

ECHO IDAHO

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ECHO Idaho: Opioid Addiction and Treatment

Cognitive Behavioral Therapy

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The speaker has no significant financial conflicts of interest to disclose.

Learning Objectives

- Participants will understand theoretical tenets and concepts of Cognitive Behavioral Therapy (CBT).
- Participants will learn 5 common Cognitive Distortions.
- Participants will understand the Cognitive Triangle and basic Case Formulation.

Target Population

- Best suited for cases presenting with cognitive distortions, adequate reality testing, good concentration, and sufficient memory functions
- As long as patient can recognize the relationship between thoughts, feelings, and behaviors, CBT can be beneficial

Empirical Support

- Evidence supports CBT for the treatment of
 - Major Depressive Disorders
 - Generalized Anxiety Disorder
 - Dysthymia
 - Drug and Alcohol abuse
 - Panic Disorder
 - Anorexia
 - Bulimia
 - Obsessive-Compulsive Disorder
 - Personality Disorders

What is CBT?

- Focus: solving current problems and modifying dysfunctional thinking and behavior
- Teaches patients to identify, evaluate, and respond to dysfunctional thoughts and beliefs
- Evaluation and reorganization of assumptions or self-statements results in change in behavior
- Goal: “teach patient to become their own therapist”

Treatment

- Teaches patient to
 - Monitor negative, automatic thoughts
 - Recognize connection between thoughts, feelings, and behavior
 - Examine evidence for and against distorted automatic thoughts
 - Substitute more reality-oriented interpretations for biased cognitions
 - Learn to identify and alter beliefs that predispose them to distort experiences

Cognitive Distortions

- All or Nothing Thinking
 - If I am not perfect, I have failed
- Mental Filtering
 - Noting failures but not seeing successes
- Emotional Reasoning
 - I feel embarrassed so I must be an idiot
- Should/must thinking
 - I should be able to go to the gym every day
- Catastrophizing
 - Worst day ever

Behavior Techniques

- Behavior techniques modify automatic thoughts/assumptions; challenge specific maladaptive beliefs and promote new learning
 - Patient predicts an outcome based on automatic thought, carry out agreed-upon behavior, then evaluate evidence in light of new experience
- Foster cognitive change; crucial to know patient's perceptions, thoughts, and conclusions after each behavioral experiment

Case Formulation

THOUGHTS



FEELINGS



BEHAVIORS

Key Points

Early Experiences
Abuse

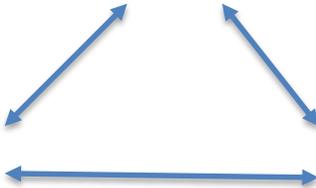
Core Beliefs
I am unlovable

Underlying Assumption
If I'm not in a relationship, I am worthless

Critical Incident
Breakup

Thoughts
I'll never find someone

Feelings
Depressed



Behavior
Isolates

References

- Wedding, D. and Corsini, R. J. (2014). *Current psychotherapies (10th ed)*. Belmont, CA: Brookes/Cole.