



Therapeutic Webinars

CBT Stream

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

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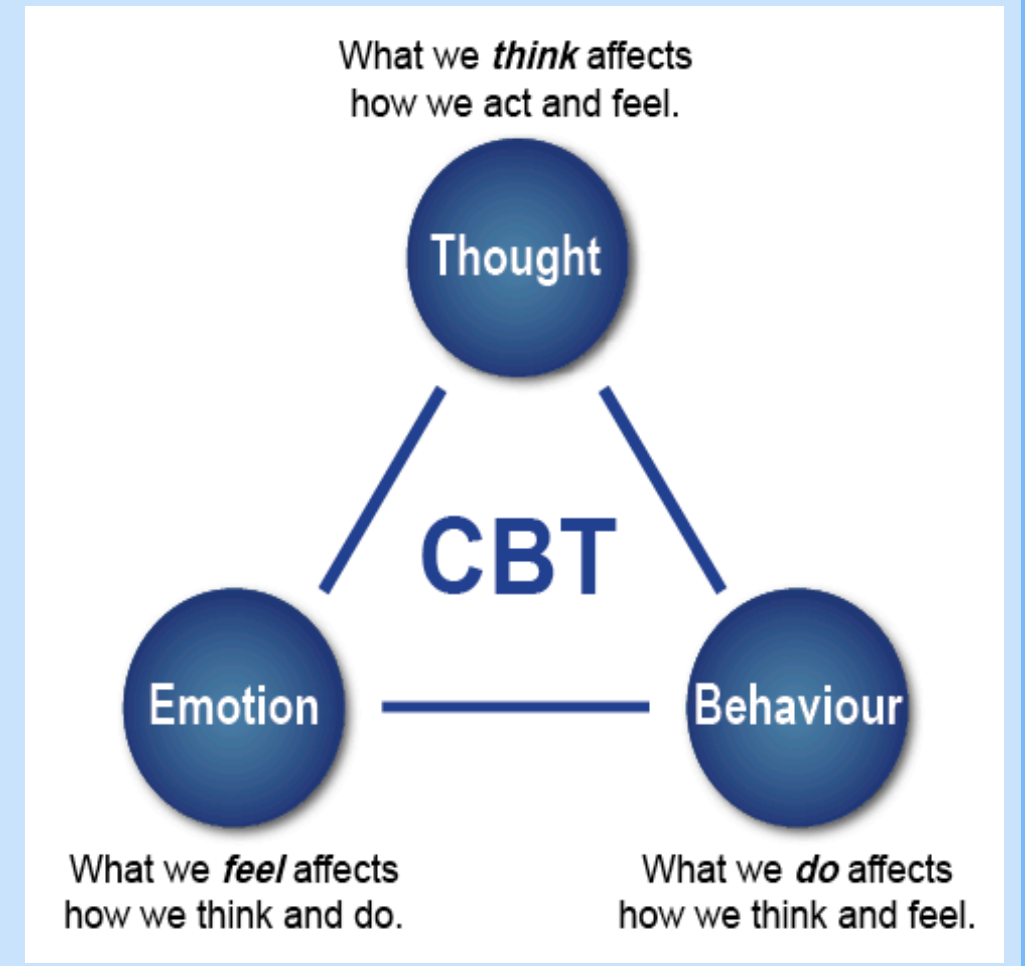


Disclaimer

- **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.
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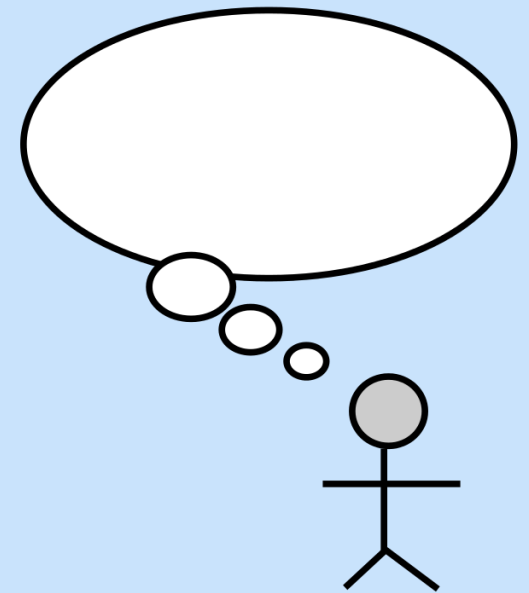
What is Cognitive Behavioural Therapy (CBT)?

