

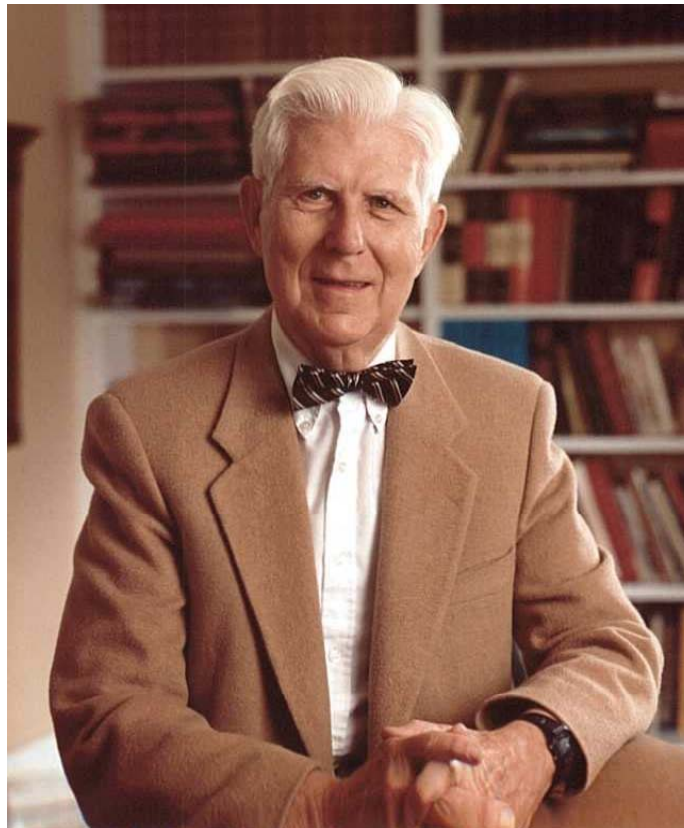
Introduction to Cognitive Behavior Therapy

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Founding figures of CBT

- Rational Emotive therapy (Albert Ellis)
- Cognitive therapy

Aaron Beck



Rational Emotive therapy: Albert Ellis

- A-B-C theory of dysfunctional behavior

Example A:

- A= fail a midterm examination
- B=It's unfortunate that I failed-I did not study hard enough and I must make sure that I study harder for the final
- C=no consequences (emotional disturbance sequelae)

Example B:

- A= Fail exam
- B= I'm stupid, I'll never be able to pass this course and I will fail this course
- C=depression

Rational Emotive therapy: Albert Ellis

- Identify patient's irrational beliefs
- Teach the patient to dispute the beliefs and substitute logical and rational beliefs
- Evaluate the effects of disputing their irrational beliefs

A. T. Beck's Cognitive Therapy: Early conceptions

- Early observation of negative content of depressed people's dreams

Depressed people have a negative view of:

- Themselves
- The world
- The future

Depressed people have negative schemas or frames of reference through which they interpret all events and experiences

Definition of CBT

- Focused form of psychotherapy based on a model suggesting that psychiatric/psychological disorders involve dysfunctional thinking
- The way an individual feels and behaves is influenced by the way s/he structures his experiences
- Modifying dysfunctional thinking provides improvements in symptoms and modifying dysfunctional beliefs that underlie dysfunctional thinking leads to more durable improvement
- Therapy is driven by a cognitive conceptualization and uses a variety of strategies

CBT=empirically supported

	Established efficacy	Questionable efficacy	No established efficacy
PD(A)	X		
SAD	X		
PTSD	X		
GAD	X		
OCD	X		For hoarders, slowness
AN			X
BN	X		
MDE	X	X(severe only)	

The General Cognitive Model

Situation



Automatic Thoughts
And Images



Reaction (Emotional,
Behavioral and physiological)

The Cognitive Triad

- Negative view of the self (e.g., I'm unlovable, ineffective)
- Negative view of the future (e.g., nothing will work out)
- Negative view of the world (e.g., world is hostile)

Automatic Thoughts (ATs)

- Negative thoughts about yourself, your world, or your future
- ATs are not given the same consideration as other thoughts but rather they are assumed to be true

Examples of ATs

Catastrophizing - extreme consequences of events

All or nothing - seeing things in black and white - no grey areas

Emotional reasoning - if I feel it, it must be true

COGNITIVE DISTORTIONS

- Automatic thoughts are subject to cognitive distortions. Cognitive therapists have identified a variety of cognitive distortions that can be found in different psychological disorders.
- *Cognitive distortions*: Systematic errors in reasoning, often stemming from early childhood errors in reasoning; an indication of inaccurate or ineffective information processing.

