

Wisconsin Public Psychiatry Network
Teleconference (WPPNT)

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1

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**CBT for Social Phobia in
Adolescents**

2

Social Phobia: Scope of the Problem

- Social phobia typically has an onset in childhood or adolescence
- Social phobia is associated with school refusal in childhood
- Majority of those diagnosed will continue to have symptoms and impairment if untreated
 - Delays and interference with completing college
 - Delays and interference with getting married
- Social phobia precedes major depressive disorder and substance use disorders

3

Social Phobia: CBT (CBGT-A) for Youth

- “Coping Cat” is effective for pre-adolescent children with social phobia
- A group format has demonstrated effectiveness in clinic and school settings, with English and Spanish speaking samples
- *Stand Up, Speak Out* by Albano & DiBartolo
 - <http://global.oup.com/academic/product/cognitive-behavioral-therapy-for-social-phobia-in-adolescents-9780195307764?cc=us&lang=en&>
 - <http://global.oup.com/us/companion.websites/umbrella/treatments/hidden/mforms/>

4

Overview of CBGT-A

- Skill Building
 - Psychoeducation
 - Relaxation Techniques
 - Cognitive Strategies
- Exposure
 - In session
 - Between session

5

Session 1

QUOTE OF THE DAY

“There are two types of speakers in the world.
1. The nervous and
2. Liars.”

-Mark Twain

TODAY'S AGENDA

- Baseline Assessment
- Assent to Treatment: I
- Group Rules
- Confidentiality Contract
- Assent to Treatment: II
- Introductions
- Homework

6

Baseline Assessment

- Establishes pre-treatment severity score
 - Initial effort to identify “trouble spots” to work on in group
 - Emphasizes self-report rating scales that list social and performance situations
 - Social Phobia Scale
 - Social Interaction Anxiety Scale
 - Liebowitz Social Anxiety Scale
- <http://healthnet.umassmed.edu/mhealth/LiebowitzSocialAnxietyScale.pdf>

7

Assent to Treatment: Part One

- I understand that I am participating in a group for adolescents who experience distress related to interacting with people or being the focus of others’ attention.
- I understand that this group will meet for 12 hour-long sessions over the next 3-4 months.
- I understand that I may be dropped from the group if I do not follow the group rules.

8

Group Rules

- Be yourself.
 - Be friendly.
 - Be open-minded.
 - Be encouraging.
 - Be consistent.
 - Be punctual.
 - Be trustworthy.
 - Do your homework.
- Contact outside of group, before it disbands, is discouraged but not against the rules. But if it happens, it must be disclosed to the group.

9

Confidentiality Contract

- Any information shared by a group member about him- or herself will be considered personal information and private.
- Personal information shared in the group will be kept private (i.e., not talked about outside of group).
- If you agree to both points, sign the contract.

10

Introductions

PLAN

- Spend 5 minutes with your assigned interview partner
- Introduce your partner to the group by sharing what you learned about them
- As you hear about someone, feel free to ask questions if you are interested in learning more

EXAMPLES OF INTERVIEW QUESTIONS

- How old are you?
- Where do you live / go to school?
- Where would you like to live / go to school?
- What do you like to do for fun?
- If you could have dinner with anyone, living or dead, who would it be?

11

Assent to Treatment: Part Two

POTENTIAL RISKS

- You may feel awkward, embarrassed, nervous or otherwise distressed when talking in front of others and practicing new skills
- You may feel distressed as you approach and enter new situations you used to avoid
- You may find that things go wrong when you try new ways of handling things

POTENTIAL BENEFITS

- You may understand more about anxiety and how to best deal with it
- You may feel more comfortable in social situations
- You may be able to deal with people better
- You may understand yourself better

12

Session 1: Homework

GENERAL POINTS

- Completion of homework is essential for getting the most out of the treatment
- Homework will be assigned and reviewed (but not graded) every time
- Some tasks will require completing forms, others will require practicing skills

FOR NEXT TIME...

- Complete Daily Diary #1
 - One entry per day
 - Include situations that make you slightly nervous as well as intensely anxious
- Attempt to complete the "My Top 5 Trouble Spots" questionnaire
- Complete the Session 1 Review Quiz

13

Daily Diary #1

DATE	SITUATION (What happened? Where were you? When was it? Who was around?)	ANXIETY RATING 0-8

14

My Top 5 Trouble Spots

One of the first steps toward overcoming social anxiety and shyness and taking back control over your life is to make a list of the situations that give you the most trouble. This list should include social and performance situations that mess things up for you and that you would like to learn how to deal with. After you have made your list, use the feelings thermometer to rate how much you would want to avoid the situation and how anxious you would feel if you entered the situation.

