

CBT in Practice

Aims

- To identify how CBT works in practice.
- An exploration of the model and some of the basic principles of CBT will be undertaken.

What is CBT – in Practice

- Working in groups of 3-4 consider what you think CBT in therapeutic practice might look like.



What is CBT in practice?

- Curwen et al. (2000) suggests that it is as follows:
- Therapeutic style
- Psychological formulation of the problem
- Collaborative relationship
- Sessional structure
- Goal-oriented sessions

What is CBT?

- Exploration of unhelpful thoughts
- Use of a range of techniques and exercises to support development
- Teaching clients to be aware of triggers and knowing how to use their learnt techniques to support themselves

What is CBT?

- Use of homework and exercises
- Time-limitedness
- Sometimes audio-recording of sessions

Who benefits from CBT?

- In small groups discuss who might benefit from CBT.



Assessment

- How easy can the client access their automatic thoughts?
- Do they have an awareness of their own different emotions?
- Do they accept their personal responsibility for change?

Assessment

- Can they work in collaboration with the therapist?
- Chronicity of the problems
- Security
- General optimism

Thoughts so far?

- Consider your current knowledge of person-centred counselling and what you have heard so far regarding CBT...what do you notice is different/similar between the two approaches?



The CBT Model

- The CBT model suggests that situations themselves do not cause psychological distress, but rather it is the way that people interpret the event, how they react to the situation.

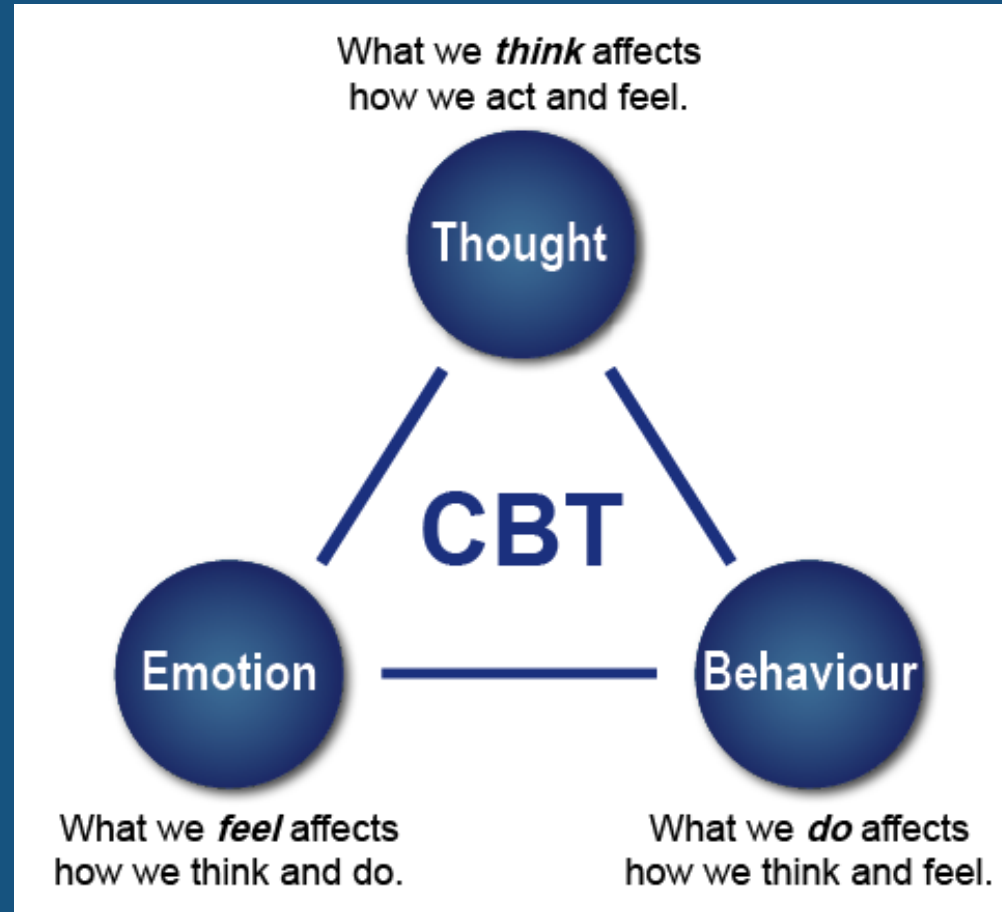
CBT Model

- If people believe a situation to be negative, they can react to it in a negative manner.
- CBT interventions aims to disrupt these thoughts processes and enable clients to reframe their thoughts to a more positive outlook.

