

Wisconsin Public Psychiatry Network Teleconference (WPPNT)

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WISCONSIN DEPARTMENT
of HEALTH SERVICES

CBT Techniques and Building Resilience

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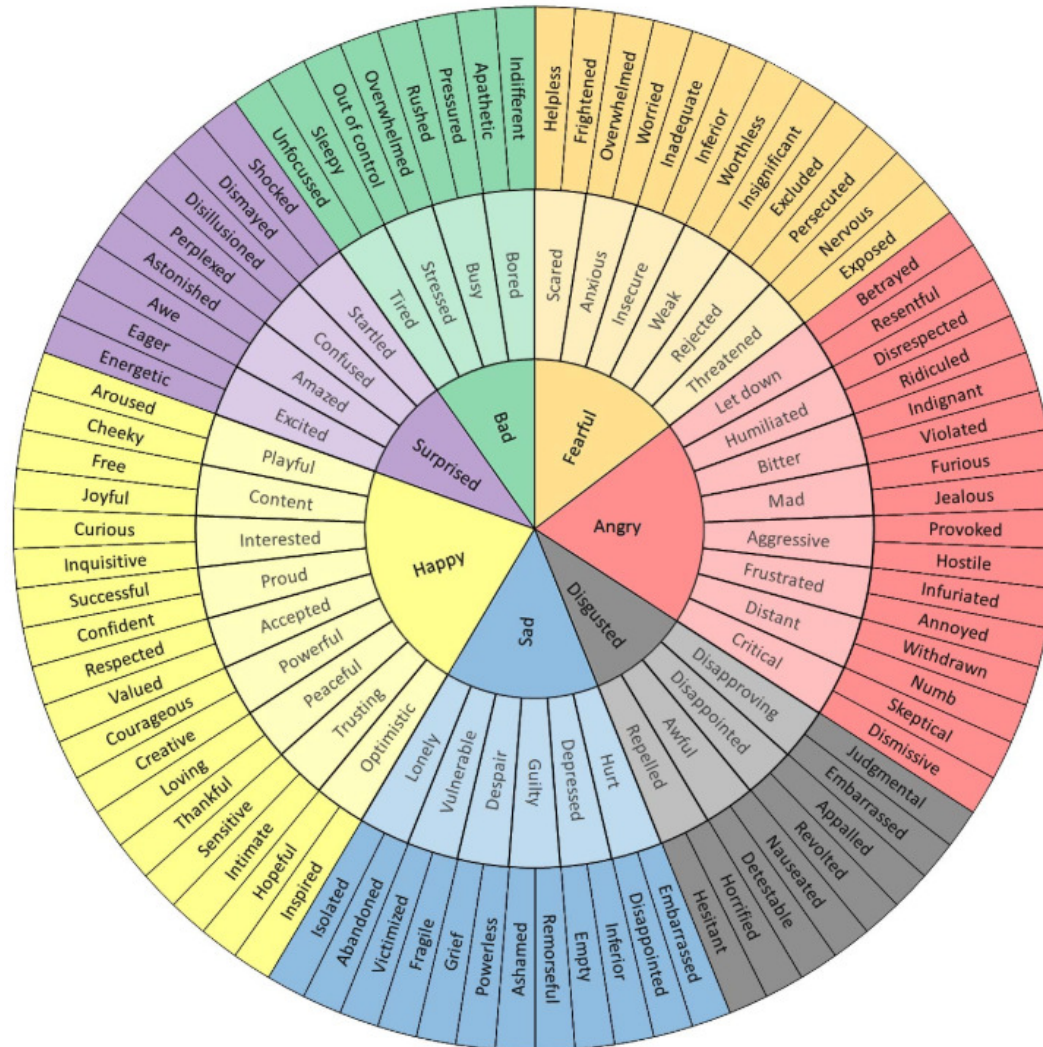
Review of last session

- History of cognitive behavioral therapy (CBT)
- CBT triangle
- Cognitive distortions – all or nothing thinking, blaming, overgeneralization, jumping to conclusions, filtering, personalization, labeling, should statements
- Core beliefs
- Goal of CBT – not strictly positive thinking

Foundational CBT techniques

- Emotion education – feelings wheel
- Emotion identification – feelings vs. thoughts vs. body
- Journaling – recognize personal patterns
- Socratic questioning introduction
- Core belief introduction
- Mindfulness introduction – relaxed breathing, grounding

Emotions wheel



Socratic questions

- What is the evidence for this thought? Against it?
- Am I basing this thought on fact or feelings?
- Am I misinterpreting the evidence? Am I making assumptions?
- Could my thought be an exaggeration of what's true?
- Am I having this thought out of habit?
- Is this even my own thought? Or did someone give it to me?

