

Wisconsin Public Psychiatry Network Teleconference (WPPNT)

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WPPNT Reminders

How to join the Zoom webinar

- **Online:** <https://dhs.wi.zoomgov.com/j/1606358142>
- **Phone:** 669-254-5252
- Enter the Webinar ID: 160 635 8142#.
 - Press # again to join. (There is no participant ID)

Reminders for participants

- Join online or by phone by 11 a.m. Central and wait for the host to start the webinar. Your camera and audio/microphone are disabled.
- [Download or view the presentation materials](#). The evaluation survey opens at 11:59 a.m. the day of the presentation.
- Ask questions to the presenter(s) in the Zoom Q&A window. Each presenter will decide when to address questions. People who join by phone cannot ask questions.
- Use Zoom chat to communicate with the WPPNT coordinator or to share information related to the presentation.

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WISCONSIN DEPARTMENT
of HEALTH SERVICES

Foundations of Cognitive Behavioral Therapy (CBT)

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Overview

- History
- CBT triangle
- Cognitive distortions
- Core beliefs
- Delivering CBT

What is CBT?

CBT can be used as an umbrella term for many different therapies that share common elements. CBT includes elements from behavioral therapies, rational emotive behavior therapy (REBT), and cognitive therapy.

History: Behavioral Therapies

- Classical conditioning (1897)
 - Ivan Pavlov
 - Stimuli and response
- Operant conditioning (1948)
 - B.F. Skinner
 - Reinforcement and punishment

History: REBT (1950s)

- Albert Ellis
- Psychoanalysis and behaviorism inadequate
- Irrational beliefs create depressed, anxious, and angry feelings that lead to self-defeating behaviors

History: REBT

- Core irrational beliefs
 - Absolutism (inflexible)
 - Demand for love and approval
 - Demand for success and achievement
 - Demand for comfort
- One of the above tends to lead to
 - Catastrophizing
 - Low frustration tolerance
 - Global rating

History: Cognitive Therapy (1960s)

- Aaron Beck, psychiatrist and psychotherapist, found clients having an ‘internal dialogue’ rarely shared with him.
- Beck invented the term “automatic thoughts.”
- Cognitive therapy showing the importance it plays on thinking.
- CBT incorporates behavioral elements.

