

# Therapeutic Webinars

## CBT Stream

Jewish General Hospital - CIUSSS Centre Ouest de l'Île de Montréal

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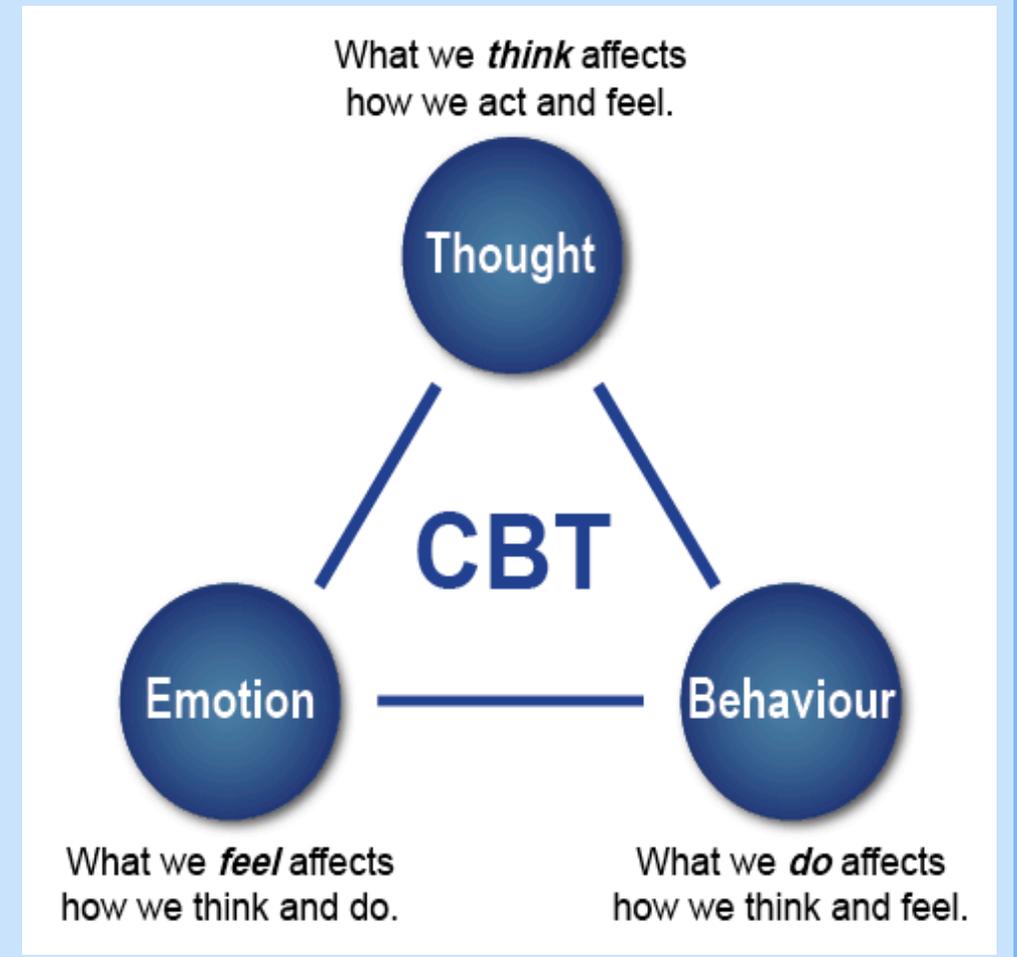


# Disclaimer

- **These webinars are not therapeutic or clinical encounters.** They are informational sessions. Presenters cannot provide individualized input to participants.
- **Please respect privacy and confidentiality** of other participants.
- **We do not tolerate any violence or discrimination.** If the presenters deem anyone's participation to be inappropriate, they may remove participants from the webinar, at their discretion.
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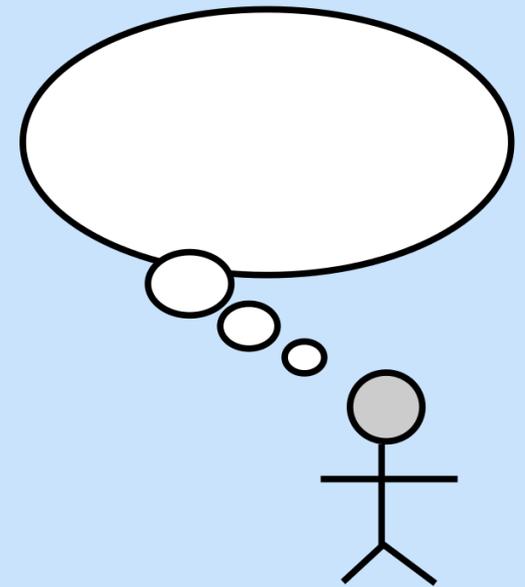
# What is Cognitive Behavioural Therapy (CBT)?

