

Therapeutic Webinars

CBT Stream

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

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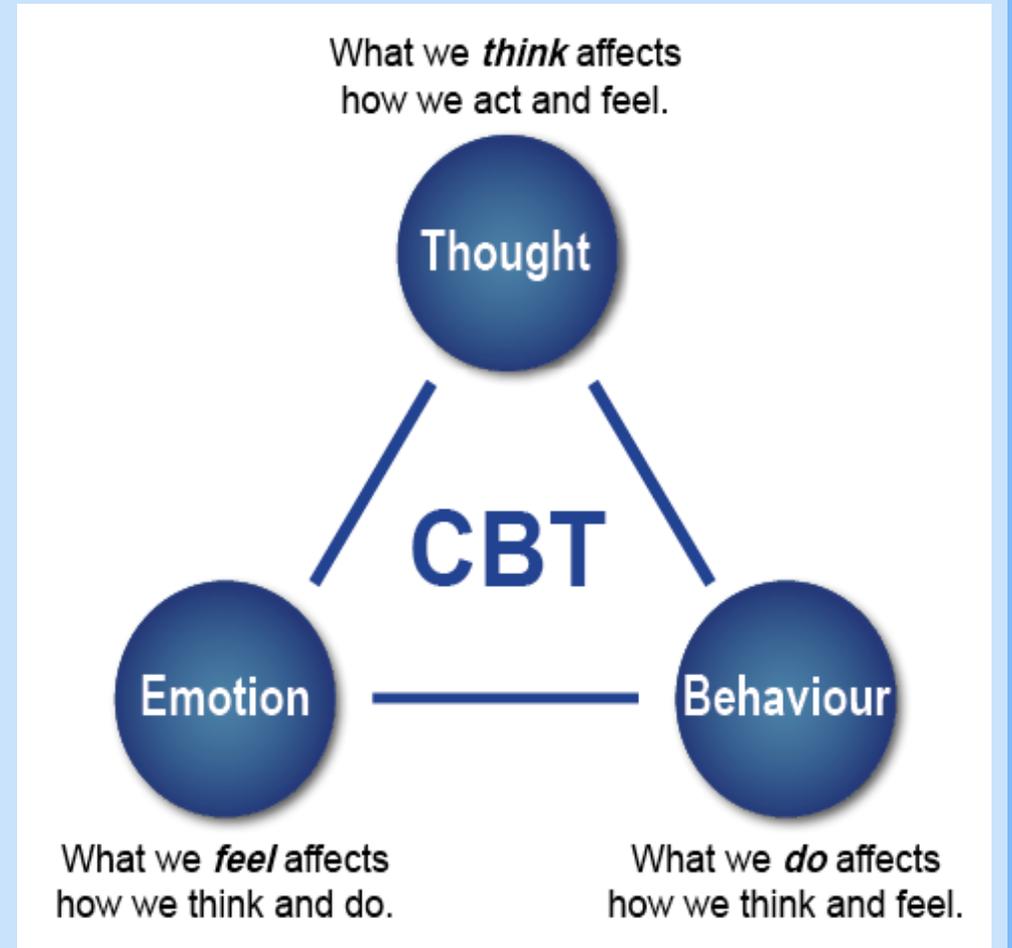