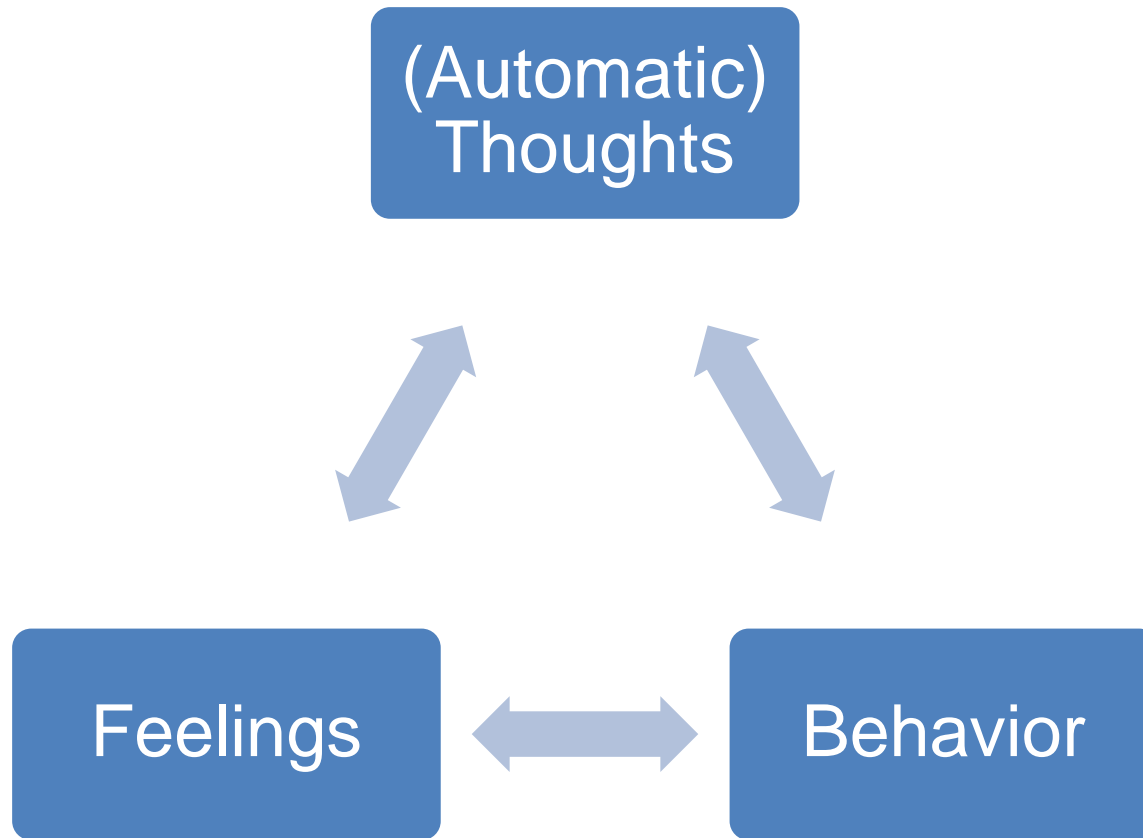
Introducing CBT

- Focus on problems that come up in a person's everyday life.
- How a person is interpreting and evaluating the world around them.
- People's feelings are linked to the way they think about a situation, not simply to the situation itself.

What happens in CBT?

Learn to identify, question, and change the thoughts related to problematic emotional and behavioral reactions to situations

CBT Triangle



Using the CBT Triangle 1

- **Situation:** Friend doesn't call when they said they would.
- **Thought:** They're annoyed with me.
- **Feeling:** Anxious.
- **Behavior:** Frequently checking your phone until you hear from them.

Using the CBT Triangle 2

- **Situation:** Facilitating a work meeting
- **Thought:** I feel inadequate to run this as most people here have more experience; no one really wants to be at this meeting.
- **Feeling:** Insecure, frustrated
- **Behavior:** Rush through speaking responsibilities and trivialize the importance of the meeting.

Using the CBT Triangle 3

- **Situation:** Yelled at your two-year-old in the store
- **Thought:** I'm a monster. They're just a toddler.
- **Feeling:** Shame
- **Behavior:** Buy them a new toy.

How can CBT help?

Identify, question, and change automatic thoughts

Automatic Thoughts

- A thought that very quickly pops into your mind.
- They are quickly overridden by your awareness due to the emotion that follows.
- Learning to evaluate your automatic thoughts is a core skill developed in CBT.

Exercise

- Think of a time in the last few days where you were upset, anxious, sad, or angry.
- Try to remember as many details as you can (example: where, when, who was there, how did it all happen, etc.).
- Write down as many automatic thoughts as you can remember having, if any.

Exercise Example

- **Situation:** I painted many pieces of trim incorrectly, leaving the side I thought wouldn't be visible with thick paint drip marks.
- **Automatic thoughts:** “of course,” “I give up,” “no one else will do this if I don't,” “what I did was really stupid”

Evaluating Thoughts

Understanding common cognitive distortions defined through CBT can help us pick out our negative thoughts.

Cognitive Distortions

- All-or-nothing thinking
- Overgeneralization
- Mental filter
- Discounting the positive
- Jumping to conclusions
 - Mind reading
 - Fortune telling

Cognitive Distortions

- Magnification
- Emotional reasoning
- Should statements
- Labeling
- Personalization and blame

Why are automatic thoughts important?

- Evaluating them reveals patterns in our thinking
- Patterns point to our core beliefs

What are core beliefs?

- Roots of our cognition
- Largely based on assumption seen as fact
- Colors perception of the world
- All wearing differently shaded sunglasses

Core Belief Common Categories

Defectiveness

- I am not that impressive.
- I fail often.
- I am unattractive (ugly, fat, etc.).
- I am not very smart.
- I can't do it.

Core Belief Common Categories

Unlovable

- I'm always left out.
- I'm unwelcome.
- I don't fit in anywhere.
- I'm likely to be rejected.
- No one will ever really love me.

Core Belief Common Categories

Abandonment

- People I love will leave me.
- If I assert myself, people will leave me.
- I can't be happy on my own.
- I'm not as good as other people.

Core Belief Common Categories

Helplessness/powerlessness

- I must have control to be okay.
- I'm needy.
- I'm unsuccessful.
- I can't handle anything.
- There's no way out.
- I can't say "no."