- 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



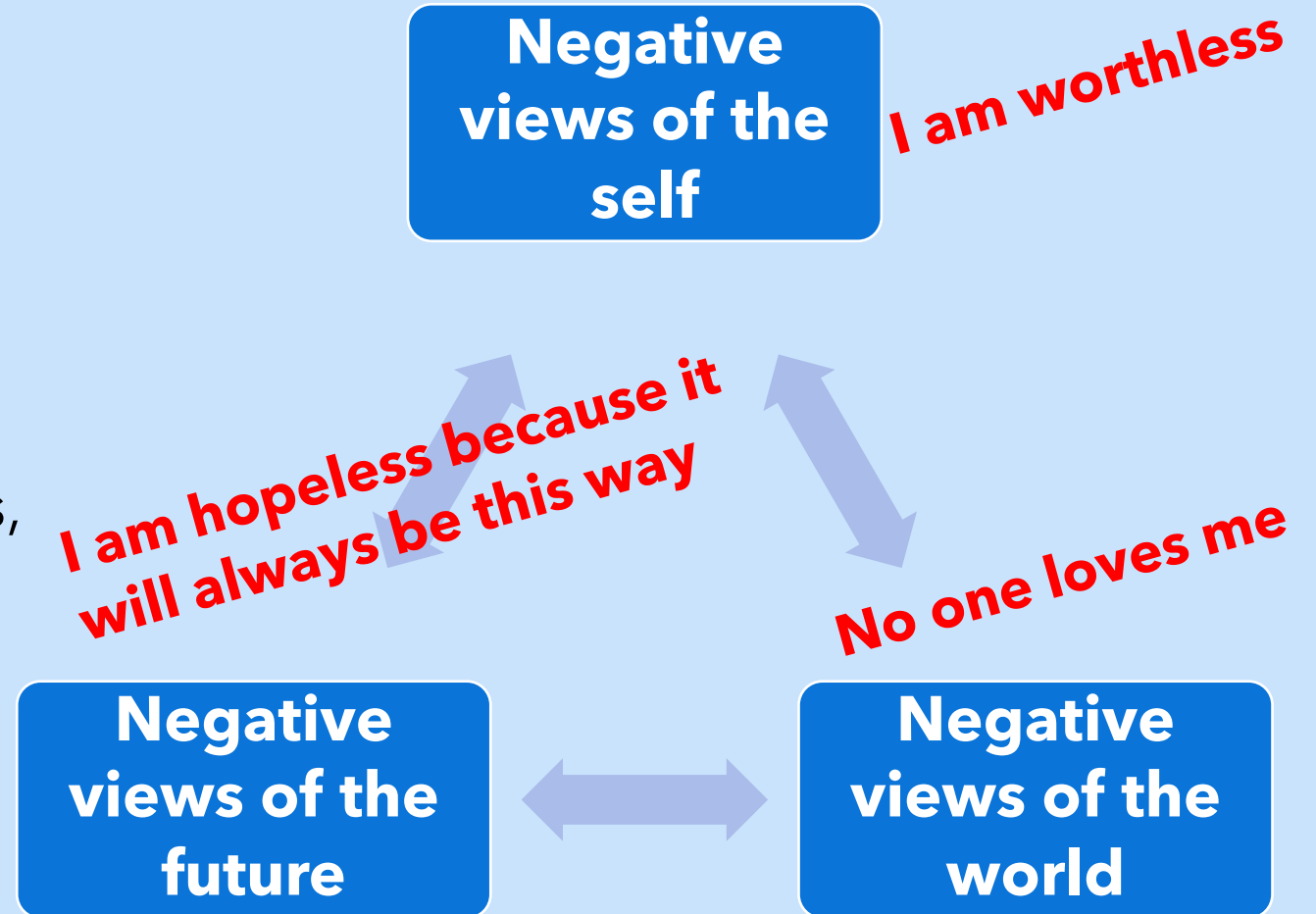
What is CBT?

