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.

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- **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**.
Worrying versus problem-solving

**Worrying:**

- Self-talk activity, repeatedly directed at possible negative future events that generate fear/anxiety

- Attempt to mentally “solve” a problem that has yet to happen

- Repetitive negative thought process
Worrying versus problem-solving

- **Worrying:**
  - Often preceded by “what ifs” or hypothetical statements
  - Involves unclear problems that lead to unclear solutions, and feeling unprepared to tackle a situation
  - Becomes problematic based on how much time spent worrying and ability to disengage
Worrying versus problem-solving

- Worrying is unproductive when...
  - It is something that is not under your control
  - The fears are vague and not tangible
  - Excessively future oriented/not based in fact
Is there a plausible problem?

Yes, and it can be resolved now
- Approach as a challenge, problem-solve, and act

Yes, but it cannot be resolved now
- Accept uncertainty, decatastrophize, remind self of coping

No
- Find Perspective. What is the likelihood? What are alternatives?
Worrying versus problem-solving

**Problem-solving:**

- Constructive thought process, flexible, permits us to choose a solution

- Generate many solutions for a problem as opposed to staying stuck in old habits and with only one answer
Worrying versus problem-solving
Problem-solving - 7 steps

1. Is there a **real problem**?
   a. Is the situation happening in the here-and-now?
   b. Do I have control over this situation?

2. Identify and **define problem**
   a. Who is involved?
   b. What happened that bothered me?
   c. When does this situation occur?
Problem-solving - 7 steps

3. Think of **all possible solutions** to the problem
   a. Principle of quantity
   b. Principle of delaying evaluation
   c. Principle of diversity

4. Write down **ideas and prioritize**
   a. Prioritize solutions in a list AND/OR evaluate pros/cons of each solution
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<th>Pros of Solution 1</th>
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Problem-solving - 7 steps

5. Decision-making based on **best solution available**
   a. Identify plan - who, what, where, when, how?

6. **Implementation** or testing of plan

7. **Evaluate** the outcome
   a. Re-evaluate and go over previous steps as needed
Situation: Boss has asked you to work on a project proposal due next week with a colleague that you do not get along with.

Step 1: Is there a real problem?
- Yes, happening here-and-now and something I have control over.

Step 2: Identify and define the problem
- Who is involved: me, my colleague, my boss
- What happened that bothered me: Being asked to work with someone I do not like; colleague works differently than I do; colleague is critical and defensive, doesn’t take feedback well, etc.
### Problem-solving – practice!

- **Step 3:** Brainstorm all possible solutions
  - *Audience participation*
- **Step 4:** Write down ideas and prioritize/evaluate
  - Speak to my colleague directly about my concerns
  - Speak to my boss about having a third colleague work with us
  - Speak to my boss about getting transferred to another project
  - Accept working with my colleague and prepare coping strategies
  - Quit
Problem-solving – practice!

- **Step 5**: Decision-make based on best solution available
  - Option 2: Speak to my boss about having a third colleague work with us
  - Identify the who, what, where, when, how

- **Step 6**: Implement

- **Step 7**: Evaluate
Questions
Thank you for joining!

Additional resources and links to all webinars can be found on our website: www.jgh.ca/icfp

Have a great summer, stay safe, and be well!