Core Belief Common Categories

Entitlement

- If I don't excel, I'll just end up ordinary .
- If people don't respect me, I can't handle it.
- I don't have to follow rules that apply to others.
- People have no right to criticize me.
- Other people don't deserve the good things they get.
- People don't understand me because I'm unique.

Core Belief Common Categories

Responsibility/self-sacrifice

- If I make a mistake, it means I'm careless.
- I have to do everything myself.
- If I don't do it, no one will.
- If I care enough, I can fix this/them.
- It's my fault.
- My needs are not as important as others.

Core Beliefs in Depression

- Beck termed “cognitive triad” of depression
- Negative perceptions of:
 - Themselves (“I’m worthless.”)
 - World around them (“Nobody likes me.”)
 - Future (“I’m hopeless and can’t change.”)

Core Beliefs in Anxiety

Beck identified core beliefs of anxiety as relating to:

- Threat and danger (“What if something bad happens? What if it doesn’t turn out?”)
- Inability to cope (“I can’t keep doing this”)

Where do core beliefs come from?

- Implicit and explicit messages given in childhood
- Experiences
- Environmental factors
- Temperament

Goal of CBT

- Evaluate and correct inaccurate, negative automatic thoughts
- Identify cognitive distortions
- Bring awareness to core beliefs
- View experiences and problems from positive, negative, and neutral perspectives
- Produce more accurate conclusions and healthy solutions to problems
- NOT positive thinking

Using the CBT Triangle 1

- **Situation:** Friend doesn't call when they said they would.
- **Thought:** ~~They're annoyed with me~~
“They must be busy doing something.”
- **Feeling:** ~~Anxious~~
Content
- **Behavior:** ~~Frequently check your phone until you hear from them~~
Continue with your night; send a text asking if they're doing okay.

Using the CBT Triangle 2

- **Situation:** Facilitating a work meeting
- **Thought:** ~~I feel inadequate to run this as most people here have more experience; no one really wants to be at this meeting~~
I've prepared for the last week; I might make a mistake and that's okay to be vulnerable.
- **Feeling:** ~~Insecure, frustrated~~
Excited, nervous, confident

Using the CBT Triangle 2

Behavior: ~~Rush through speaking responsibilities and trivialize the importance of the meeting~~

Project confidence, make eye contact, and make the case for why the content is relevant

Using the CBT Triangle 3

- **Situation:** Yelled at your two-year-old in the store
- **Thought:** ~~I'm a monster, they're just a toddler~~
That was an overreaction. I'm tired and need to take a step back.
- **Feeling:** ~~Shame~~
Embarrassed, confident
- **Behavior:** ~~Buy them a new toy~~
Explain to the child that you're tired and you didn't mean to hurt their feelings but their behavior was unacceptable.

CBT Talk Therapy Structure

- CBT is a time-limited, focused treatment approach in individual or group therapy
- 12-20 sessions
- Homework (example: thought log, exposure exercises, cognitive restructuring, behavioral activation, etc.)

CBT Homework Example

Fact or Opinion

Facts are verifiable statements. **Opinions** are personal interpretations of facts, which differ from person to person. For example, it is a fact that the sky is blue, and an opinion that the weather is beautiful.

