# Class 1
# Introduction to CBT Model

COGNITIVE BEHAVIORAL THERAPIES AND APPROACHES

# Agenda

Introductions

Review syllabus

Intro to CBT

# Introductions

- Name and pronouns
- How you are doing in this moment
- Practicum Placement and/or Prior Clinical Experiences
- 3 things you want to learn from this course
- 3 things that concern you about this course
- Favorite self-care activity

# Who am I?

- Dr. Rachel Speer, Ph. D, MSW, LCSW

- EMDR Trained, Spanish-speaking

- Previous roles: School-based Therapist, Integrated Behavioral Health Clinician, Outpatient Therapist, Multi-systemic Family Therapist, Emergency Mental Health Evaluator, Telephonic Behavioral Health Clinician, Health Coach,  Disaster Response, Adjunct Faculty

- Experience with toddlers, children, adolescents, adults, and families.

# What can we expect from this course?

# SYLLABUS

- ▶ Review Together

- ▶ Questions?
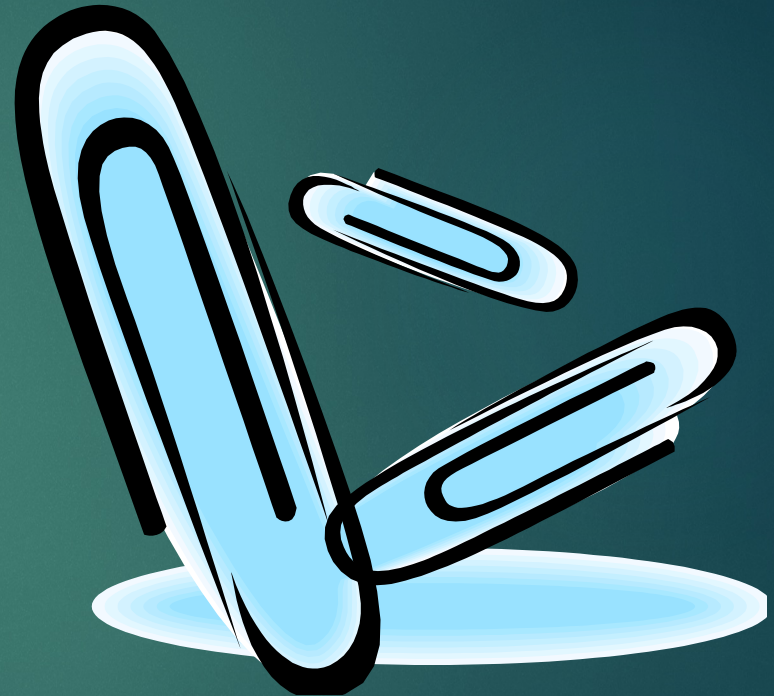
*Granny's House with goats, Anguilla,* 1987, pastel on paper, 12 x 18 inches. Retrieved on Sept. 8, 2013, from http://irislewis.com/Houses_and_People.html
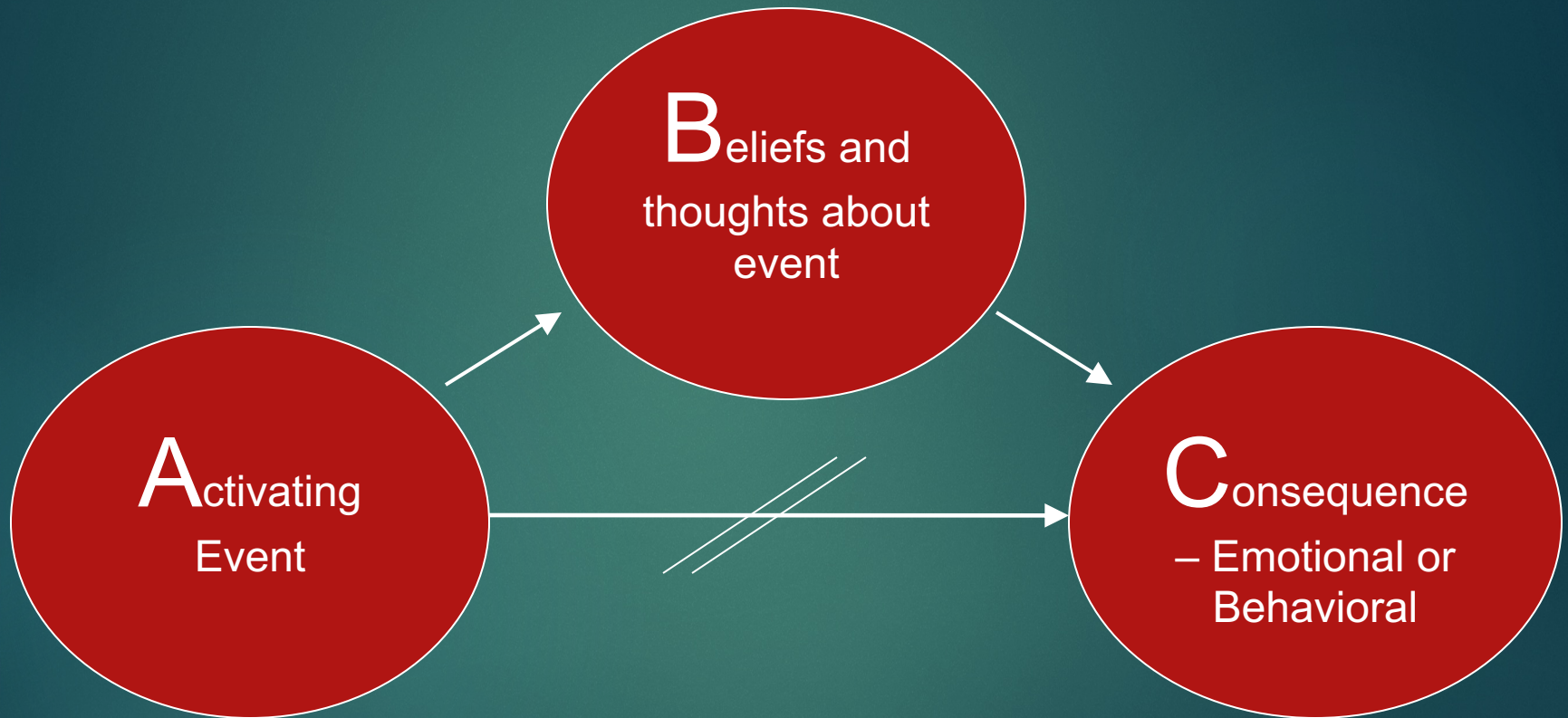
# Essence of the Cognitive Model