Core beliefs

Situation: Two people with different core beliefs receive a bad grade on a test.		
Person	Core Belief	Reaction
A	➡ "I am a failure."	➡ Thought: Of course I failed... why bother? Feeling: Depressed Behavior: Makes no changes.
B	➡ "I am perfectly capable, when I give my best effort."	➡ Thought: I did poorly because I didn't prepare. Feeling: Disappointed Behavior: Plans to study before the next test.

Common Harmful Core Beliefs

Core beliefs are often hidden beneath surface-level beliefs. For example, the core belief "no one likes me" might underlie the surface belief "my friends only spend time with me out of pity".

Helpless	Unlovable	Worthless	External Danger
"I am weak"	"I am unlovable"	"I am bad"	"The world is dangerous"
"I am a loser"	"I will end up alone"	"I don't deserve to live"	"People can't be trusted"
"I am trapped"	"No one likes me"	"I am worthless"	"Nothing ever goes right"

Consequences of Harmful Core Beliefs

Interpersonal Problems

difficulty trusting others
feelings of inadequacy in relationships
excessive jealousy
overly confrontational or aggressive
putting others' needs above one's own needs

Mental Health Problems

depression
anxiety
substance abuse
difficulty handling stress
low self-esteem

Facts About Core Beliefs

- People are not born with core beliefs—they are learned.
- Core beliefs usually develop in childhood, or during stressful or traumatic periods in adulthood.
- Information that contradicts core beliefs is often ignored.
- Negative core beliefs are not necessarily true, even if they *feel* true.
- Core beliefs tend to be rigid and long-standing. However, they can be changed.

Resilient people feel distress

“It would be a mistake to assume that being resilient means being ‘perfect’ or never feeling upset or frustrated. Resilient people experience unpleasant thoughts and feelings but handle them in ways that prevent them escalating into more serious, long-term problems.”

- Donald Robertson

Approaches to building resilience

- Avoid seeing situations as insurmountable.
- Accept that certain circumstances are outside of your control.
- Take action to improve your situation.
- Set realistic and achievable goals.
- Nurture a positive view of self.
- Maintain good relationships with others.

Avoid seeing situations as insurmountable

Catastrophizing. “I failed my algebra test which means I’ll probably get an F in the class. Everyone will know I’m stupid, my teacher will hate me, my parents will ground me, and I’ll never get into college.”

Overgeneralization. “I failed my algebra test. I’m really bad at math.”

Possible interventions: Fact checking thoughts and positive behavioral activation

Fact checking thoughts

Statement	Fact	Opinion
<i>I'm stupid</i>	x	✓
<i>I'm not meant for college</i>		
<i>I didn't study for the exam</i>	✓	
<i>I'm bad at math</i>		
<i>I failed the exam</i>		
<i>My teacher hates me</i>		
<i>I'll get grounded</i>		
<i>I'll get an F in the class</i>		
<i>I'm not good enough</i>		

Positive behavioral activation

ACTIVITY	EASE (1-10)	REWARD (1-10)
<i>6 p.m.: Study for 30 mins.</i>	3	9

Accept certain circumstances outside your control

Grandiosity. “I know far more about this project than my coworkers. More than my boss, even. I should be running the show.”

Personalization. “I wasn’t given lead on this project... what a slap in the face.”

Possible intervention: ABC functional analysis

ABC functional analysis: Worksheet

A	B	C
Antecedents <i>What factors preceded the problematic behavior?</i>	Behavior <i>What is the problematic behavior?</i>	Consequences <i>What was the outcome of the problematic behavior?</i>
	<i>I shouted at my boss during a team meeting.</i>	

Take action to improve situation

Blaming. “You made me more angry than I’ve ever been. I had no choice but to punch you.”

