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.

- **We cannot address acute safety concerns** within the context of these webinars. If you are feeling unsafe with yourself, please leave the webinar and contact crisis services, such as **Tracom: 514-483-3033** or ultimately **911**.
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

**Cognitive Triad**

- Negative views of the self
  - I am worthless

- Negative views of the world
  - No one loves me

- Negative views of the future
  - I am hopeless because it will always be this way
CBT Model: Depression

Thoughts
- I'm too tired to get up
- It's a dead-end job
- My co-workers don't like me

Feelings
- Frustrated
- Sad
- Hopeless

Behaviours
- Stayed in bed
- Called in sick
- Didn't see co-workers

Fatigue
- Lethargy
- Slowed down

Frustrated
- Sad
- Hopeless
CBT Model: Depression

Thoughts

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

Feelings

Guilty
Sad
Disappointed
Hopeless

Behaviours

Sleep
Don’t answer calls
Watch TV
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.
Behavourial 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!
Behavourial 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
## Behavioral Strategies

### Activity schedule

<table>
<thead>
<tr>
<th></th>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
<tr>
<td>7-8</td>
<td>Sleep</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
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<td>Breakfast</td>
<td>Sleep</td>
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<td>8-9</td>
<td>Sleep</td>
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<td>Exercise</td>
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<td>Breakfast</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
<td>Internet</td>
</tr>
<tr>
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<td>Work</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
<td>Nap</td>
</tr>
<tr>
<td>11-12 (noon)</td>
<td>Zoom call w/friend</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
<td>Clean</td>
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<td>Lunch</td>
<td>Zoom lunch</td>
</tr>
<tr>
<td>1-2</td>
<td>Netflix</td>
<td>Walk</td>
<td>Work</td>
<td>Walk</td>
<td>Work</td>
<td>Walk</td>
<td>Netflix</td>
</tr>
</tbody>
</table>

**Mastery (1-10)**

**Pleasure (1-10)**

**Depression (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