



# Therapeutic Webinars

## CBT Stream

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

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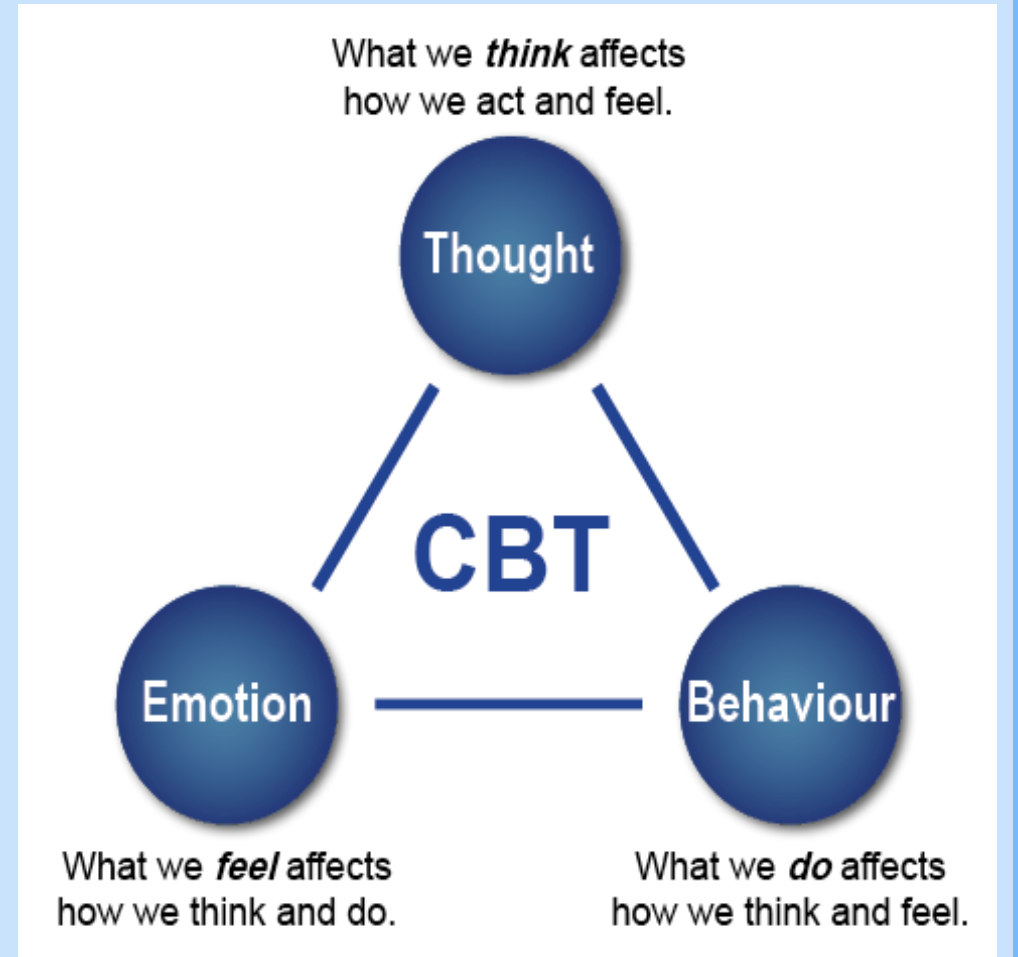