Fallacy of change. “If I treat him better, he’ll treat me better.”

Possible intervention: Coping styles identification

How do I cope with the problem?

What made me at risk in the first place?

What events or triggers occurred just before "the problem" developed?

What is "The Problem"?

My partner makes me angry.

How do I cope with "the problem"?
What things make me feel better, at least temporarily?

-
-
-
-

↓

How effective are these coping strategies?
What are the pros? And cons?

-
-
-

-
-
-

↓

What else could I do/try to cope?

-
-
-

Set realistic and achievable goals

“All or nothing” thinking. “If I have one beer, I might as well finish the pack.”

Leaps in logic. “Sobriety only means something if it’s long-term. If I can make it to 6 months, I know my family will be proud of me.”

Possible interventions: Behavioral experiments

Behavioral experiments

Part 1: Experiment Plan

Thought to Test

What is the thought or belief you would like to test?

Experiment

How can you test this thought?

Try for one week sobriety

When will you run the experiment?

Prediction

What do you think will happen during the experiment?

How do you expect to feel after the experiment?

very bad neutral very good

Part 2: Experiment Results

Outcome

What happened during the experiment?

How did you feel after the experiment?

very bad neutral very good

New Thought

Given the evidence from the experiment, what is your new thought?

Nurture a positive view of self

Minimization. “People always compliment me on my smile, but I know my teeth aren’t as white or as straight as they should be.”

Possible intervention: Dysfunctional thought record

Dysfunctional thought record: Worksheet

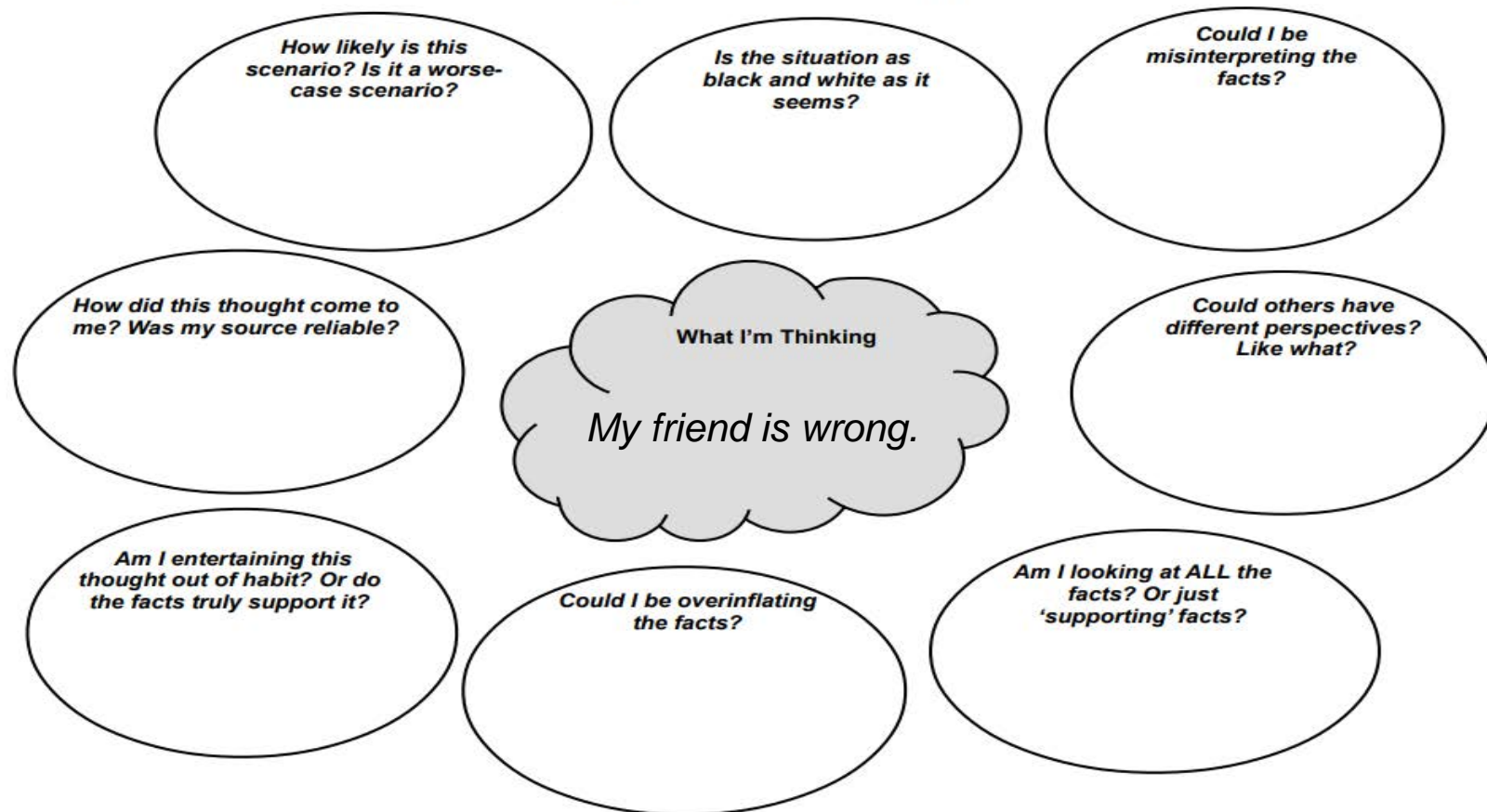
Date & Time <i>When did the thought occur?</i>	Situation <i>What was the context? What was happening at the time and prior to the thought?</i>	Automatic Thought <i>Describe the thought Rate how much you believed it out of 100%</i>	Emotion <i>What feelings came to you at the time? How intense were they out of 100%?</i>	Cognitive Distortion <i>E.g. filtering, personalization, catastrophizing</i>	Alternative Thought <i>What is a more adaptive alternative? Is there another potential solution?</i>	Outcome <i>Now re-rate how much you believe the original thought, and your emotions, out of 100%.</i>
		<i>I know that compliment is a lie.</i>				
		<i>I'm not pretty enough.</i>				