	Avoidance (0-8)	Anxiety (0-8)
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

Examples of social and performance situations:

*Phone calls
Small groups
Eating in cafeteria
Taking a test*

*Talking to teachers
Going to a party
Raising hand in class
Talking to clerks*

*Giving a speech
Writing in public
Meeting a stranger
Asking for help*

Session 2

QUOTE OF THE DAY

“It is better to remain silent and be thought a fool than to open one’s mouth and remove all doubt.”

– Abraham Lincoln?

TODAY’S AGENDA

- Homework Review
- Trouble Spots
- Avoidance
- Fear Hierarchies
- Homework

Homework Review

- Session 1 Review Quiz
- Questions about using the Feelings Thermometer
- Entries in the Daily Diary #1
- Top 5 Trouble Spots

17

Why Focus on Trouble Spots?

- Any big problem needs to be broken down into smaller pieces
- Everyone has situations they handle calmly and skillfully and then other situations that are difficult to cope with
- Knowing what your “trouble spots” are is the first step toward eliminating them

18

Trouble Spots: A Definition

- Situations or tasks
- Cause some form of emotional distress (e.g., anxiety, fear, nervousness)
- Often cause physical or somatic symptoms (e.g., heart racing, “butterflies,” tensing)
- Associated with lack of confidence, thoughts of messing up, and not knowing what to do
- Are usually avoided to some extent

19

Avoidance

- Not going to parties
- Keeping quiet during conversations
- Averting eyes during conversations
- Keeping head down during speeches
- Declining invitations
- Texting when talking would be better
- Not going to classes
- Leaving a situation when it gets stressful
- Staying on the fringe of a crowd

20

Additional Ways to ID Trouble Spots

- Entries in Daily Diaries
- Checklist derived from responses to rating scales
- Complete the following statements...
 - “It would make life easier if I wasn’t anxious about...”
 - “It would make life more fun if I wasn’t worried about...”
 - “A situation I would like to handle more skillfully would be...”

21

Developing a Hierarchy

- Makes sense to start with less anxiety-provoking trouble spots and work up
- Use the Feelings Thermometer as a guide
- Consider how major trouble spots could be broken down into steps, for example:
 - Step One: Reading a speech to the group
 - Step Two: Giving a speech to the group with notes (some eye contact)
 - Step Three: Giving a speech to the group from memory (consistent eye contact)

22

Homework

GENERAL POINTS

- Completion of homework is essential for getting the most out of the treatment
- Homework will be assigned and reviewed (but not graded) every time
- Some tasks will require completing forms, others will require practicing skills

FOR NEXT TIME...

- Complete Daily Diary #1
 - One entry per day
 - Include situations that make you slightly nervous as well as intensely anxious
- Revise the "My Top 5 Trouble Spots" questionnaire if needed
- Overcome avoidance and approach one trouble spot (Temperature ≤ 4)

23

Session 3

QUOTE OF THE DAY

"There is no need to go to India or anywhere else to find peace. You will find that deep place of silence right in your room, your garden or even your bathtub."

– Elisabeth Kubler-Ross

TODAY'S AGENDA

- Quick Review of Last Group
- Homework Review
 - Daily experiences of anxiety
 - Identifying trouble spots
 - Working on trouble spots?
- The Body's Anxiety Alarm
- Relaxation Techniques
- Homework

24

Trouble Spots Form Instructions

- The following situations and tasks are ones that might be anxiety-provoking for you. Fears can be overcome by approaching situations and tasks, repeatedly, and getting used to them. You may be able to approach these situations and tasks in real life. If not, you can use your imagination or simulate the situation. Check the situations and tasks you think would be helpful to master.

25

Trouble Spots for "Jason"

- Listening to a recording of your voice with others
- Giving a speech to an audience
- Reading in front of others
- Entering a room where others are already seated
- Eating in front of a group of people
- Being stared at by a group of people
- Being called on to answer a question in front of other people

26

Trouble Spots for "Cal"

- Facing someone on a train or bus
- Standing by yourself in a line
- Eating in front of a group of people
- Having an argument with someone
- Starting a conversation with someone you've never met before
- Extending an invitation to someone to do something
- Joining a group of people who are already in conversation

27

The Body's Anxiety Alarm

- Anxiety is not just a mental thing
- The body has an alarm system for protecting itself from threats
- There are social threats as well as physical threats
- The alarm can go off at unnecessary times (i.e., a false alarm)
- The alarm can be unhelpful (i.e., lead a person to feel self-conscious and worried)