# Disclaimer

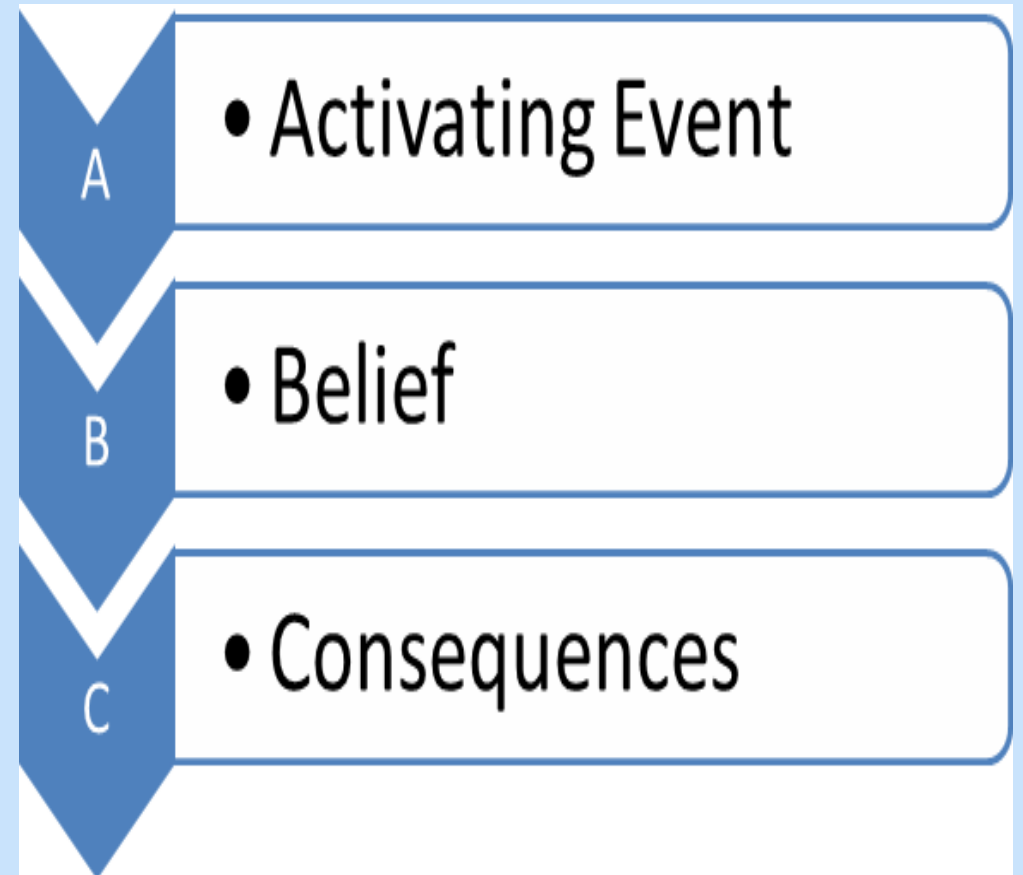
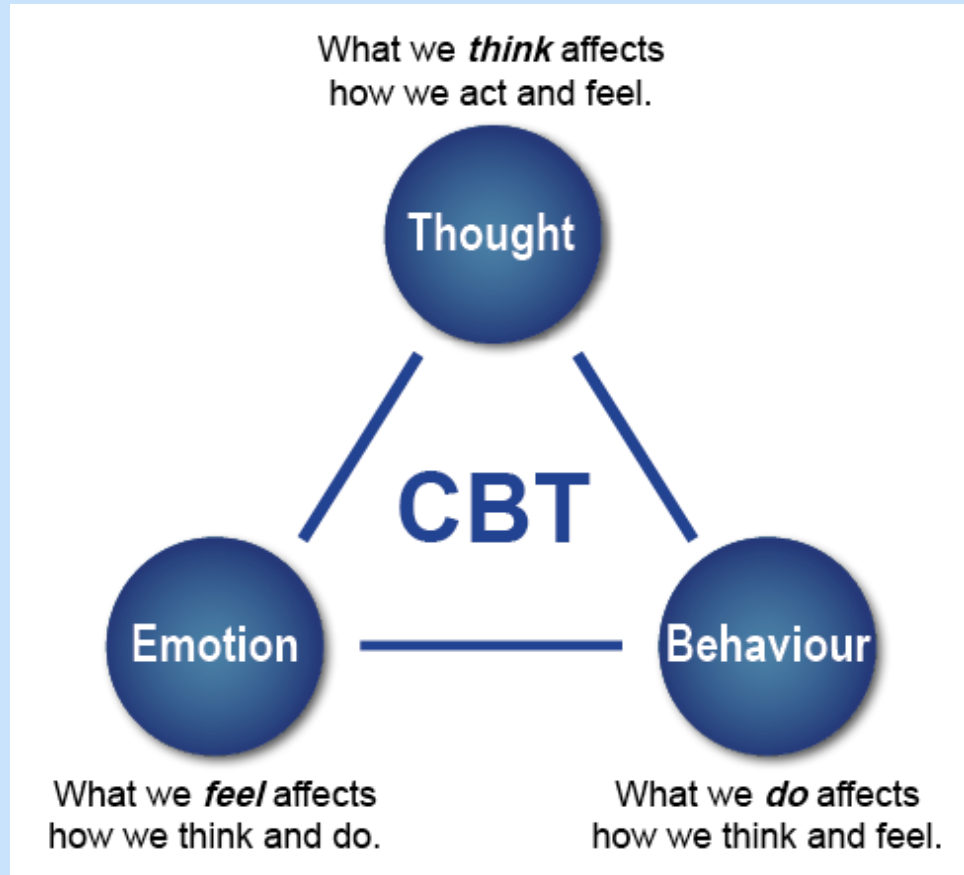
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- **Please respect privacy and confidentiality** of other participants.
- **We do not tolerate any violence or discrimination.** If the presenters deem anyone's participation to be inappropriate, they may remove participants from the webinar, at their discretion.
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# What is Cognitive Behavioural Therapy (CBT)?