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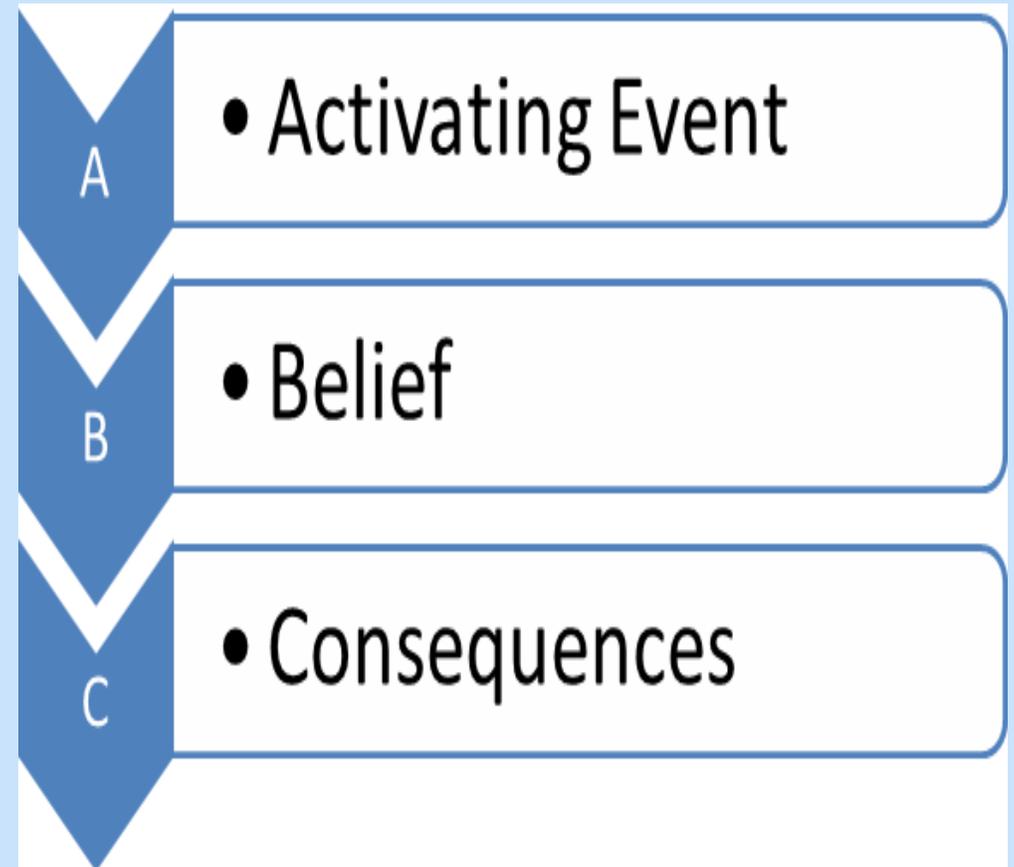
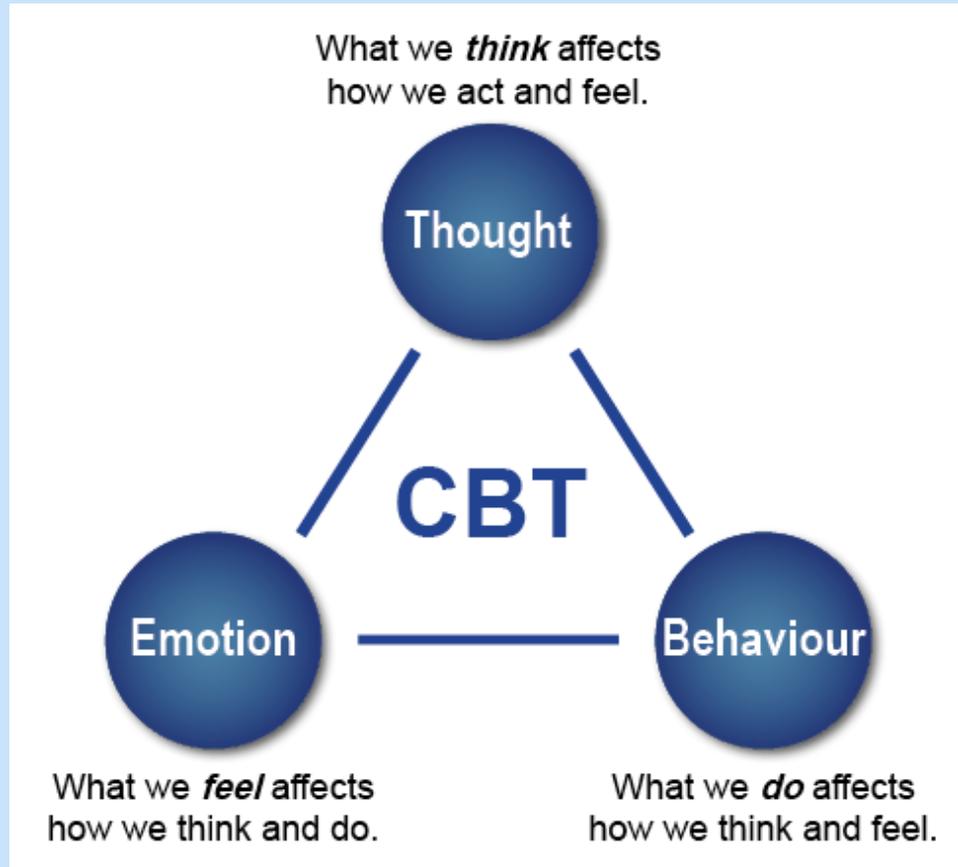
- **These webinars are not therapeutic or clinical encounters.** They are informational sessions. Presenters cannot provide individualized input to participants.
- **Please respect privacy and confidentiality** of other participants.
- **We do not tolerate any violence or discrimination.** If the presenters 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 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