All-or-nothing thinking:

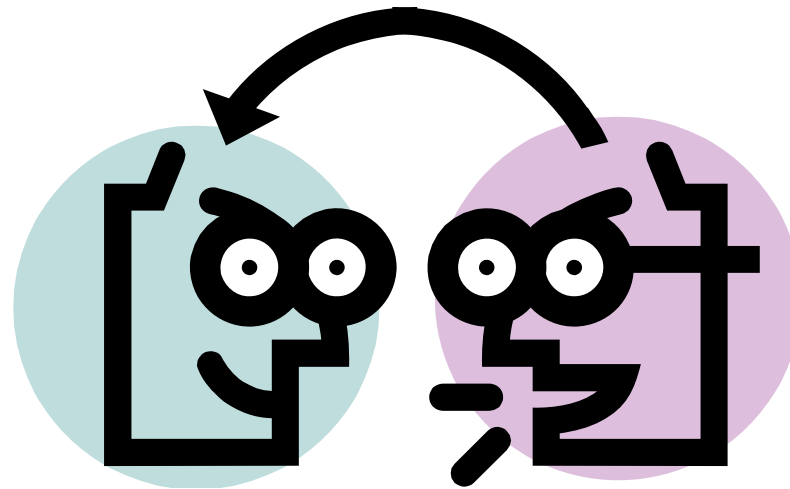
- Engaging in black-or-white thinking. Thinking in extremes, such as all good or all bad, with nothing in the middle.

Selective abstraction:

- Selecting one idea or fact from an event while ignoring other facts in order to support negative thinking.

Mind reading:

- Believing that we know the thoughts in another person's mind.

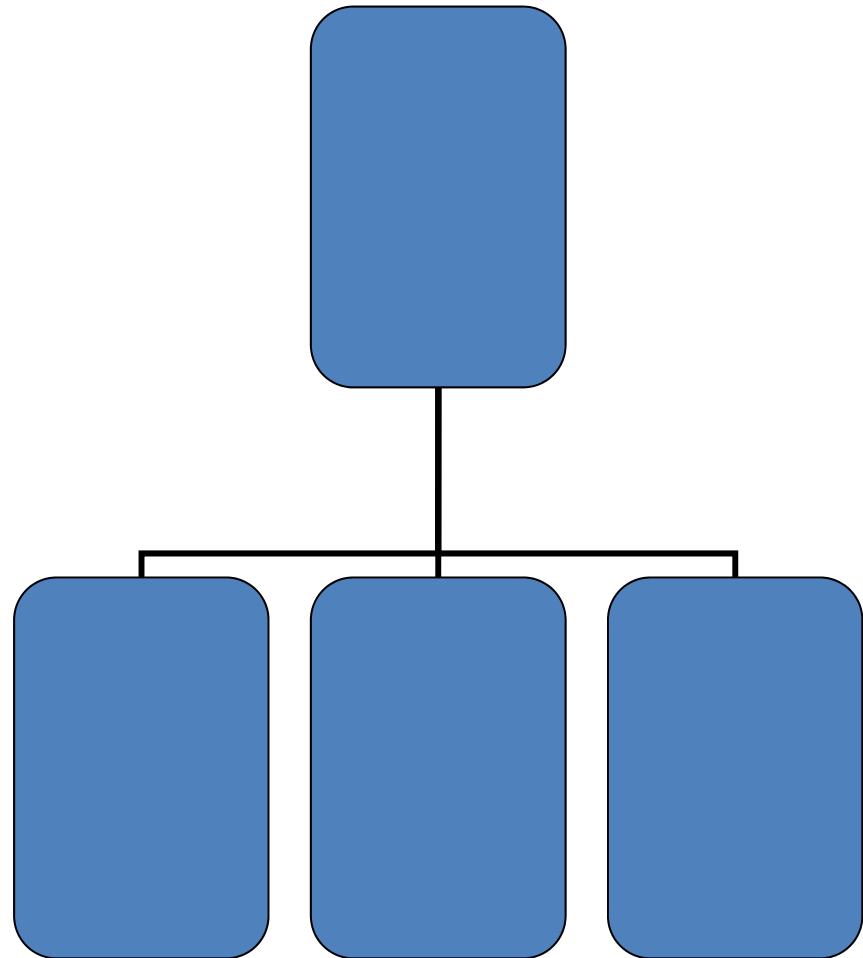


Negative prediction:

- Believing that something bad is going to happen even though there is no evidence to support this prediction.

