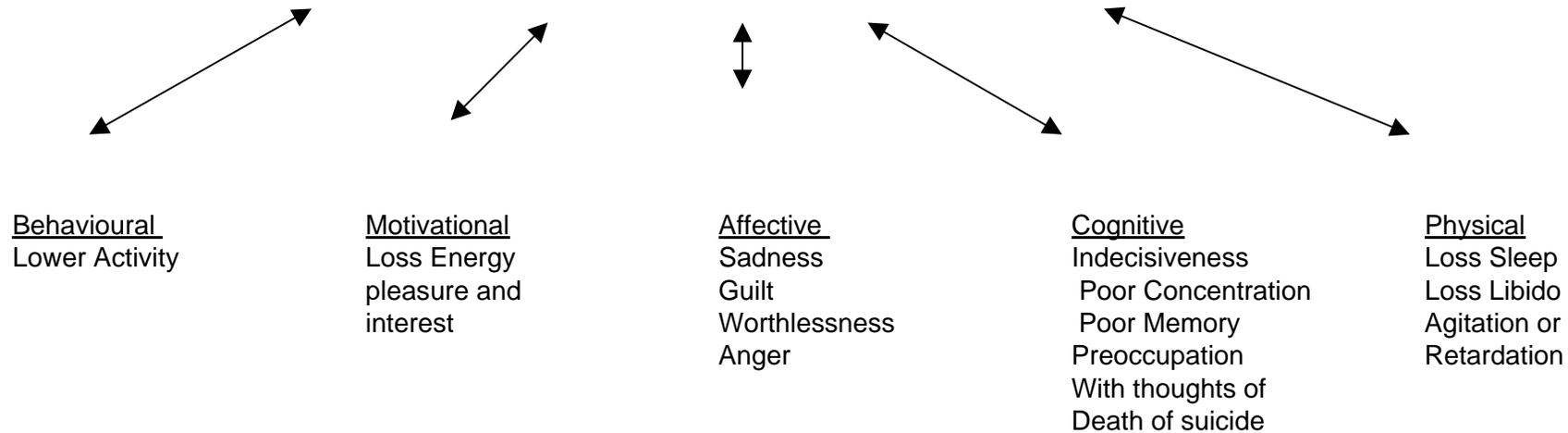
- One could argue that physical effects of depression are changes in behaviour (not sleeping, not having sex..)
- Changes in feelings are changes in thinking – “I feel sad” is the same as “I am having sad thoughts”

Cognition & behaviour...

- All the effects of depression can be divided into behavioural & cognitive components