Core Beliefs

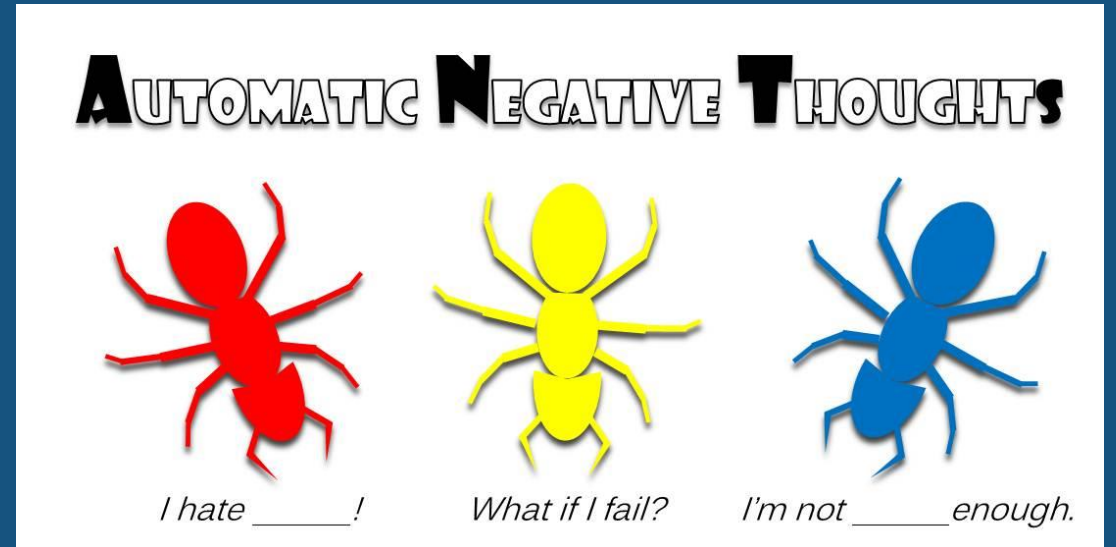
- Core beliefs and assumptions are developed from our experiences from childhood/adolescence.

The Cognitive-Behavioural Model



CBT Model – Thoughts and Beliefs

- Negative Automatic Thoughts – NAT
also known as
- Automatic Negative Thoughts - ANT
- What might this mean?