- CBT explores how our **thoughts**, emotions and behaviours interact
- We can get stuck in negative/unhelpful patterns based on our thoughts, feelings, and behaviours
- Goal of CBT is to **raise awareness** to how we think, identify our unhelpful thinking patterns, and help develop alternative ways of thinking to reduce emotional distress



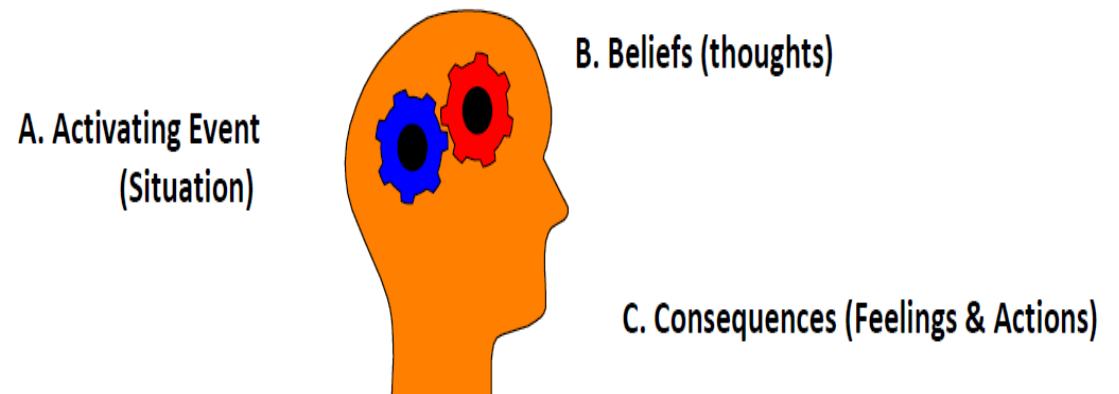
# How does CBT work?



# How to change unhelpful thinking patterns

## 1. Identify the negative thoughts or patterns of thought

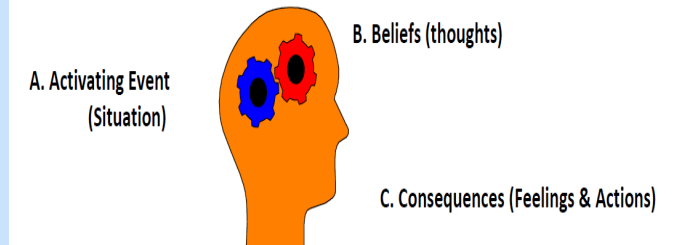
- **Activating event (A):** Describing a situation in which you experienced a negative emotion (anxious, sad, angry, etc)
- Describe situation, the context with facts
  - What?
  - When?
  - Where?
  - Who?



# How to change unhelpful thinking patterns

## 1. Identify the negative thoughts or patterns of thought

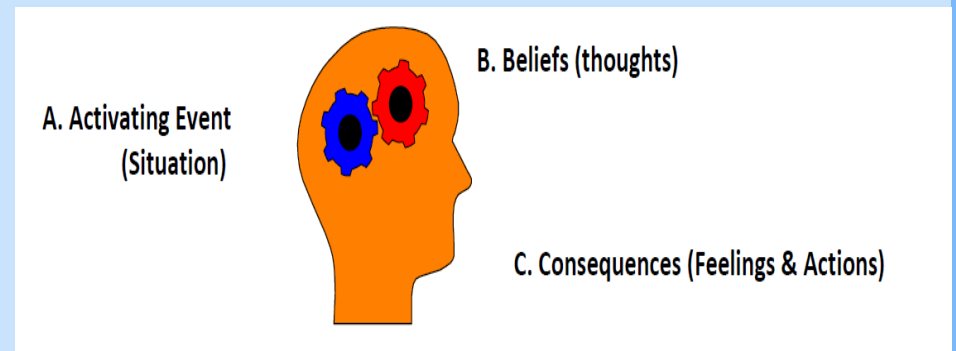
- **Consequences (C):** Describing your feelings and what you did as a result as precisely as possible
- Intensity of emotion (0-100%)
  - Sadness, Anxiety, Anger, Hurt, Embarrassment
  - <https://hbr.org/2016/11/3-ways-to-better-understand-your-emotions>
- Describe actions carried out (omitted ones too!)
  - How did you react? What did you do?