Catastrophizing:

- Exaggerating the potential or real consequences of an event and becoming fearful of the consequences.



Overgeneralization:

- An example of distorted thinking that occurs when individuals make a rule based on a few negative or isolated events and then apply it broadly.

Labeling:

- Creating a negative view of oneself based on errors or mistakes that one has made. It is a type of overgeneralizing which affects one's view of oneself.

Magnification:

- A cognitive distortion in which an imperfection is exaggerated into something greater than it is.



Minimization:

- Making a positive event much less important than it really is.

Personalization:

- A cognitive distortion in which an individual takes an event and relates it to himself or herself when there is no relationship. An example would be, “Whenever I want to go skiing, there is no snow.” Wanting to go skiing does not cause a lack of snow.

THEORY OF COGNITIVE THERAPY

- In cognitive therapy, client and therapist combine to examine thinking patterns and behaviors and change them so that the client can function more effectively.
- The focus of therapy is often on distorted thinking. Assessment is quite detailed, more so than in REBT.
- Techniques challenge the clients distorted thoughts and replace them with more effective thinking.

ASSESSMENT IN COGNITIVE THERAPY

- Attention to detail is a hallmark of cognitive therapy.
- In interviews, therapists ask many questions about the presenting problem, past problems, past traumatic experiences, and medical history.
- Questions elicit details to help therapists make assessments about distorted thinking.
- Scales and questionnaires, several developed by Aaron Beck, assess for depression, suicide, and other concerns.
- These may be administered to clients prior to each session. Another method is self monitoring that uses forms such as the Dysfunctional Thoughts Record.
- Still other methods are used for sampling thoughts.

Self-monitoring:

- A method of assessing thoughts, emotions, or behaviors outside of therapy in which clients are asked to keep records of events, feelings, and/or thoughts.



Thought sampling:

- A means of obtaining samples of thoughts outside of therapy by asking the client to record thoughts on tape or in a notebook at different intervals.



Identifying Assumptions and Core Beliefs

- “If..., then...”
- Downward arrow
 - If this thought is true, what’s so bad about that?
 - What’s the worst part about that?
 - What does it mean to you? About you?