"By changing how and what people think about a negative event, their emotional and behavioral reactions will also change."

(Lam & Gale, 2000, p. 445).

# ABC Model-Albert Ellis



**B**eliefs and thoughts about event

**A**ctivating Event

**C**onsequence – Emotional or Behavioral

Video

# In a group of 2-3…

http://www.limitstogrowth.org/WEB-Graphics/LosAngelesTraffic405freeway.jpg

A person is driving on I-70 when a sports car suddenly cuts them off in traffic, almost causing an accident. What thoughts might precede the following emotions?

- *Anger*
- *Fear*
- *Sadness*
- *Joy*
- *Gratitude*

# An old idea…

http://upload.wikimedia.org/wikipedia/commons/4/4e/Bernhardt_Hamlet2.jpg

► "There exists nothing either good or bad but thinking makes it so."-Shakespeare, in *Hamlet*

► "We are what we think. All that we are arises with our thoughts." - Buddha

► "The greatest weapon against stress is our ability to choose one thought over another. -William James"

► "The mind is its own place, and in itself, can make heaven of Hell, and a hell of Heaven." -John Milton
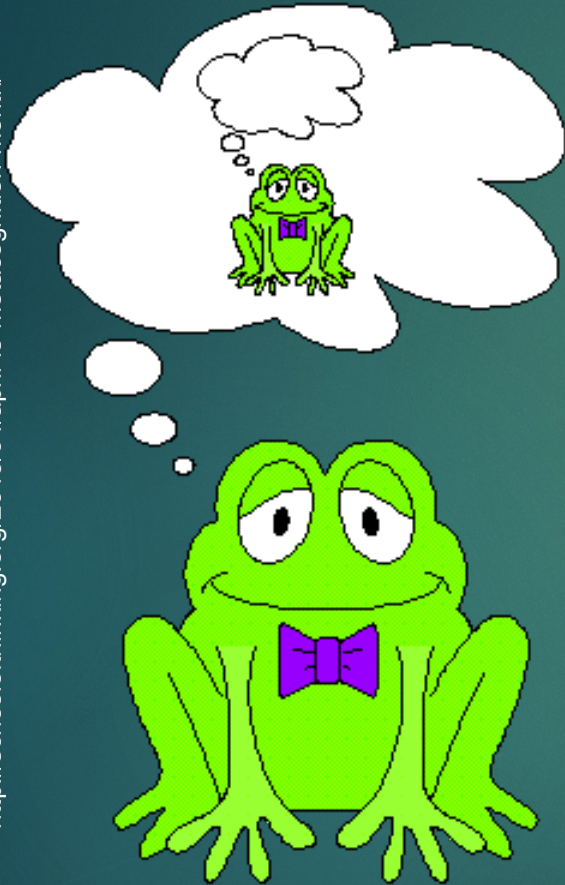
# Thoughts and Beliefs
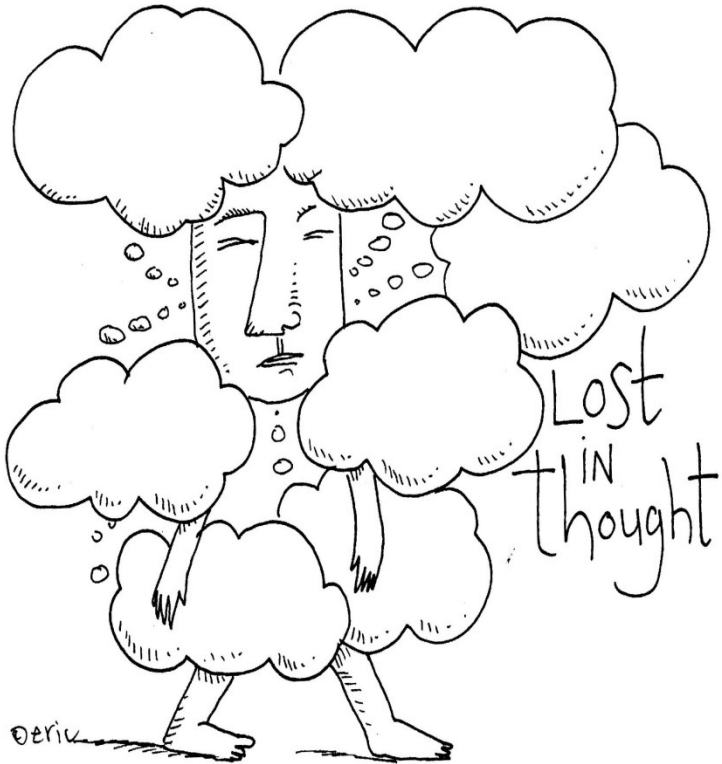


www.wisdomheart.org/2011/are-you-lost-in-thought/

- Often, reactions to an event or situation are "exaggerated, personalized, and negative" (Leahy, 2003, p. 7)

- Unrealistic or harmful thoughts contain "cognitive distortions" – faulty logic, thinking errors

# Metacognitive awareness

The goal is to help clients entertain the possibility that maybe – just maybe – what they believe about themselves and about life is not true