# How to change unhelpful thinking patterns

## 1. Identify the negative thoughts or patterns of thought

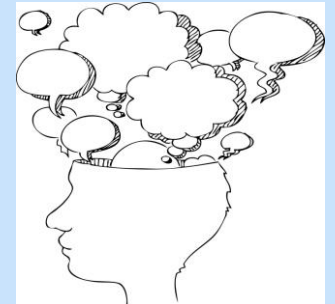
- **Beliefs/Thoughts (B):** Automatic thoughts are types of thoughts that influence feelings and behaviours
- They can be words, images, or memories that pop into our heads
- Questions to help identify automatic thoughts
  - What was going through my mind at the time?
  - What would have happened if...?
  - What is the worst thing that could have happened?



# How to change unhelpful thinking patterns

## 1. Identify the negative thoughts or patterns of thought

- Automatic thoughts can be difficult to capture:
  - Many, happen very fast, often times negative, overwhelmed by emotions =
- Self-monitoring negative thoughts to raise awareness



<b>Situation / Context</b> (Who, what, when, where?)	<b>Emotions</b> a. What did you feel? b. Rate each emotion (0-100%)	<b>Thoughts</b> What was going through your mind just before you started to feel this way? Any other thoughts?	<b>Behaviors</b> How did you react ? What did you do ?
At home alone in the afternoon during confinement, watching news about number of new cases in Montreal, hearing about line ups at Costco or pharmacy	Anxious (90%) Muscle tension, heart palpitations (mild) Sad (30%) Annoyed (30%) Angry (50%)	My time is coming, I will get sick for sure I will end up in intensive care I will never be able to leave my house I will run out of items at home during self-isolation	I watch all the different news coverage on the pandemic I cried I attempted to call COVID-19 line for Sx I checked several times my supplies at home I am staying inside all day alone I go to bed



# How to change unhelpful thinking patterns

## 1. Identify the negative thoughts or patterns of thought

- Most of the time, we tend to believe that:
  - thoughts are **reality** - it's as if what we're thinking is actually happening, here and now
  - Thoughts are the **truth** - we automatically believe them
  - Thoughts are **important** - we take them seriously, and give them our full attention
  - Thoughts are **orders** - we automatically obey them
  - Thoughts are **wise** - we assume they know best and we follow their advice

*Any possible issues with these?*

# Thinking Errors

## OVERESTIMATION

All-or-nothing thinking  
Overgeneralization  
Mental filter  
Disqualifying the positive

## CATASTROPHIZING


Jumping to conclusions  
Magnification/minimization

## UNHELPFUL THINKING

Emotional reasoning  
“Should” statements  
Labelling  
Personalization

# How to change unhelpful thinking patterns

## 1. Identify the negative thoughts or patterns of thought

- These automatic thoughts are often distorted and don't give us an unbiased perspective  **Thinking Errors**
- Negative thoughts may have elements of truth, but are often over-simplifications or exaggerations of reality
- Tendency to have pattern of thinking errors associated with negative emotion

# Thinking Errors

## ALL-OR-NOTHING THINKING:

You see things in black and white categories



# Thinking Errors

## OVERGENERALIZATION:

You see a single negative event as a never-ending pattern of defeat



# Thinking Errors

## MENTAL FILTER:

You pick out a single negative detail and dwell on it exclusively so that your vision of all reality becomes darkened



# Thinking Errors

## DISQUALIFYING THE POSITIVE:

You reject positive experiences by insisting they “don’t count” for some reason or other. In this way you can maintain a negative belief that is contradicted by your everyday experiences



# Thinking Errors

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# Thinking Errors

## JUMPING TO CONCLUSIONS:

You make a negative interpretation even though there are no definite facts that convincingly support your conclusions



# Thinking Errors

## MAGNIFICATION OR MINIMIZATION:

You blow things out of proportion or you minimize the importance of things



# Thinking Errors

## OVERESTIMATION

All-or-nothing thinking

Overgeneralization

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## UNHELPFUL THINKING

Emotional reasoning

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Personalization

# Thinking Errors

## EMOTIONAL REASONING:

You assume that your negative emotions reflect the way things really are and who you believe yourself to be



# Thinking Errors

## “SHOULD” STATEMENTS:

You maintain thoughts, hopes, and high expectations on how things *should* be, on how situations *should* unfold. Leads to guilt or frustration