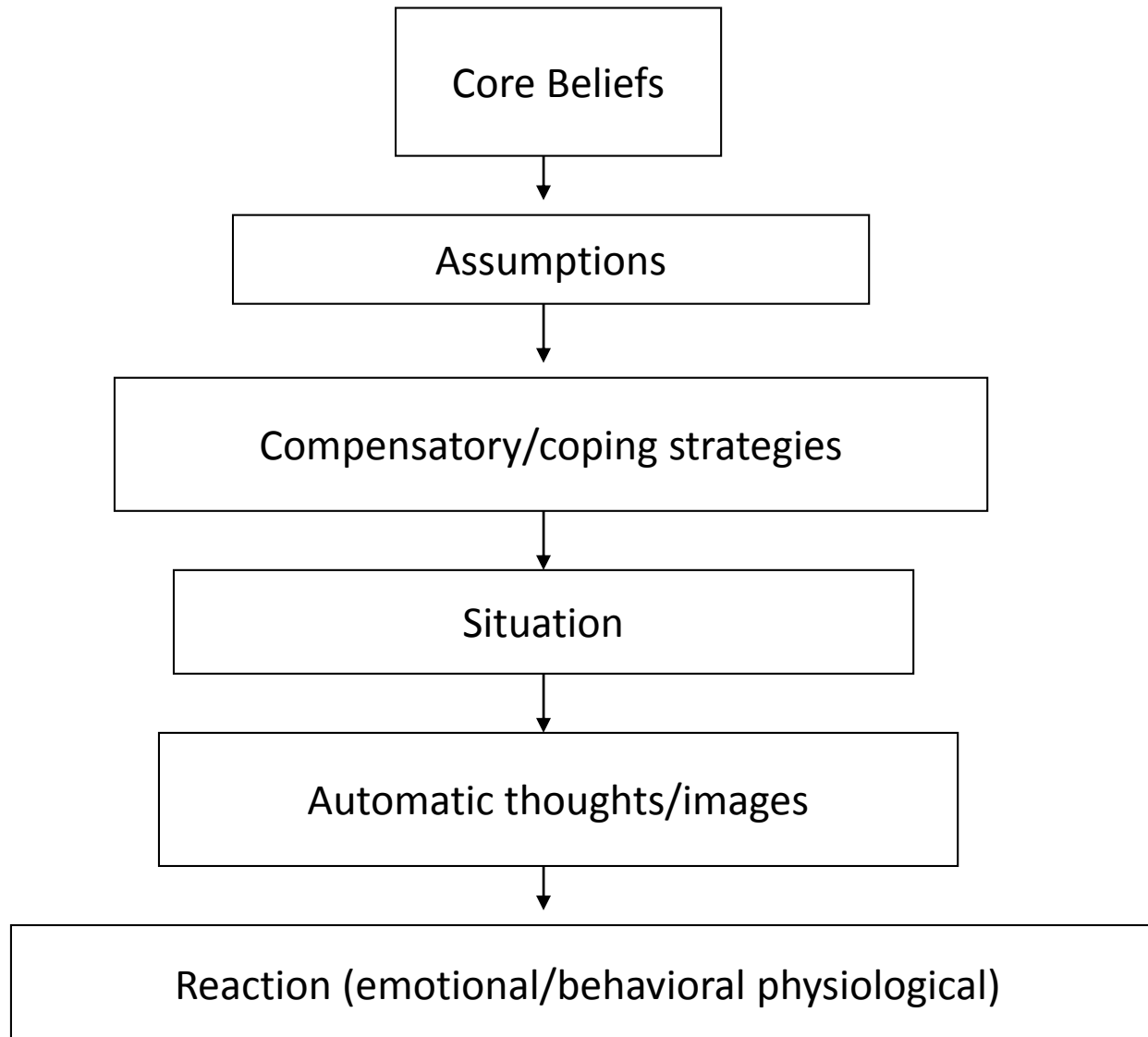
Unlovable Core Beliefs

- I am unlikable, unwanted, will be rejected or abandoned, always be alone
- I am undesirable, unattractive, ugly, boring, have nothing to offer
- I am different, defective, not good enough to be loved by other, a nerd

Worthless Core Beliefs

- I am bad, irresponsible, worthless
- I am dangerous, toxic, evil, inhuman.

The Cognitive Model



The basic goals of CBT

- To challenge the thoughts about a particular situation by identifying the cognitive traps
- help the patient to identify less threatening alternatives
- to test out these alternatives in the real world
- to challenge the assumptions that lead to the ATs

The basic tenets of CBT

- Cognitive specificity
- socratic dialogue
- collaborative empiricism

The importance of homework

- Much of the change occurs between sessions
- Exercise analogy
- Predictor of success

The process of CBT

- Identify and changing maladaptive thoughts
- First sessions: therapist explains cognitive theory of emotional disorders (negative cognitions contribute to distress)
- Middle Sessions: Client is taught to identify, evaluate and replace negative automatic thoughts with more positive cognitions
- Therapist is a collaborator (fellow scientists in therapy)
- Final Sessions: solidify gains, focus on prevention of recurrence

THERAPEUTIC TECHNIQUES

- Cognitive therapy techniques are often challenging and specific.
- Socratic dialogue helps to challenge maladaptive beliefs and assumptions.
- Basically, it is a series of questions that help the client arrive at logical answers to and conclusions about a certain hypothesis.
- The three-question technique is a form of guided discovery.
- Clients are often asked to specify automatic thoughts by recording them on the Dysfunctional Thought Record or through thought sampling.
- The client can then bring material to therapy so that the client and therapist can challenge maladaptive assumptions or ineffective beliefs.
- Several different techniques are used for challenging different distorted beliefs.

Challenging absolutes:

- Statements that include words such as “everyone”, “never”, and “always” are usually exaggerations which therapists point out to the client.

Reattribution:

- Helping clients distribute responsibility for an event (such as an argument) so as to equally place responsibility for the event.

De-catastrophizing:

- A “What if” technique, in which the clients are asked, “What if X happened, what would you do?” It is designed to explore actual rather than feared events.

Scaling:

- A technique of turning a dichotomy into a continuum so that individuals do not see things as “all or nothing.” It is used in challenging dichotomous thinking.
- On a scale of 0 to 10, with 10 being the most disturbed, and 0 being not disturbed at all, where would you put yourself now?
- 1 10

Cognitive rehearsal:

- A means of using imagination to think about having a positive interaction or experience. For example, to imagine a positive interaction with one's future in-laws.