CBT Model - Feelings

- Feelings – emotions
- Feelings – Physical sensations



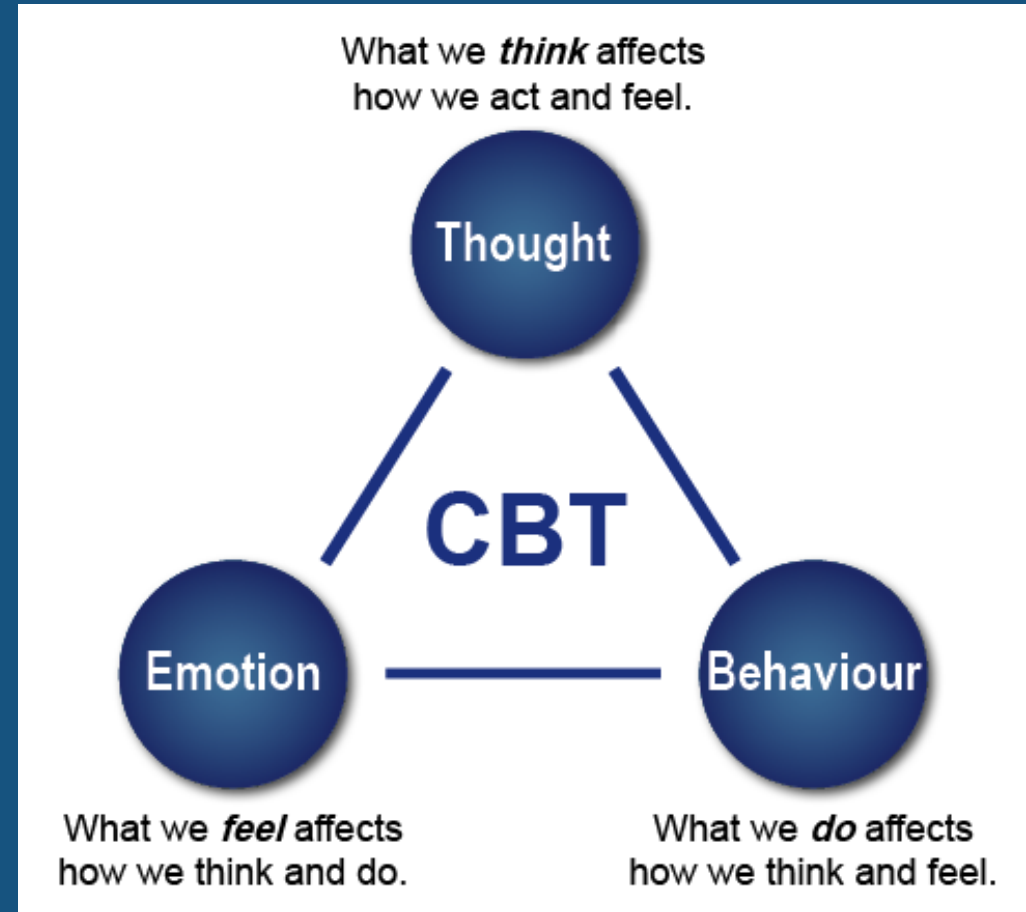
Behaviours

- Linked to psychological distress is the behaviours that an individual activates
- This can include coping strategies such as self harm, drug and alcohol misuse, risk-taking behaviours.



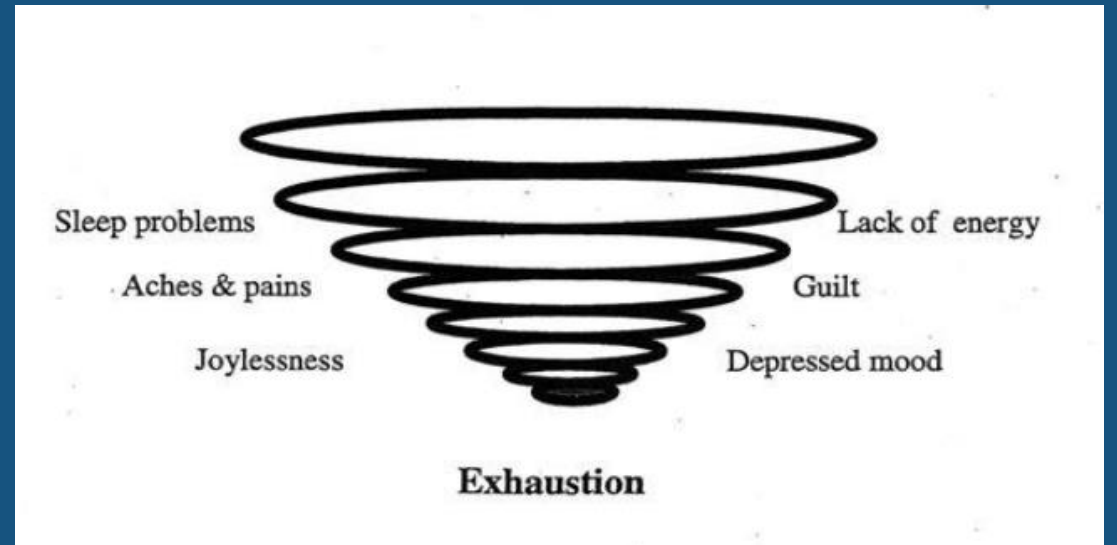
Cognitive behaviour model

- All three elements of thoughts, feelings and behaviours are related.
- A change in one of these areas can bring about a change in the others.