- 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)

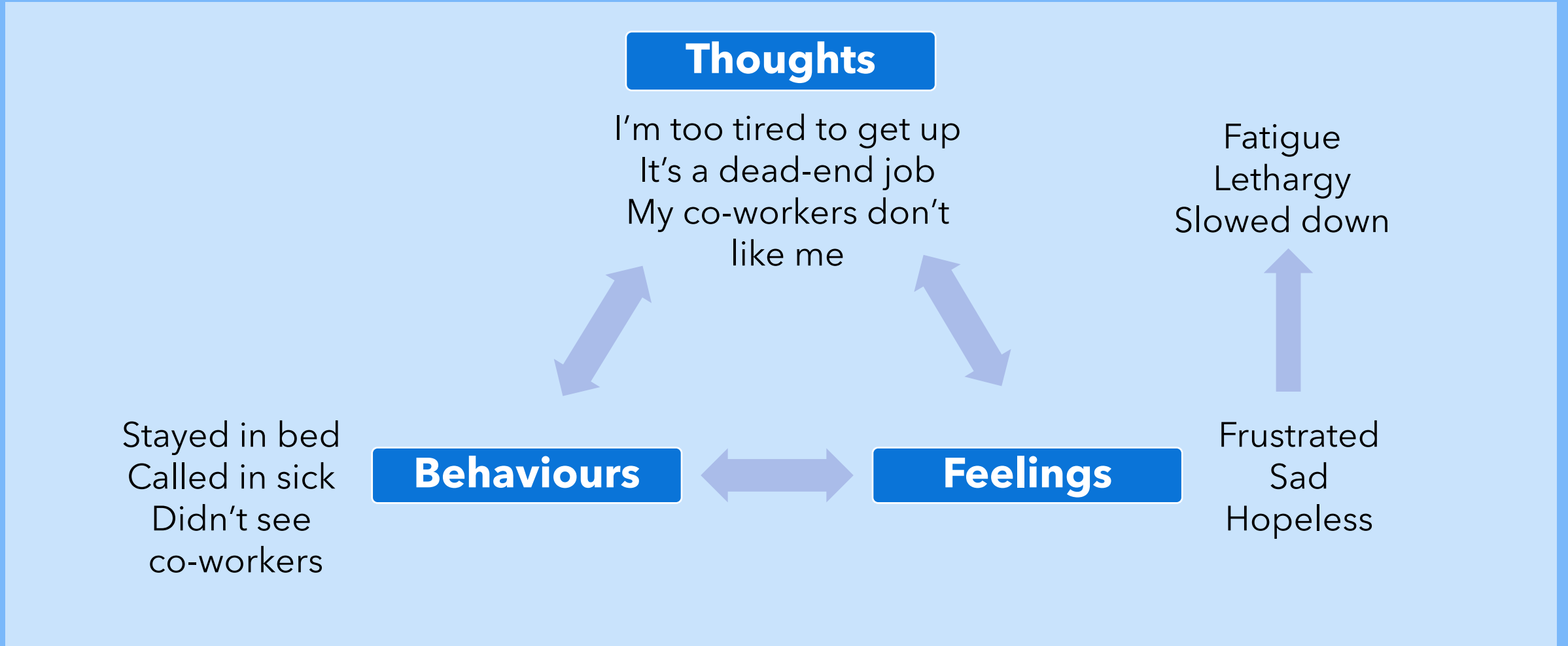


CBT Model: Depression

- 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

Next CBT Webinar: May 4th @10am
Topic: How to change unhelpful thinking patterns