Maintain good relationships with others

Always being right. “I don’t understand how you can vote for her. Her personality and qualifications are terrible. You need to be more educated on the candidates.”

Possible solution: Cognitive restructuring

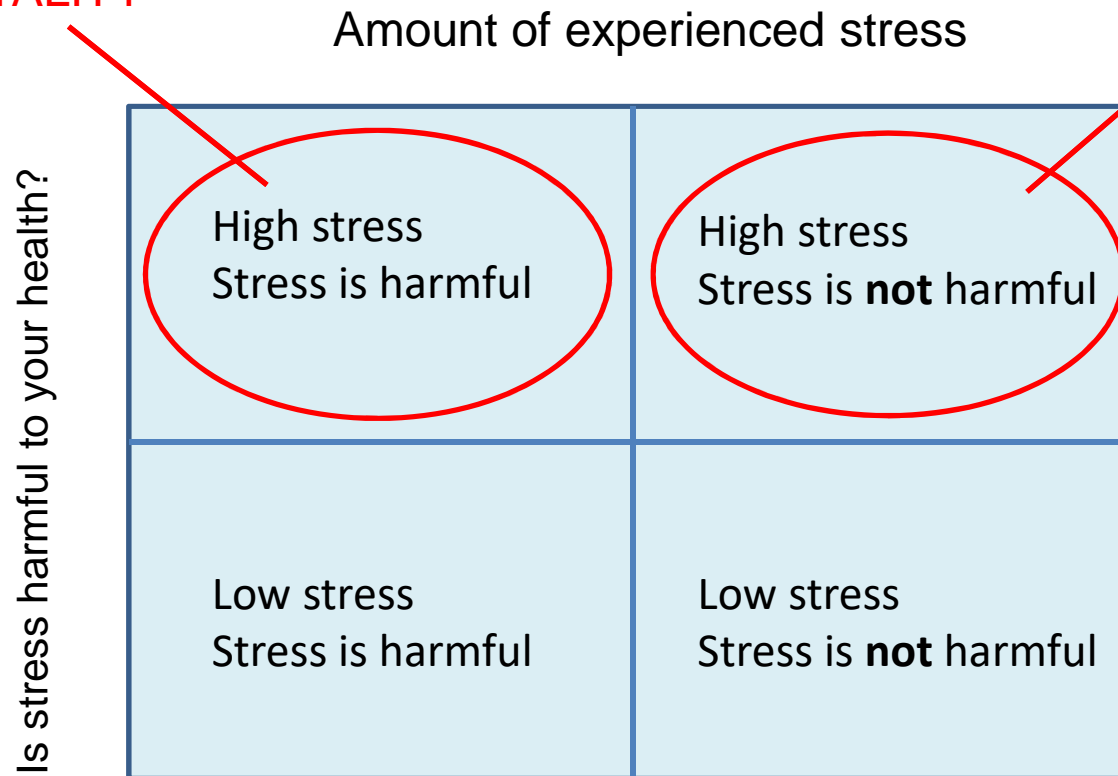
Cognitive restructuring



How we view stress

HIGHEST
MORTALITY
RATE

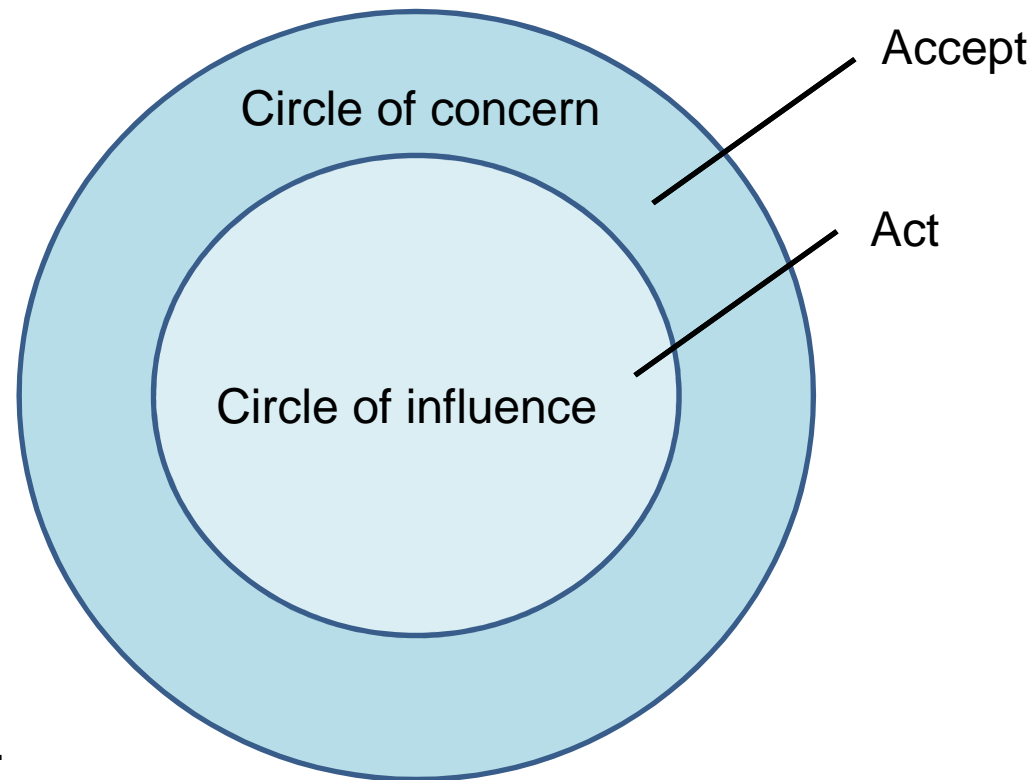
LOWEST
MORTALITY
RATE



How we view other feelings

- **Anger** – a sign to seek mediation and resolution
- **Fear** – a sign to pursue safety
- **Anxiety** – a sign of a future challenge and opportunity
- **Sadness** – a sign to pay more attention to detail
- **Guilt** – a sign that behavior change may be needed
- **Apathy** – a sign it's time to seek new encounters
- **Despair** – a sign that something truly mattered

Circle of concern vs. circle of influence



Example: The
fires in Australia.

How we can implement CBT early

- “What do you think therapy should look like?”
- “What happens when you experience suffering?”
- “What happens when you see others suffer?”

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