CBM & depression

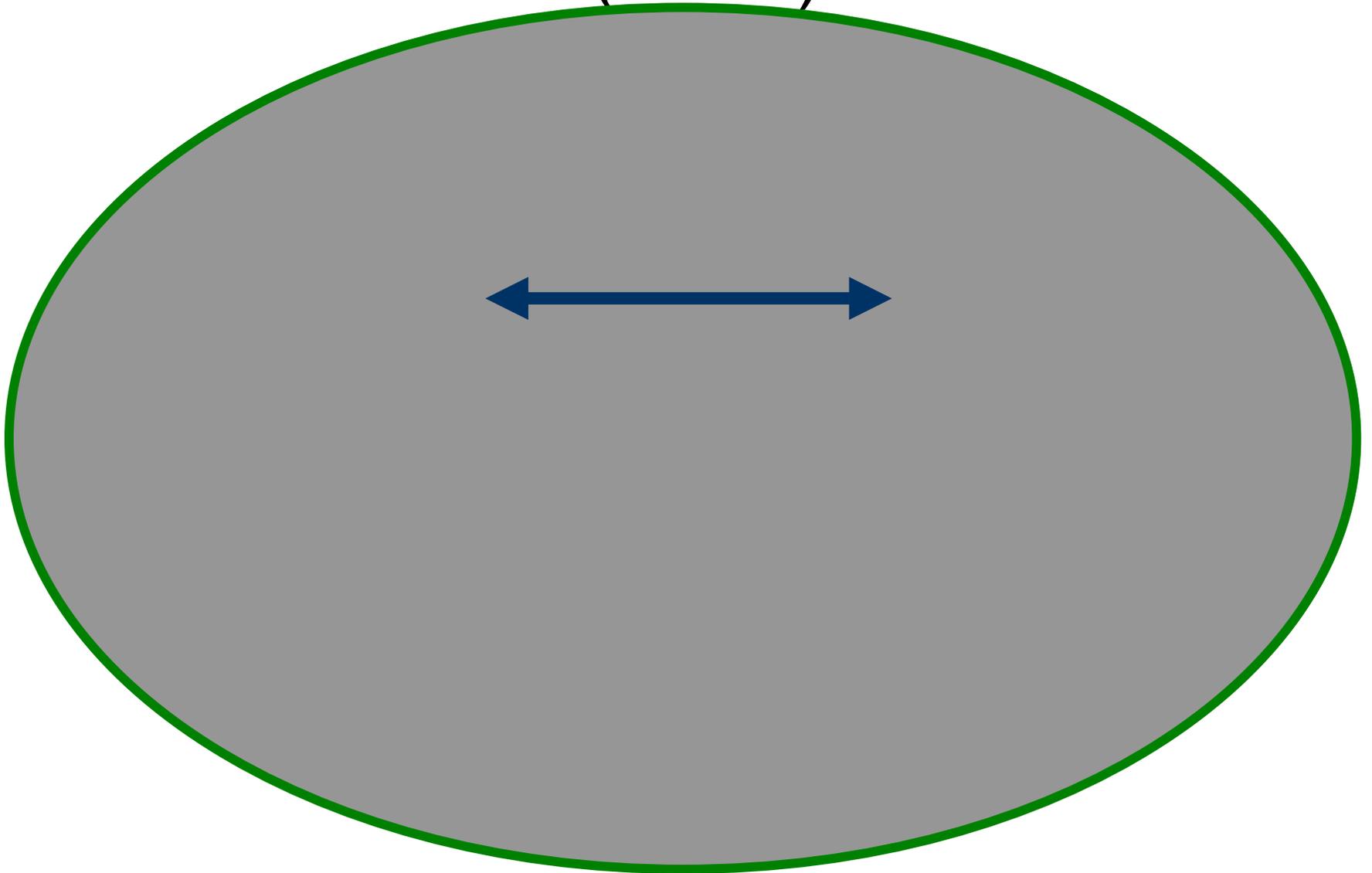
Negative Automatic Thoughts



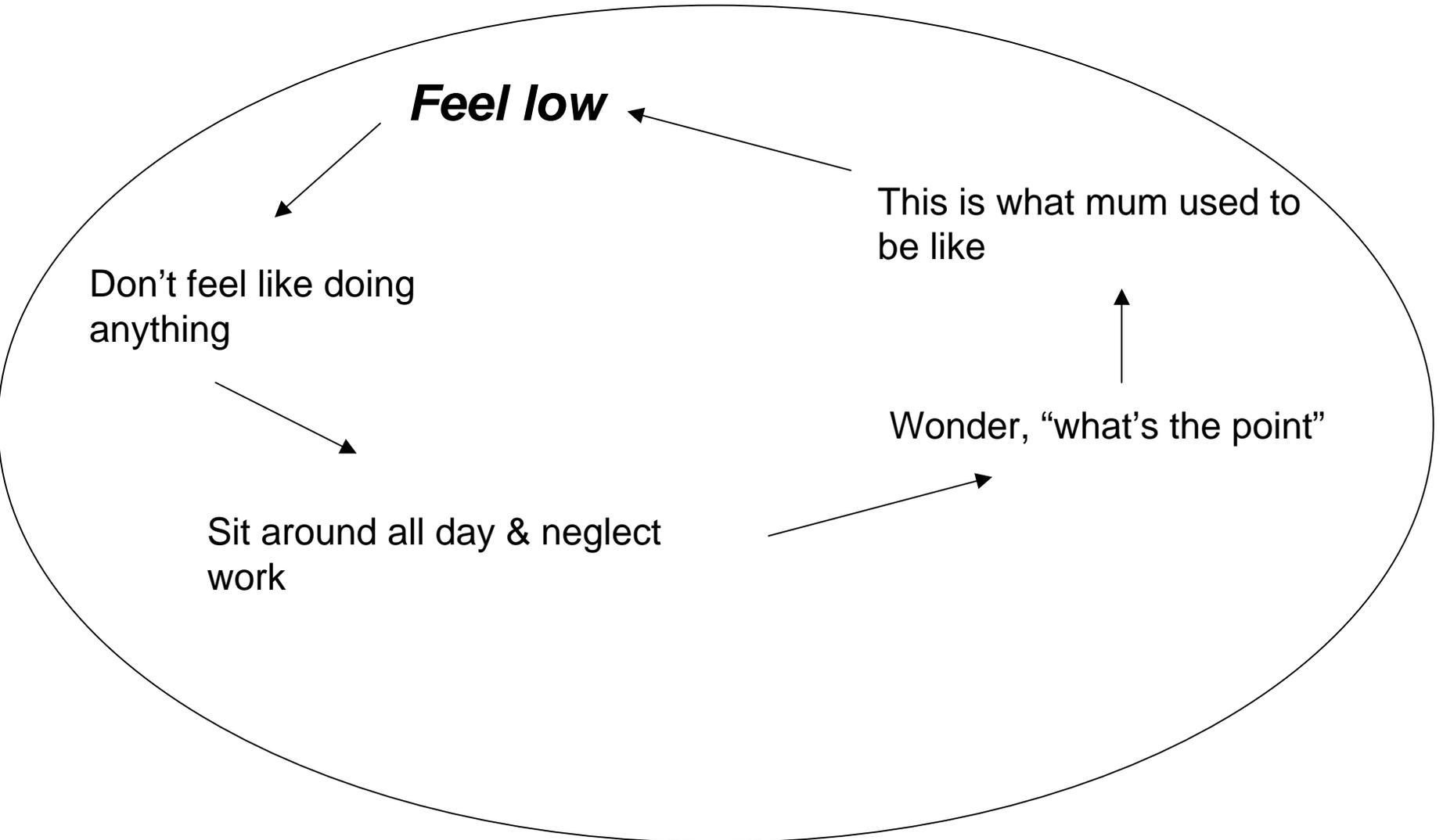
CBM & depression

- In the cognitive behavioural model there is a link between negative thoughts and the other effects of depression
- Any one effect can lead to worsening of another aspect

