

Introduction to CBT

Session one



for anxiety and depression

Aims of the CBT module

To understand the theoretical underpinning of CBT

To use the Five Areas model for case conceptualisation

To gain knowledge of key treatment interventions in CBT and to develop skills in delivering these

To understand the importance of clinical supervision

Top tips for delivering a course of Cognitive Behaviour Therapy for depression

Session one objectives

Opportunity to consider your personal and professional expectations linked to this training

To understand the theoretical underpinning of CBT

Introduction to the 5 Areas model and the opportunity to experience using the model

Set between session work

Your expectations

Individually or in pairs consider your personal and professional expectations linked to this training

Consider:

- What are your goals for this module
- What hopes you have
- Any fears
- Previous knowledge or experience using CBT

Theoretical underpinning

Aaron Beck



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In the 1960s, Aaron Beck developed Cognitive Behaviour Therapy (CBT) or Cognitive Therapy

Aaron Beck began to notice that his patients with depression often verbalised thoughts that were lacking in validity and noted “cognitive distortions” in their thinking.

His observations led him to start viewing depression not so much as a mood disorder but as a cognitive disorder.

Theoretical underpinning

Based on his work, Beck outlined a new cognitive theory of depression and published **Cognitive Therapy for Depression** (Beck, Rush, Shaw, and Emery, 1979)

Since then, it has been extensively researched and found to be effective in a large number of outcome studies for psychiatric disorders including depression, anxiety disorders, eating disorders, substance abuse, and personality disorders.

Theoretical underpinning

CBT is based on a model of the relationship between cognition, emotion, and behaviour.

In its simplest form, the cognitive model hypothesises that people's emotions and behaviours are influenced by their perception of events.

Bringing theory to life

As a group we are going to explore how different individuals may respond differently to one of the following situations:

- A friend walks past on the street and ignores you
- You hear the sound of breaking glass in the night
- A friend doesn't turn up to dinner as expected

Bringing theory to life



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The diagram is a worksheet titled 'Padesky 5 Aspects. 1986'. It features five rectangular boxes arranged in a cross pattern, connected by dotted lines. The top box is labeled 'Situation' and contains the text 'Where? When? Who with? What happened? How?'. The middle box is labeled 'Thoughts & Images' and contains the text 'What went through my mind at that time? What disturbed me? If I had those thoughts/images/memories – what did that say or mean about me or the situation?'. The bottom-left box is labeled 'Body / Physical sensations' and contains the text 'What did I notice in my body? What did I feel? Where did I feel it?'. The bottom-right box is labeled 'Moods / Emotions' and contains the text 'What emotion did I feel at that time? What else? How intense was that feeling? (0 – 100%)'. The bottom box is labeled 'Behaviours / What I did or didn't do' and contains the text 'What helped me cope and get through it? What didn't I do or what did I avoid doing? What automatic reactions did I have? What would other people have seen me doing?'. A horizontal dotted line and a vertical dotted line intersect in the center of the worksheet, forming a cross that passes through the middle of the five boxes. The website 'www.getselfhelp.co.uk' is printed in the bottom-left corner, and 'www.get.gg' is printed in the bottom-right corner.

Situation
Where? When? Who with? What happened? How?

Padesky 5 Aspects. 1986

Thoughts & Images
What went through my mind at that time? What disturbed me? If I had those thoughts/images/memories – what did that say or mean about me or the situation?

Body / Physical sensations
What did I notice in my body? What did I feel? Where did I feel it?

Moods / Emotions
What emotion did I feel at that time? What else?
How intense was that feeling? (0 – 100%)

Behaviours / What I did or didn't do
What helped me cope and get through it? What didn't I do or what did I avoid doing? What automatic reactions did I have? What would other people have seen me doing?

www.getselfhelp.co.uk

www.get.gg

Bringing theory to life

Noticing your own thoughts

Sit comfortably and close your eyes or look at a point on the floor

Notice what arises in your mind as I read a list of words

Do you notice your thoughts as words, images, physical sensations or a mixture of all these?

Bringing theory to life



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Thought, feeling, body sensation or behaviour

Separate the following into the Five Areas model

- | | | |
|-----------------|----------------------------------|-----------------------|
| • Anxious | • Nothing will get better | • Low |
| • Exhausted | • Avoiding friends | • Can't cope |
| • I'm a failure | • I feel worthless | • Staring at the wall |
| • Resting | • Irritated | • Chest pain |
| • I can't do it | • Backache | • Taking a nap |
| • Headache | • What if something bad happens? | • Shaky |
| • Terrified | | |

5 Areas model

Christine Padesky

Dr Christine Padesky, is considered one of the leading CBT presenters in the world, appreciated for her depth of knowledge, compassion and good humoured warmth. She has delivered hundreds of workshops, some of which were delivered with cognitive therapy's founder Aaron Beck.

Padesky is a CBT guru her website is likely to be of great help when navigating the world of CBT - [Padesky](#).

Padesky is co-author of the best-selling self-help book, ***Mind Over Mood: Change How You Feel by Changing the Way You Think*** which has over 1,200,000 copies sold in 23 languages

5 Areas model

This link takes you to a template that can be used in session with patients - [5 Aspects model - get self help](#)

You can use this template or draw the model out as you complete it with someone.

A key component of using this model is that it is a ***collaborative*** process approached with ***curiosity, warmth and validation***.

“I can understand why you might be feeling so low if you are having the thought that you are a failure....”

Socialisation to the model

In pairs have a go at using the 5 Areas model.

Identify an event you'd like to explore. This can be something that was upsetting or frustrating but not overly distressing or triggering. Perhaps the parking in your close, a mildly frustrating family situation, a work situation that niggles at you, something that happened at the gym or in a club you attend.

Between session work

Similarly to CBT, this training will include between session work.

Suggested between session work this week includes:

- Creating your own goals for this training
- Exploration of the **useful resources**, as highlighted on slide 13
- Keep the 5 Areas model in mind, perhaps completing one on a situation that arises for you

We look forward to hearing about the task you completed and any reflections you have next session.

Useful resources

Video - [What is CBT?](#)

Cognitive Therapy for Depression (Beck, Rush, Shaw, and Emery, 1979)

Mind Over Mood: Change How You Feel by Changing the Way You Think (Dennis Greenberger and Christine A. Padesky)

Padesky website - link on slide 12

Get self help - [Get self help](#)