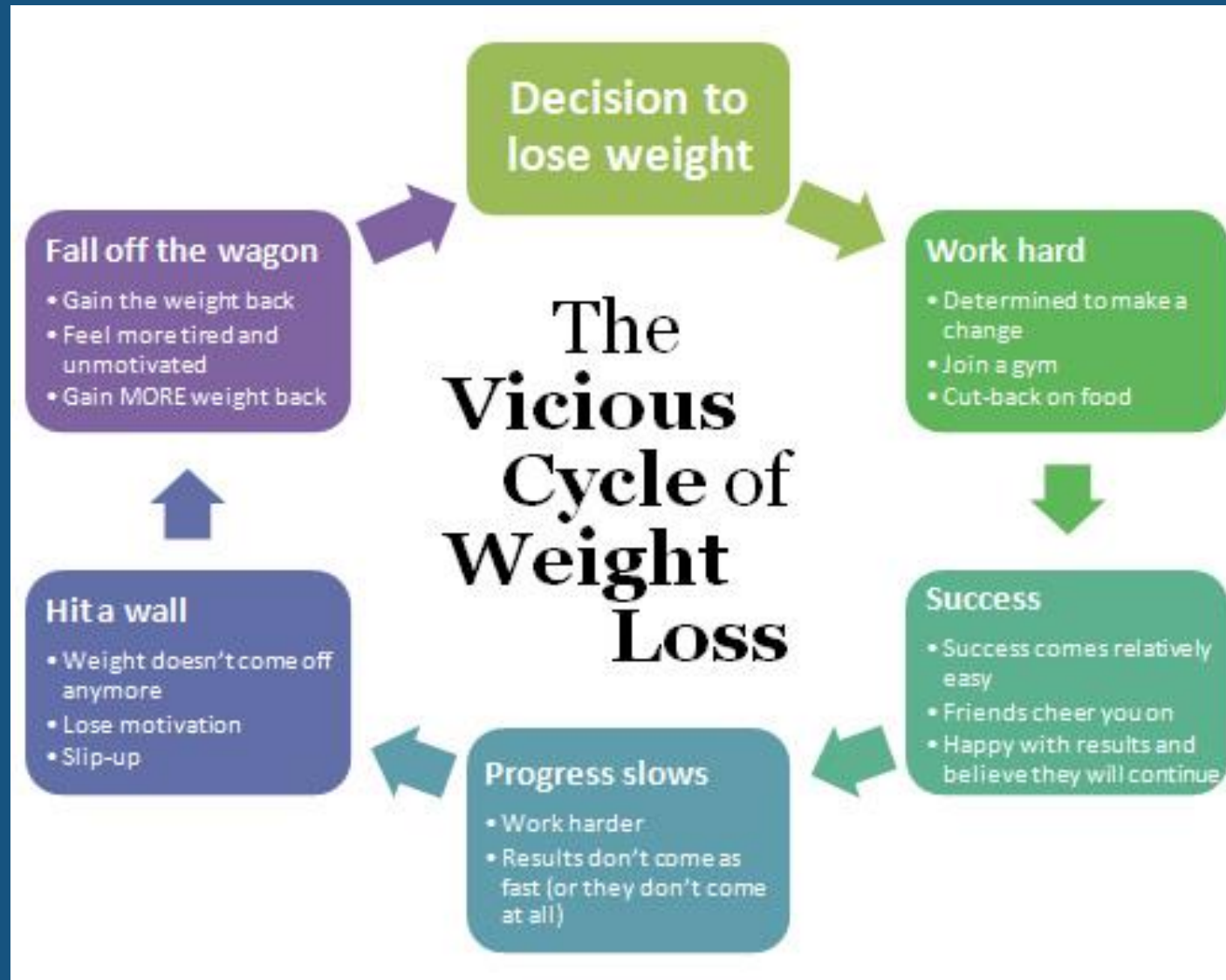


Vicious cycle

- A negative experience can start a vicious cycle



Vicious Cycle



Recognising the different elements of the model

- In order for CBT to be successful clients need to be able to distinguish between different elements of the model.
 - The thoughts
 - The behaviours
 - The physical sensations
 - The emotions

Exercise



Summary

- The CBT model suggests that psychological distress is caused by interpretations of events by individuals.
- The model suggests that thoughts, behaviours, physical sensations and emotions are all interlinked.
- A change in one of these areas, can impact the other areas.