# Thinking Errors

## **LABELLING:**

Attaching a negative label towards yourself, others, and situations. Form of all-or-nothing thinking



# Thinking Errors

## **PERSONALIZATION:**

Holding yourself personally accountable for an event or an outcome that isn't entirely under your control. The opposite can also be possible



# How to change unhelpful thinking patterns

## 1. Identify the negative thoughts or patterns of thought

- Self-monitoring negative thoughts to raise awareness

<b>Situation / Context</b> (Who, what, when, where?)	<b>Emotions</b> a. What did you feel? b. Rate each emotion (0-100%)	<b>Thoughts</b> What was going through your mind just before you started to feel this way? Any other thoughts?	<b>Thinking errors</b>
At home alone in the afternoon during confinement, watching news about number of new cases in Montreal, hearing about line ups at Costco or pharmacy	<b>Anxious (90%)</b> Muscle tension, heart palpitations, nauseous (mild) Sad (30%) Annoyed (30%) Angry (50%)	I feel like my turn will come and I won't make it <b>I will get sick for sure and I will end up in intensive care</b> I will never be able to leave my house I will run out of items at home during self-isolation	CATASTROPHIZING : JUMPING TO CONCLUSION MAGNIFICATION




# How to change unhelpful thinking patterns

## 2. Evaluate our thoughts and generate alternative, more balanced thoughts

- Learn to question accuracy, the probability, and the usefulness of the thought

**HOW???**

- Challenge the thought using **disputing questions** to develop a more **balanced , unbiased, and realistic** view of oneself and the situation  **Cognitive Restructuring**
- The goal ≠ to replace negative thoughts by positive ones, rather it implies to modify extreme thoughts and negative thoughts to allow ourselves to think in a more realistic way

# Disputing Questions

1. Do I know for certain that \_\_\_\_\_?

2. Am I 100% sure that \_\_\_\_\_?

3. Does \_\_\_\_\_ really mean \_\_\_\_\_?

4. What evidence do I have that \_\_\_\_\_?

# Disputing Questions

5. Is there another explanation for \_\_\_\_\_ besides \_\_\_\_\_?
  
6. What are the chances that \_\_\_\_\_ will actually happen/has happened?
  
7. If I did \_\_\_\_\_, what is the worst that would really happen?
  
8. If \_\_\_\_\_ did happen, how bad would it be?

# How to change unhelpful thinking patterns

## 2. Evaluate our thoughts and generate alternative, more balanced thoughts

- Cognitive restructuring leads to a rational response
  - **Summarizes** the main idea and **answers** the disputing questions
  - Goal is to alleviate negative emotion ( ↓ intensity)
- Helpful tips in building a rational response:
  - Short answer
  - Is positively phrased (more nuanced, realistic)
  - Is a reminder of important answers to our questions
  - Practice! Practice! Practice!

# How to change unhelpful thinking patterns

## Evaluate our thoughts and generate alternative, more balanced thoughts

- Self-monitoring negative thoughts to practise cognitive restructuring

<b>Situation / Context</b> <small>(Who, what, when, where?)</small>	<b>Emotions</b> <small>a. What did you feel?  b. Rate each mood (0-100%)</small>	<b>Thoughts</b> <small>What was going through your mind just before you started to feel this way?</small>	<b>Evidence that support the thought</b>	<b>Evidence that does not support the thought</b>	<b>Alternative/Balanced thoughts</b> <small>a. Write an alternative or balanced thought. B. Rate how much you believe in each alternative or balanced thought (0-100%)</small>	<b>Rate emotions now</b> <small>(0-100%)</small>
At home alone in the afternoon during confinement, watching news about number of new cases in Montreal, hearing about line ups at Costco or pharmacy	<b>Anxious (90%)</b> Muscle tension, heart palpitations, nauseous (mild) Sad (30%) Annoyed (30%) Angry (50%)	<b>I will get sick for sure and I will end up in intensive care</b> (jumping to conclusion/magnification)	# of cases keeps increasing; I live in the hot zone, I know people hospitalized in ICU	I follow the sanitary measures; I self-isolate; Most cases don't involve ICU; I am in good health	I am following all the measures to <b>decrease</b> the chances of getting sick (60%); If I get sick, I am not in the at-risk group (70%); It is understandable and normal to be afraid (80%)	<b>Anxious 40-50%</b>

# How to change unhelpful thinking patterns

## 1. Identify the negative thoughts or patterns of thought

- Self-monitoring negative thoughts to raise awareness

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# 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 25<sup>th</sup> @10am  
**Topic:** How to cope with uncertainty and lack of control