28

The Body's Anxiety Alarm

- Heart pounding and racing
- Shortness of breath
- Nausea and stomachaches
- Sweating, hot flushes, and chills
- Shaking and trembling
- Numbness and tingling sensations
- Dizziness and lightheadedness
- Feelings of unreality and detachment
- Muscle tension

29

Relaxation Techniques

- Diaphragmatic (deep) breathing
- Muscle relaxation exercises

- Mantras
- Yoga stretches
- Pleasant imagery
- Hot baths
- Soothing music

30

Homework

GENERAL POINTS

- Completion of homework is essential for getting the most out of the treatment
- Homework will be assigned and reviewed (but not graded) every time
- Some tasks will require completing forms, others will require practicing skills

FOR NEXT TIME...

- Complete Daily Diary #2
 - One entry per day
 - Include situations that make you slightly nervous as well as intensely anxious
- Revise the "My Top 5 Trouble Spots" questionnaire if needed
- Overcome avoidance and approach one trouble spot (Temperature ≤ 4)

31

Daily Diary #2

DATE	SITUATION (What happened? Where were you? When was it? Who was around?)	Anxious Arousal (0-8)	Relaxation Strategies Tried	How Helpful? (0-8)

32

Session 4

QUOTE OF THE DAY

"We can't solve problems by using the same kind of thinking we used when we created them."

– **Albert Einstein**

TODAY'S AGENDA

- Quick Review of Last Group
- Homework Review
 - Daily Diary #2
 - Revising list of trouble spots
 - Overcoming avoidance of trouble spots?
- Automatic Thoughts and Thought Mistakes
- Realistic Counter-Thoughts
- Trouble Spots Lists
- Homework

33

Automatic Thoughts: Definition

- "Pop" into your head without effort
- Triggered by situations
- May be "fleeting" and even go unnoticed
- Affect your emotions and behavior
- Often involve an expectation or prediction about something bad happening
- May seem like facts but really are just guesses and are often mistaken in some way
- Can be challenged and countered

34

Thought Mistakes

- "All or Nothing"
 - "I have *nothing* interesting to say to *anyone*."
- "Ink in the Beaker"
 - "My voice cracked in the middle of that speech. What a total disaster."
- "This Doesn't Count"
 - "So what if I raised my hand and answered a question without embarrassing myself? It was an easy question. And no one was paying any attention."
- "Jumping to Conclusions"
 - Mind Reading: "She didn't say hi. She must dislike me."
 - Fortune Telling: "I'm going to mess this up completely."

35

Thought Mistakes

- "Binocular Tricks"
 - Zoom In: "My anxiety was obvious to everyone."
 - Zoom Out: "I'm nice, but no one cares about that."
- "I Should, I Ought, I Must"
 - "I should be able to say hello without freaking out."
 - "I have to memorize every word of my speech."
- "Labeling"
 - "I can't give a speech. I'm such a loser. And my teacher is a jerk for assigning it."
- "Taking the Blame"
 - "This conversation did not go well at all. I'm no good at small talk."

36

Realistic Counter-Thoughts: Definition

- Don't just "pop" into your head
- Relieve anxiety and relax your body
- Make it easier to deal with a situation
- Involve an "open-minded" and "wait-and-see" attitude
- Correct thought mistakes
- Should be used as soon as an automatic thought is detected
- Can be tested through experience

37

Realistic Counter-Thoughts: Examples

- "It's OK to have some anxiety. It doesn't mean I can't do it."
- "Just because I'm noticing it doesn't mean it's obvious to other people."
- "The best thing to do right now is just focus on what I have to do."
- "Not all conversations have to be great. Sometimes it just doesn't happen. It's not all my responsibility."

38

Homework

GENERAL POINTS

- Completion of homework is essential for getting the most out of the treatment
- Homework will be assigned and reviewed (but not graded) every time
- Some tasks will require completing forms, others will require practicing skills

FOR NEXT TIME...

- Complete Daily Diary #3
 - One entry per day
 - Include situations that make you slightly nervous as well as intensely anxious
- Finalize the "My Top 5 Trouble Spots"
- Overcome avoidance and approach one trouble spot (Temperature ≤ 4)

39

Daily Diary #3

SITUATION (What happened? Where were you? When was it? Who was around?)	Anxious Automatic Thoughts (What negative thoughts, images, or ideas went through your mind?)	Realistic Coping Thoughts (What would be an alternative, more helpful way to talk to your self?)

40

Self-Conscious Guy: A Film Ahead of Its Time

- <http://youtu.be/128GSVPveNM>