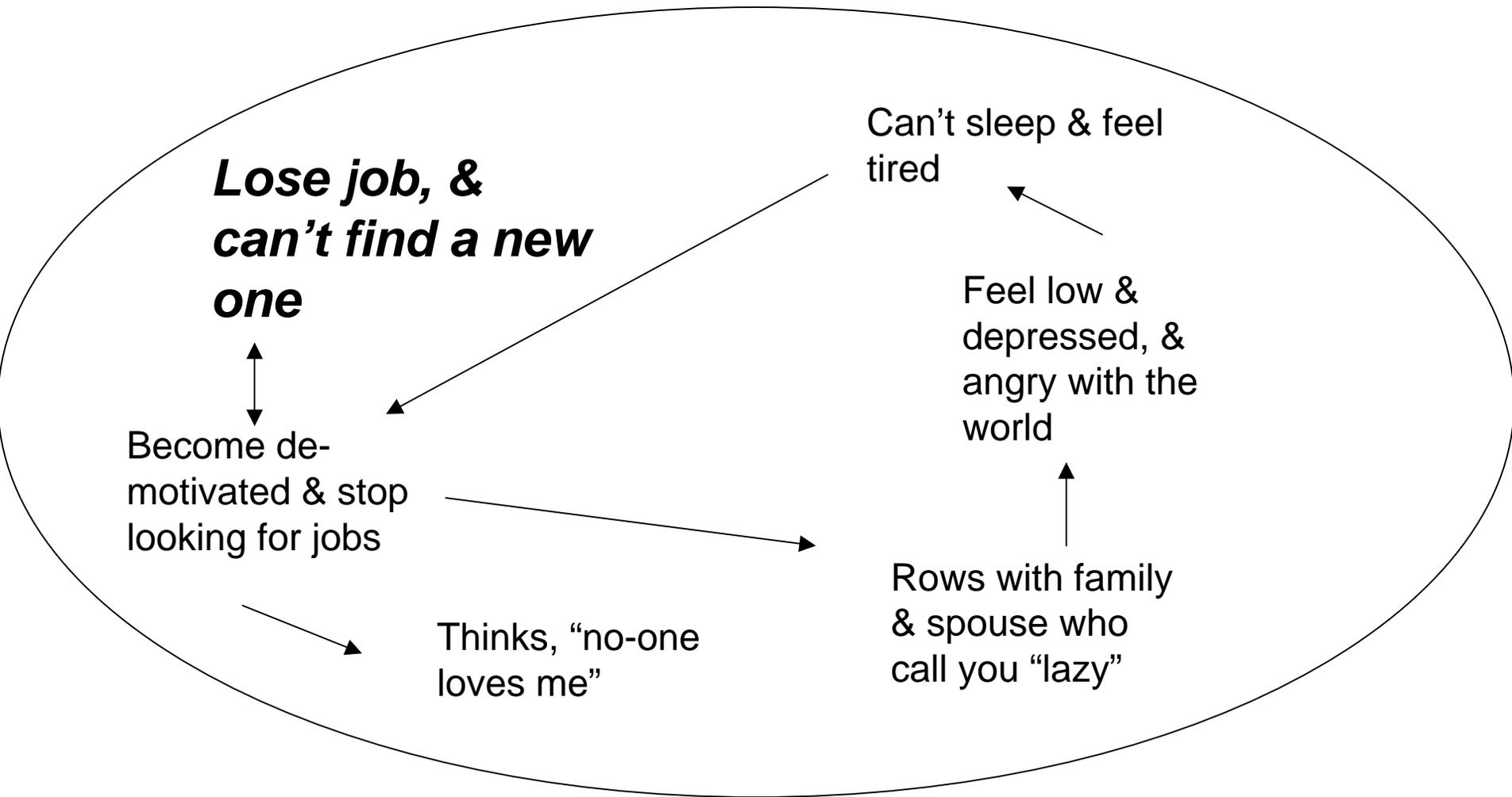
Cognitive-Behavioural Model (CBM)