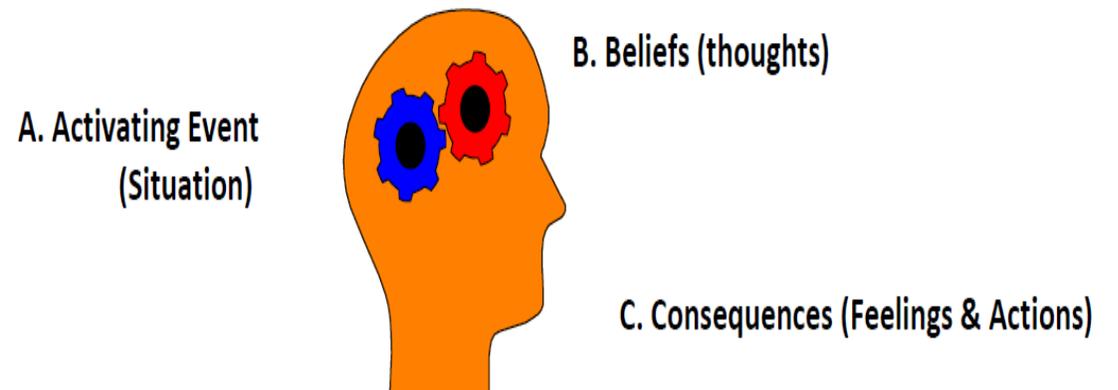
How does CBT work?



How to change unhelpful thinking patterns

1. Identify the negative thoughts or patterns of thought

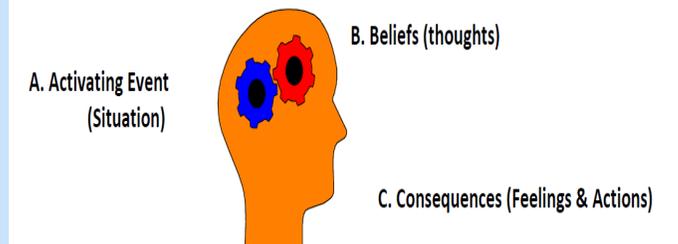
- **Activating event (A):** Describing a situation in which you experienced a negative emotion (anxious, sad, angry, etc)
- Describe situation, the context with facts
 - What?
 - When?
 - Where?
 - Who?



How to change unhelpful thinking patterns

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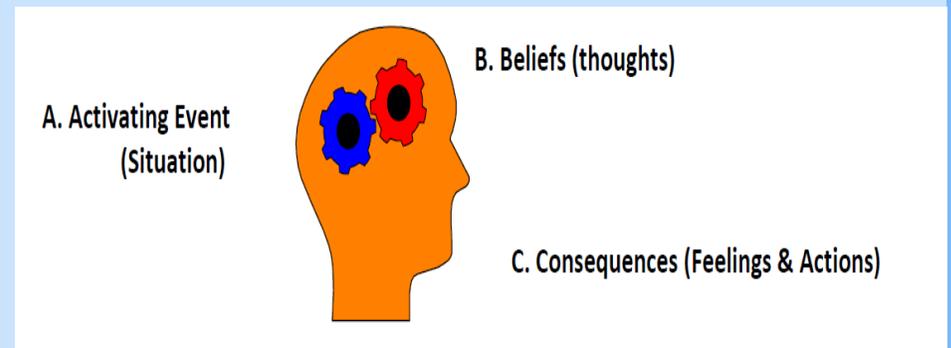
- **Consequences (C):** Describing your feelings and what you did as a result as precisely as possible
- Intensity of emotion (0-100%)
 - Sadness, Anxiety, Anger, Hurt, Embarrassment
 - <https://hbr.org/2016/11/3-ways-to-better-understand-your-emotions>
- Describe actions carried out (omitted ones too!)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



Situation / Context (Who, what, when, where?)	Emotions a. What did you feel? b. Rate each emotion (0-100%)	Thoughts What was going through your mind just before you started to feel this way? Any other thoughts?	Behaviors 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

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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

Situation / Context (Who, what, when, where?)	Emotions a. What did you feel? b. Rate each emotion (0-100%)	Thoughts What was going through your mind just before you started to feel this way? Any other thoughts?	Thinking errors
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, nauseous (mild) Sad (30%) Annoyed (30%) Angry (50%)	I feel like my turn will come and I won't make it I will get sick for sure and 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	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

Situation / Context <small>(Who, what, when, where?)</small>	Emotions <small>a. What did you feel? b. Rate each mood (0-100%)</small>	Thoughts <small>What was going through your mind just before you started to feel this way?</small>	Evidence that support the thought	Evidence that does not support the thought	Alternative/Balanced thoughts <small>a. Write an alternative or balanced thought. B. Rate how much you believe in each alternative or balanced thought (0-100%)</small>	Rate emotions now <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	Anxious (90%) Muscle tension, heart palpitations, nauseous (mild) Sad (30%) Annoyed (30%) Angry (50%)	I will get sick for sure and I will end up in intensive care (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 decrease 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%)	Anxious 40-50%

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Questions





Thank you for joining!

Additional resources can be found on our website:
www.jgh.ca/icfp

Next CBT Webinar: May 25th @10am
Topic: How to cope with uncertainty and lack of control