- CBT is based on the idea that 1. how we **think** (cognition), 2. how we **feel** (emotion), and 3. how we **act** (behaviour), all interact
- We can get stuck in negative/unhelpful patterns based on our thoughts, feelings, and behaviours



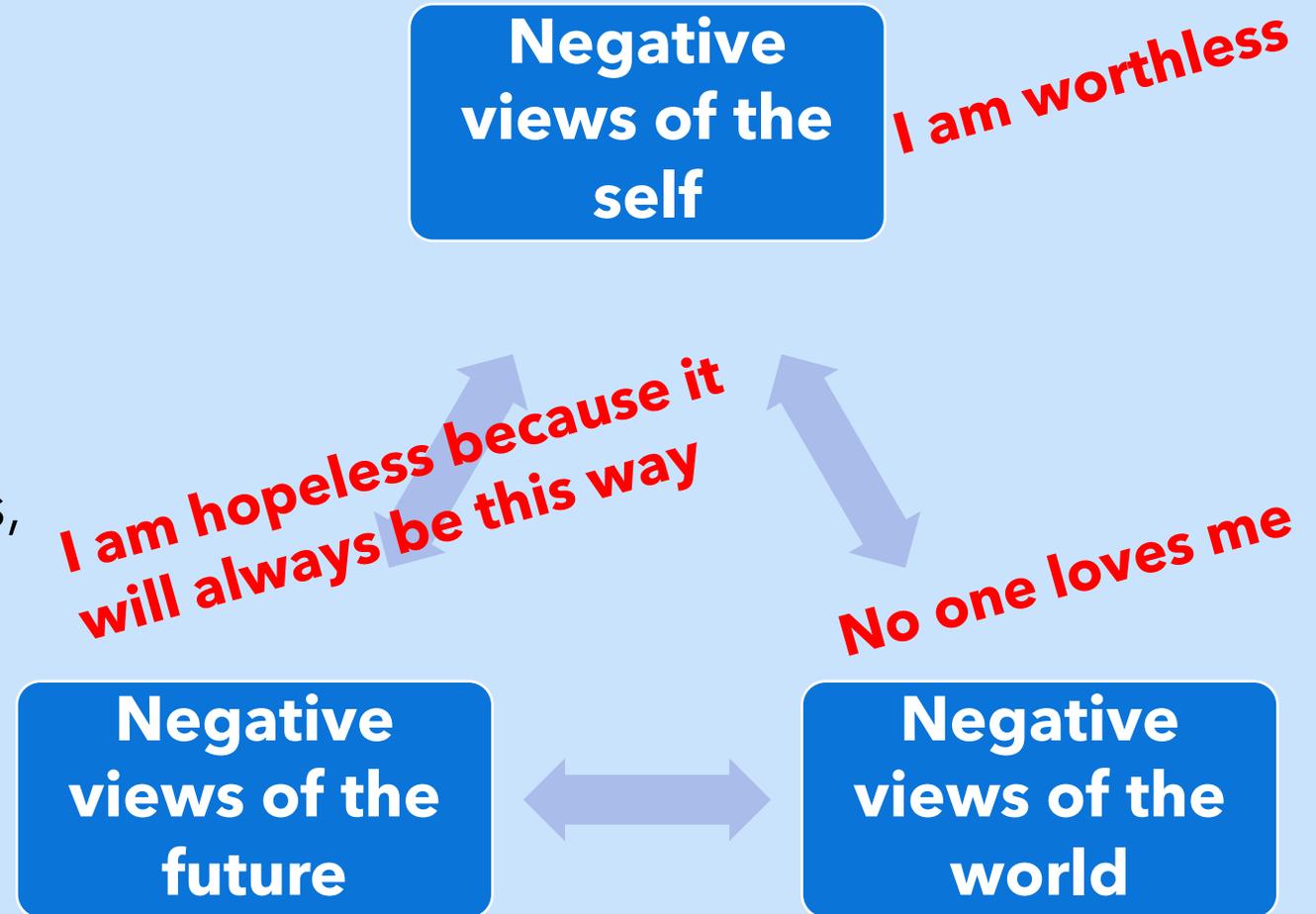
# What is CBT?

- CBT aims to help people become aware of when they are applying unhelpful thinking styles
- CBT can help people develop alternative ways of thinking and behaving to reduce emotional distress
- CBT can also help people become aware of how they appraise a situation (e.g., helpful or unhelpful thoughts)



# CBT Model: Depression

- Feeling sad or down versus depression
- In depression, there is an impact on thoughts, feelings, behaviours, and physical states
- Cognitive triad