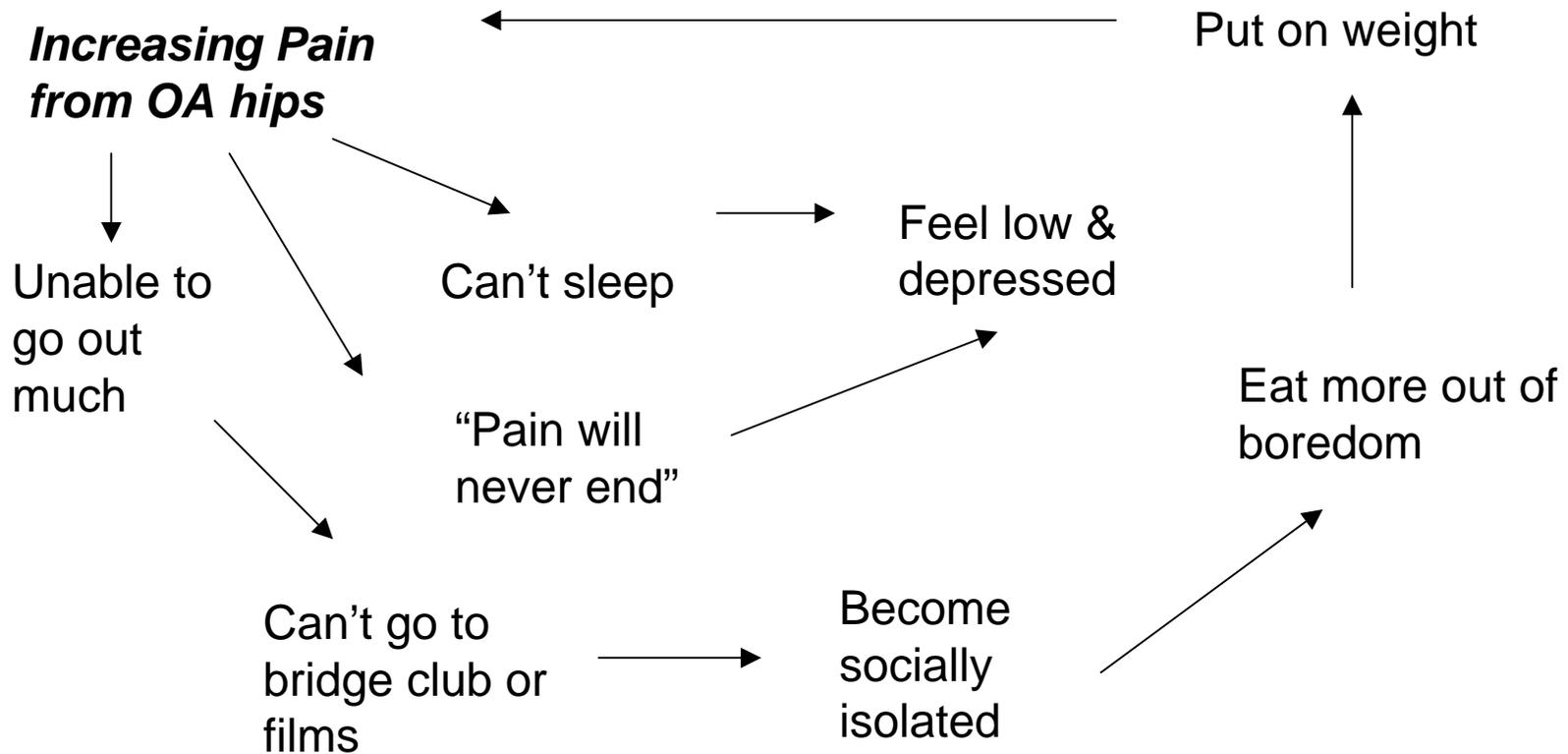
CBM – examples of link between effects



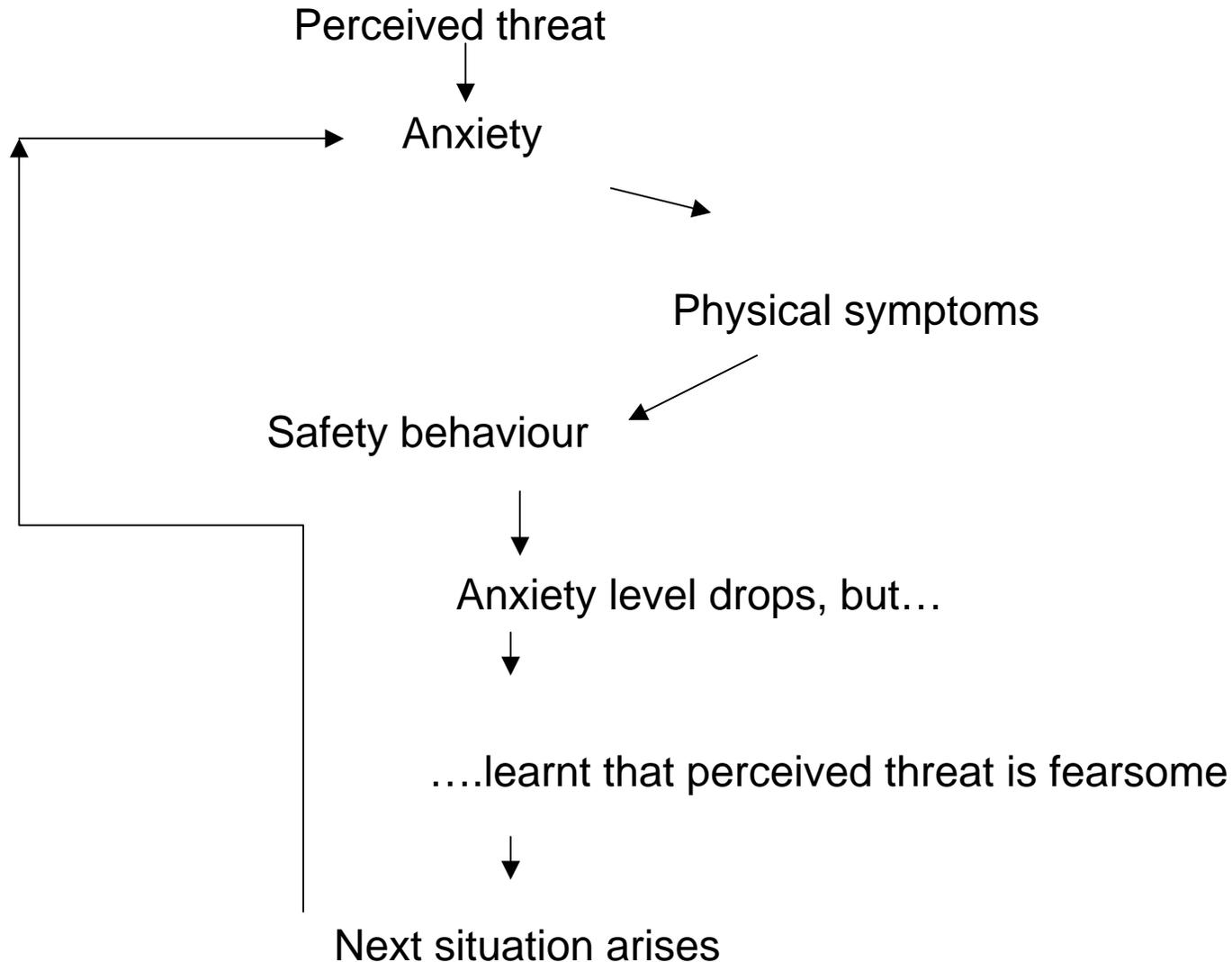
CBM – examples of link between effects



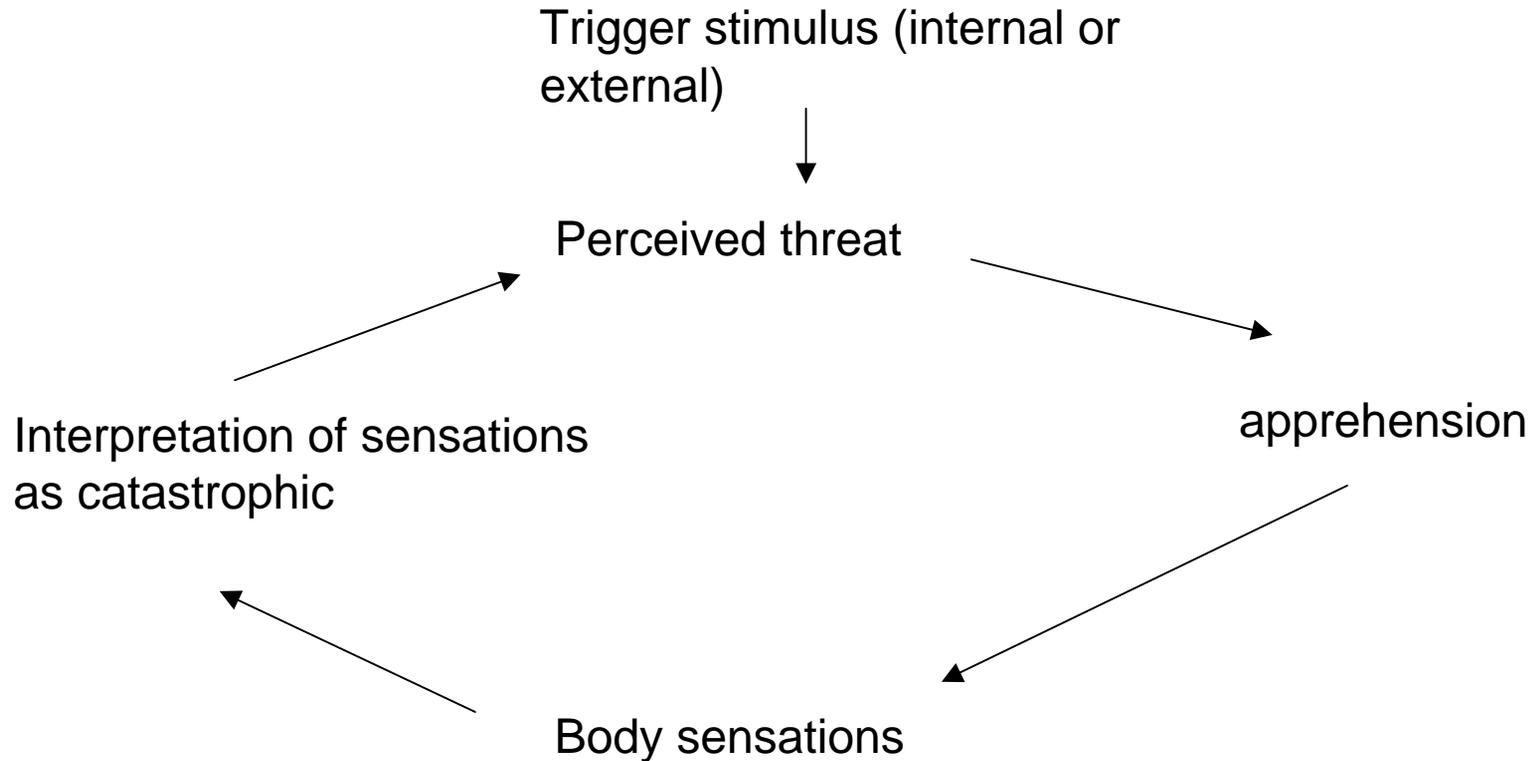
CBM – examples of link between effects



The Cognitive Behavioural Model & anxiety



The Cognitive Behavioural Model & panic



CBM & CBT

- Above was a description of the cognitive behavioural model
- What about cognitive behavioural *therapy*?

Using a CBT approach to problems

- Aim to *identify* and then *evaluate* individual reactions to specific situations
- Identify and change unhelpful thoughts, beliefs and behaviours that contribute to problems
- Find alternative, more helpful ways to react to circumstances

