



Working with negative thoughts in young people.

Are you or a family member caught up in a negative thought cycle? This newsletter explains how to care for young people who are experiencing negative thoughts. Mental health is important and this newsletter addresses how to change the way you may perceive situations.

What is cognitive reappraisal?

Cognitive reappraisal is reviewing the way you feel, think and act towards certain situations.

Kleinginna and Klenginna (1981) found that emotions are full of different components, such as feelings, cognitive appraisal, physiological response and action tendencies.

Emotions can become dysfunctional, this is when emotions interfere with a person's ability to behave in the norm of society. Aldao et al, (2010) identified that problems in adaptive behavior can be linked to depression and anxiety disorders.

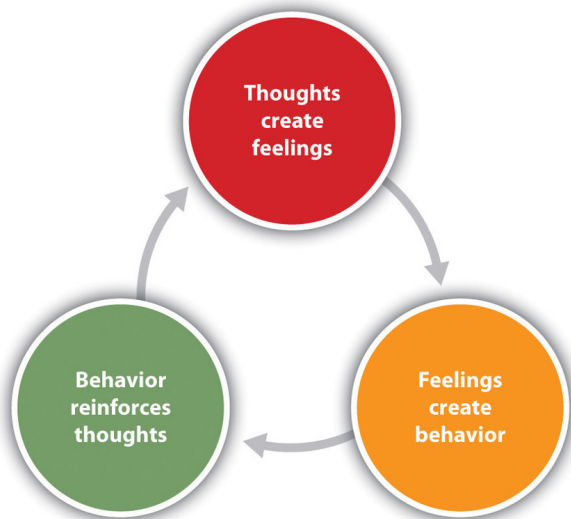
Cognitive reappraisal is used when dysfunctional behavior or emotions are present. Gross (1998) discovered that reappraisal assists to change the cognitive thought process and meaning of emotion in different situations. This helps to reduce negative feelings, by reassessing the thought process. Gross and John (2003) found that people who used this process showed fewer symptoms of depression as opposed to those who did not follow through this method.

What mental health disorders can be treated through cognitive reappraisal?

- Anxiety
- Depression
- Obsessive compulsive disorder
- Eating disorders
- Post-traumatic stress disorder
- Schizophrenia

What is thinking negativity?

Mental health is all about our emotional, psychological, and social well-being. It can change the way individuals think and feel. This can alter the way they behave and the way that they cope in daily life.



How does Cognitive Behavioral therapy (CBT) work for young people?

Rapee, et al (2000) discovered that CBT is an effective intervention for child psychological problems. When CBT is carried out at a young age it encourages emotional and behavioral changes by teaching children how to change the way they think or feel about situations.

This is encouraged in an active problem-solving manner so the child itself can begin to notice when they associate negativity with certain situations/feelings.

Donald (1993) found children can sometimes be influenced to dysfunctional processing and thinking. McClure (2002) identified that fears, anxieties and worries were associated with childhood experiences. There are different types of anxiety that could have been influenced, these are physiological, mood, behavioral, cognitive and interpersonal.

Freidberg and McClure (2002) found that treating childhood anxiety with CBT helps to calm down distressing symptoms by providing coping skills.

CBT helps children to challenge their thoughts and understandings of situations, instead of just assuming their thoughts are the truth and never being able to move past them. The diagram above demonstrates the vicious cycle of the thought process.

CBT encourages realistic versions of situations, which helps children to put these into practice when changing their thought process.

What is cognitive behavioral therapy?

Cognitive behavioral therapy (CBT) is used to overcome sadness and distress. This is undertaken through psychological theories created by Beck (1967) and Abrahamson et al, (1978).

By looking at psychological processes, it means that therapy can help to tackle and resolve unhelpful thought and information processing. These can be thought patterns such as, negative beliefs, negative assumed thoughts, internal thoughts and stable pessimistic attributions.

CBT evolved from Pavlov and Skinner (1996). The Cognitive behavioral model was developed after Beck's cognitive therapy model for depression in the 1960s. Beck then found that people who are depressed are thinking in a dysfunctional manner. Tarrier (2006) discovered depressed people have a negative view of themselves, their environment and other people.

CBT is used to resolve current problems, instead of the therapist making assumptions. Persons (1989) looked into CBT and how it looks closely at what problems are going on at the present time and looks for different ways of overcoming the issues.

CBT is about the therapist working alongside the patient to establish thoughts, feelings or behaviors which could be linked to problems occurring e.g.

Low mood, negative thoughts, or behaviors.

Patients are encouraged to develop different ways of thinking in order to move past their beliefs. Once patients are able to develop a different thought process they will be able to learn different behaviors and problem-solving skills to assist them to change their habits.



How effective is Cognitive Behavioral therapy?

-CBT's main aim is to reduce negative feelings and improve healthy functioning. However, CBT is not a quick fix and a therapist can only encourage change in behavior. The individual has to want to change behavior for themselves.

-Sometimes with CBT you may feel worse before you feel better, disorders have to be confronted in order to move forward. Higa-McMilan, Francis, Rith-Naiarian, & Chorpita 2016 claim that CBT is an effective treatment for many disorders, especially for anxiety and depression in children/adolescents. James, James, Cowdrev, Soler, & Choke, (2013); Warwick et al., (2017), found that 60% of children/adolescents recover from their disorders and report that their symptoms have significantly reduced. However, there can sometimes be a relapse from clients, which is treated with more CBT to remind them how to reassess the way they think.

-Nevertheless, CBT is usually very successful and Chambless & Hollon, (1998) claim that if CBT is used as an intervention at a young age there are better long-term effects. Barrett et al., (2001) Ginsburg et al., (2014) found that 57% of participants who undertook group CBT and 76.6% of participants who undertook individual CBT sessions recovered from anxiety with no further help. This showed that individual and group therapy were both effective forms of treatment.

Where can I go to receive CBT?

-Visit your local GP (general practitioner) and they will be able to refer you onto a mental health specialist

-Children and Adolescents Mental Health Services (CAMHS). Here they offer many mental health services and treatments.

-Your local mental health team e.g. Mind Organization

-Visit a school counselor, they will be able to help you with CBT or give advice.

-The British Association for Behavioral and Cognitive Psychotherapies (BABCP)

information on CBT sessions:

-CBT can be done individually, in a group or through a computer programme

-CBT sessions usually last between 5 and 20 weekly or fortnightly sessions (each session lasts between 30-60 minutes)

-Each session lasts between 30-60 Minutes

-The therapist will ask questions about your past and background. This is just so they can get a rough idea of any resolving issues, in order to correct current problems.

Five techniques to promote positive thinking:

-Find the route of the problem and make a spider diagram of solutions to resolve issue.

-Write down something positive that has happened or that's going to happen to counteract negative thoughts.

-Retrain your mind to see something positive in something negative.

-Find something positive in every day.

-Learn that disappointment is going to happen and train yourself to accept it and move on.

If you are ever in doubt about a young person's mental health, here are some useful websites:

-Mind Organization: www.mind.org.uk

-The Mental Health Foundation: www.mentalhealth.org.uk

-Rethink Mental Illness: www.rethink.org

-NHS website

-The children's society