Cognitive Behavioral Therapy
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The speaker has no significant financial conflicts of interest to disclose.
Learning Objectives

- Introduce CBT basics
- Identify appropriate/inappropriate referrals
- 10 unhelpful thinking styles
Case example: “Andy”

47yo male, married w/ 3 kids
- etoh recovery
- marital discord
- anger outbursts
Basics - CBT triangle

- Thoughts
- Feelings
- Behaviors
Cognitive Distortions

Unhelpful Thinking Styles

**All or nothing thinking**
- Sometimes called ‘black and white thinking’
- If I’m not perfect I have failed
- Either I do it right or not at all

**Mental filter**
- Only paying attention to certain types of evidence
- Noticing our failures but not seeing our successes

**Jumping to conclusions**
- There are two key types of jumping to conclusions:
  - Mind reading (imagining we know what others are thinking)
  - Fortune telling (predicting the future)
  - $2 + 2 = 5$

**Over-generalizing**
- Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw
  - ‘everything is always rubbish’
  - ‘nothing good ever happens’

**Disqualifying the positive**
- Discounting the good things that have happened or that you have done for some reason or another
  - ‘that doesn’t count’

**Magnification (catastrophising) & minimization**
- Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important

**Emotional reasoning**
- Assuming that because we feel a certain way what we think must be true
  - I feel embarrassed so I must be an idiot

**Labelling**
- Assigning labels to ourselves or other people
  - I’m a loser
  - I’m completely useless
  - They’re such an idiot

**Personalization**
- Blaming yourself or taking responsibility for something that wasn’t completely your fault
  - “this is my fault”

**should must**
- Using critical words like ‘should’, ‘must’, or ‘ought’ can make us feel guilty or like we have already failed
  - If we apply ‘shoulds’ to other people the result is often frustration

**ECI**

[http://psychologytools.com](http://psychologytools.com)
“the merge”
More practice...

The “difficult patient”
References