Using a CBT approach to problems

The basic principle of CBT is that the way you *think* affects the way you *feel*, which affects the way you *behave*

Any questions?

A little exercise.....

A scenario:

On the 1st Monday back after a 3 week holiday, you are stuck in traffic and arrive 20 minutes late. Worse, the 1st patient takes 20 minutes.

Note down the following:

- *What are you going to be thinking?*
- *How will you feel*
- *What will you do during the rest of the surgery?*

A scenario:

- Would you be aware of your thoughts & feelings?
- Would you be able to change your thoughts & feelings
- Would you be able to behave differently?

Using a CBT approach to problems

Remember:

- The basic principle of CBT is that the way you *think* affects the way you *feel*, which affects the way you *behave*
- Can we formulate a psychiatric presentation in terms of *thoughts, feelings & behaviour?*

A clinical scenario

A 35 yr old man, Abdul Smith, gives you the following history:

- Feel low, can't even watch TV (get confused), can't sleep
- Lost my job, can't even get an interview (a computer operator)
- Wife is nagging me to pay the bills
- "I think it's all futile, why not just go on the social"

Formulate the above presentation in terms of thoughts, feelings & behaviour, as if you were summarising it back to the patient

A clinical scenario

- Describe to Abdul Smith the CB model, using his clinical presentation & his social circumstances