**"Don't believe everything you think!"**

# (Some) Types of Cognitive Behavioral Therapies

- Cognitive therapy ("Beckian")
- Cognitive behavioral therapy (general)
- Rational emotive behavior therapy (Albert Ellis)
- Trauma-focused CBT
- Cognitive processing therapy
- Mindfulness-based CBT
- Dialectical behavior therapy
- Acceptance and commitment therapy

# Evidence of Effectiveness

In a synthesis of 106 meta-analyses,  CBT was effective for numerous problems:

| | |
|---|---|
| Social anxiety | Panic disorder |
| OCD | PTSD |
| Substance use | Insomnia |
| Psychosis & schizophrenia | Children's mood and anxiety problems |
| Anger & aggression | Personality disorders |
| Bulimia | Depression? (Mixed results) |

(Hofmann et al., 2012)

# TF-CBT and Childhood Traumatic Grief

- http://tfcbt.musc.edu/

- http://ctg.musc.edu/

# Reading Reflection

▶ Do you think it is important to be follow treatment protocols with fidelity? Why or why not?

▶ Is it appropriate to mix and match? Why or why not?

▶ How do we measure the quality of treatment?

▶ How does CBT fit in to social work values?

# Minute Paper

▶ What worked well for you in today's class?

▶ What did not work well for you?

▶ Any suggestions, requests, improvements?



http://img2.timeinc.net/health/images/slides/one-minute-400x400.jpg

# Thursday Class:

- Reading:

- Beck, J., 2020: Cognitive Behavior Therapy (pp. 16-25, 56-70, 160-173)

- Okamoto, A., & Kazantzis, N. (2021). Alliance ruptures in cognitive-behavioral therapy: A cognitive conceptualization. *Journal of Clinical Psychology, 77*(2), 384-397.