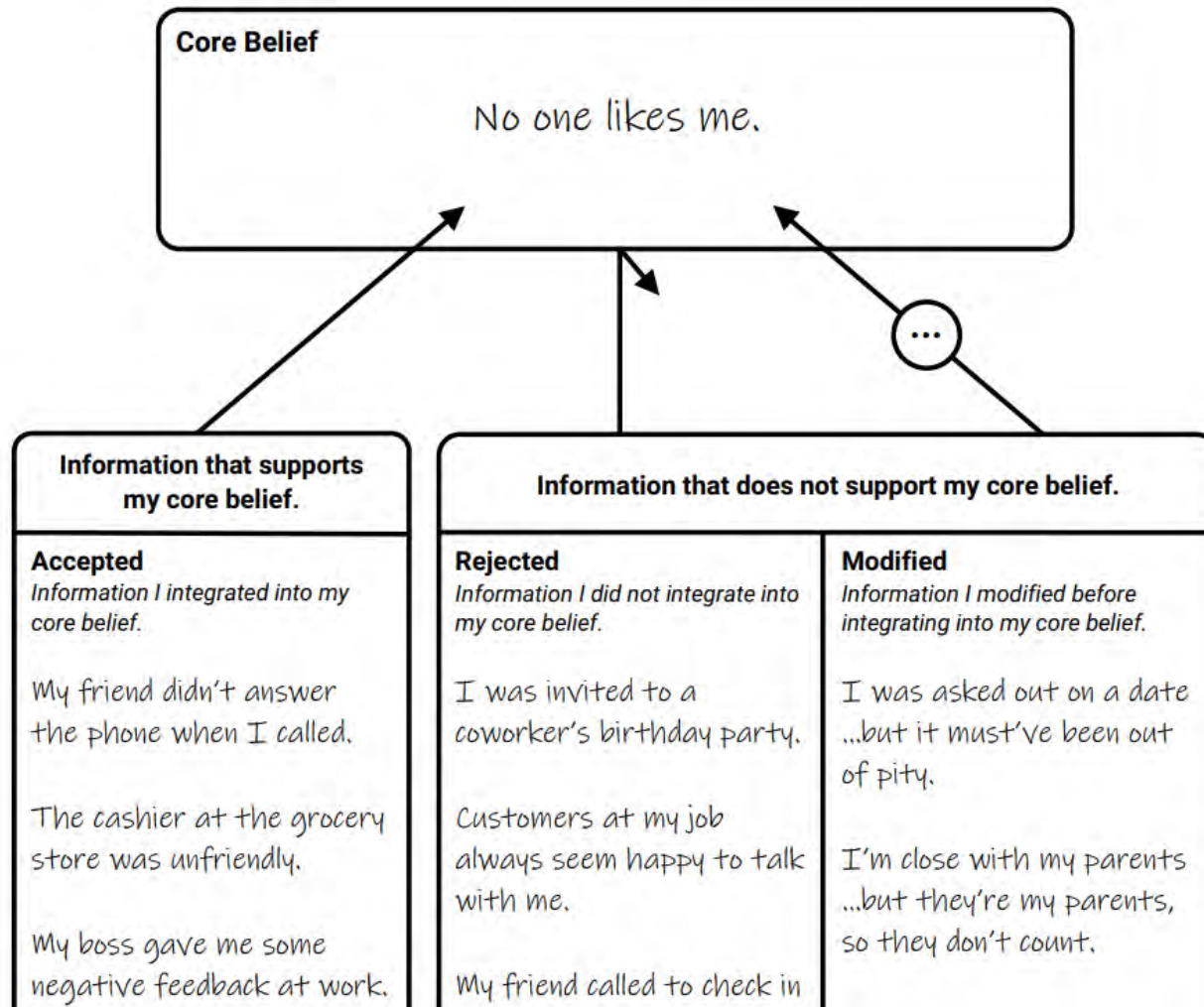
Despite knowing the difference between facts and opinions, your brain does not always differentiate between the two. Harmful *opinions*, such as “I’m a bad person,” are sometimes treated as fact. Even without evidence, these opinions may contribute to negative thinking, stress, and other problems.



Instructions: With practice, you can get better at spotting the difference between fact and opinion. Read each of the statements below and identify if they are **fact** or **opinion**.

	Fact	Opinion
1. I listened to my friend talk about their bad day.		
2. I am a good friend.		
3. I am ugly.		
4. I have a blemish on my face.		

CBT Homework Example



CBT Homework Example

Socratic Questions

Thoughts are like a running dialogue in your brain. They come and go fast. So fast, in fact, that we rarely have the time to question them. Because our thoughts determine how we feel, and how we act, it's important to challenge any thoughts that cause us harm.

Spend a moment thinking about each of the following questions, and record thorough responses. Elaborate, and explain "why" or "why not" in your responses.

Thought to be questioned: _____

What is the evidence for this thought? Against it? _____

Am I basing this thought on facts, or on feelings? _____

Is this thought black and white, when reality is more complicated? _____

CBT Homework Example

Weekly Schedule for Behavioral Activation

Create a schedule of activities that will lead to you having positive experiences in your day. If you are feeling depressed or unmotivated, it might be difficult to complete large or complex tasks. If this is the case, start with simple goals and work your way up to more challenging activities.

DAY	MORNING	AFTERNOON	EVENING
<i>Example</i>	<ul style="list-style-type: none">• <i>Wake by 8 AM</i>• <i>Eat a full breakfast</i>	<ul style="list-style-type: none">• <i>Go for a 15 minute walk</i>	<ul style="list-style-type: none">• <i>Call a friend</i>• <i>Practice guitar</i>
Monday			
Tuesday			

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