# CBT Model: Depression



# CBT Model: Depression

## Thoughts

I wasted my entire day  
I'll never get the job I want  
I'm a failure

Sleep  
Don't answer calls  
Watch TV

## Behaviours

## Feelings

Guilty  
Sad  
Disappointed  
Hopeless

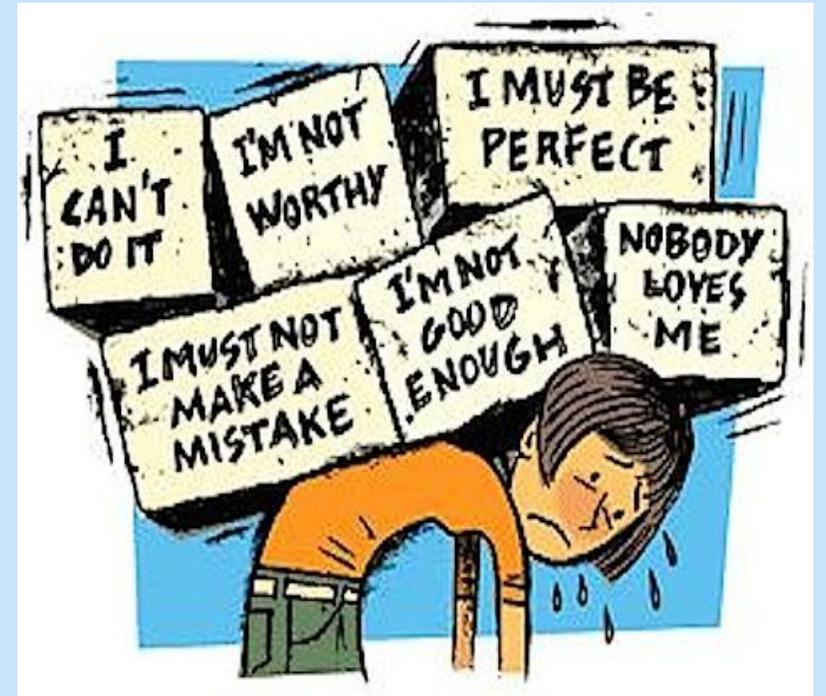
# Cognitive Strategies

- Identify negative thoughts and patterns of unhelpful thinking
- Evaluate thoughts and generate alternative, more realistic or balanced thoughts



# Cognitive Strategies

- **Automatic thoughts** are types of thoughts that influence feelings and behaviours
- They can be words, images, or memories that pop into our heads throughout the day
- Through no fault of our own, automatic thoughts may become negative a large proportion of the time

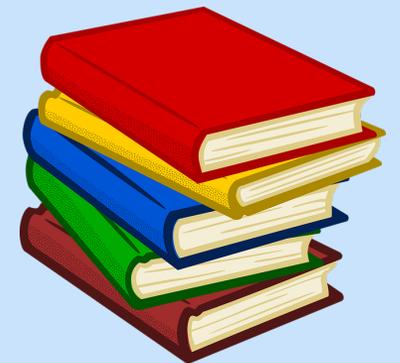


# Cognitive Strategies

- CBT aims to develop a more **balanced , unbiased, and realistic** view of yourself and your situation
- Negative thoughts may have elements of truth, but are often oversimplifications or exaggerations of reality
- By learning to see our thoughts in a more balanced way, we can reduce their negative impact on our moods

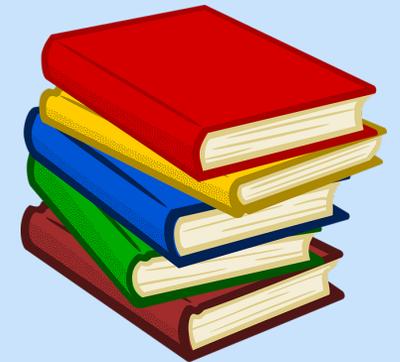
# Behavioural Strategies

- Engaging in behaviours that lift your mood
- Behavioural activation = engaging
  - **Mastery:** cleaning house, finishing puzzle, making a craft
  - **Pleasure:** reading, exercising, chatting with friends
  - Do more of the things that make you feel good and less of the things that make you feel bad!



# Behavioural Strategies

- Requires **realistic** expectations and goals
  - E.g., Wanting to begin by jogging 5 days/week
- Additional benefits:
  - Occupies from distracting ruminative thoughts
  - Benefits of getting outside/active, and reducing isolation



# Behavioural Strategies

- Activity schedule

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7-8	Sleep	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Sleep
8-9	Sleep	Internet	Exercise	Internet	Exercise	Internet	Breakfast
9-10	Breakfast	Work	Work	Work	Work	Work	Internet
10-11	Internet	Work	Work	Work	Work	Work	Nap
11-12 (noon)	Zoom call w/friend	Work	Work	Work	Work	Work	Clean
12-1	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Zoom lunch
1-2	Netflix	Walk	Work	Walk	Work	Walk	Netflix

**MASTERY (1-10)**

**DEPRESSION (1-10)**

**PLEASURE (1-10)**

**ANXIETY (1-10)**

# Behavioural Strategies

- Activity scheduling can help determine the **activities in which you want to engage more or less:**
  - Can help identify places, people, or things you may want to increase or decrease
  - Times of the day that may be good for certain types of activities (e.g., work versus pleasant activities)
  - Helps formulate goals
  - Provides motivation for activities

# Questions





Thank you for joining!

Additional resources can be found on our website:  
**[www.jgh.ca/icfp](http://www.jgh.ca/icfp)**

**Next CBT Webinar:** May 4<sup>th</sup> @10am  
**Topic:** How to change unhelpful thinking patterns