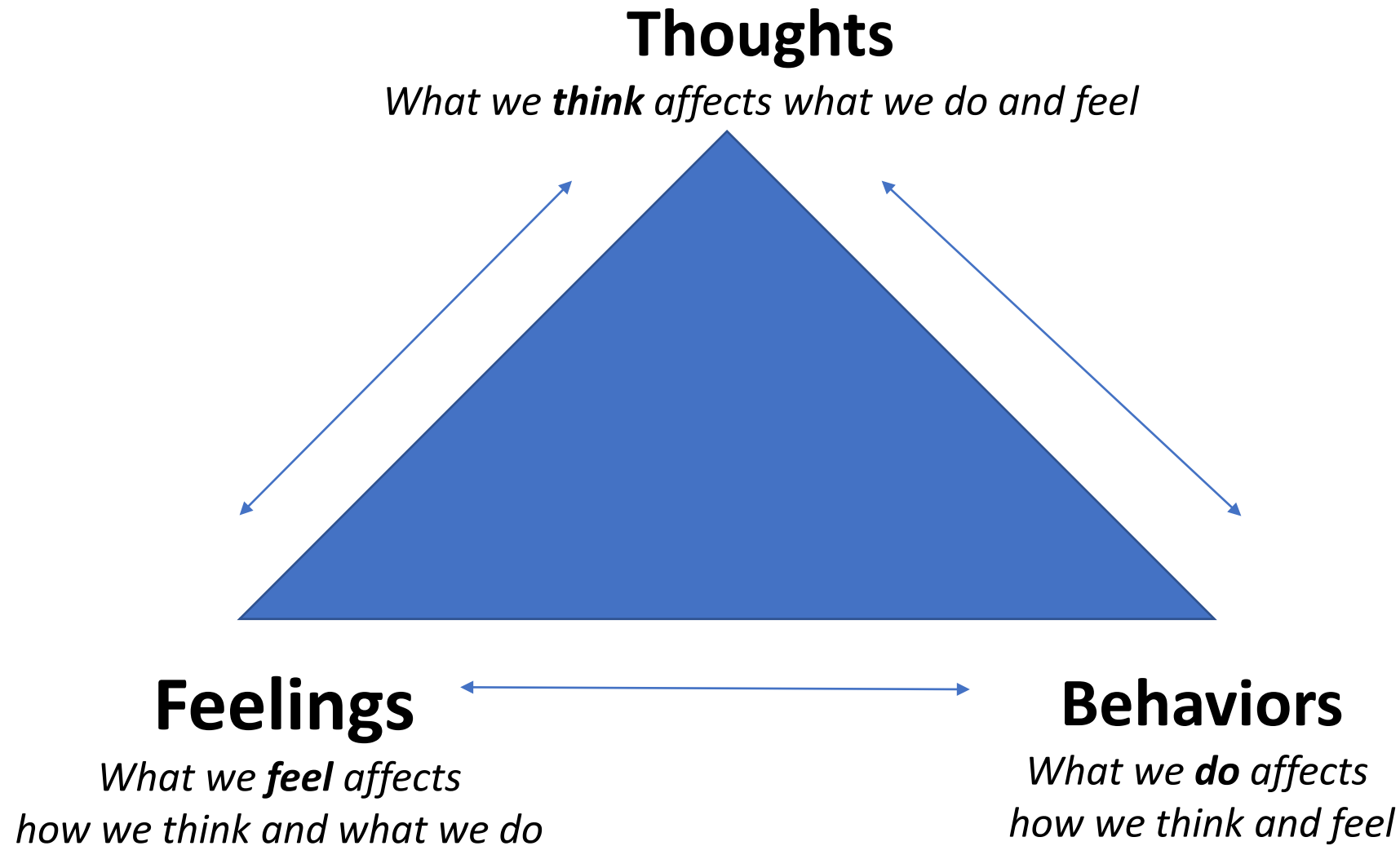


COGNITIVE BEHAVIOR THERAPY (CBT)

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WHAT IS CBT?



KEY FEATURES OF CBT

- + Emphasizes collaboration & active participation
- + Emphasizes the present
- + Problem focused & goal oriented
- + Educative and aims to teach the patient to be her own therapist
 - Connection between thoughts, feelings and behaviors
 - Skill acquisition
 - to identify and modify unhelpful thoughts
 - to engage in more pleasurable & meaningful activities & overcome avoidance
 - relapse prevention
- + Encourages work outside to reinforce skills taught & apply them to every-day life

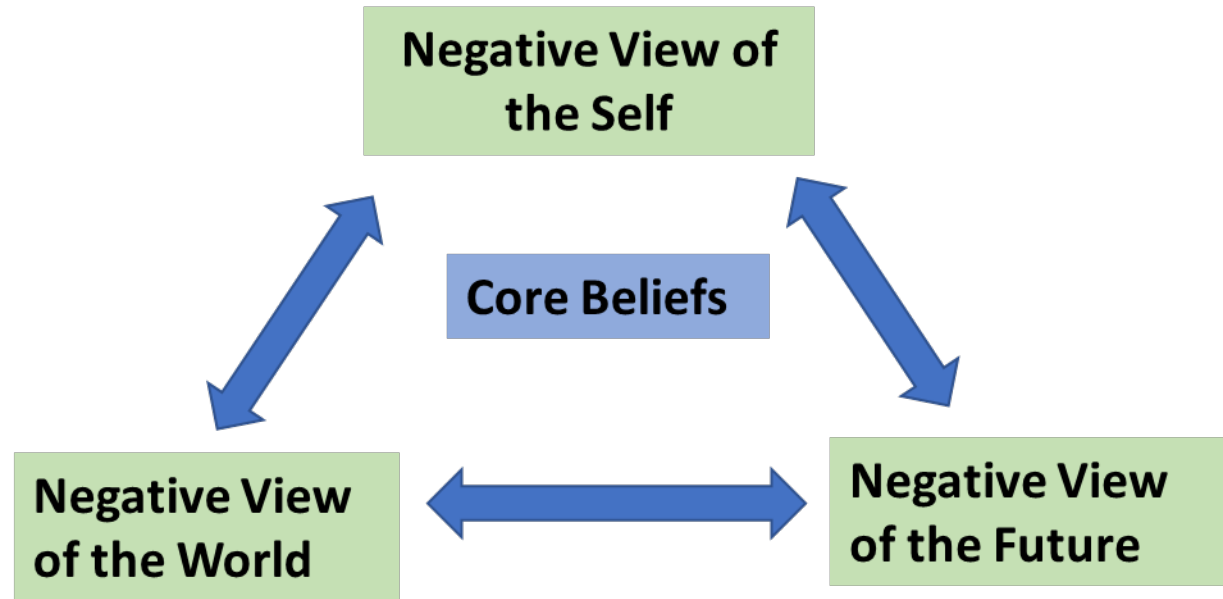
- + We don't usually recognize our thoughts as thoughts
- + We often misinterpret our thoughts as facts
- + Our thoughts are not always helpful, and some thoughts are distorted
- + CBT helps us identify
 - Thoughts
 - If they are helpful or not
 - Generate more helpful thoughts



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- + All-or-Nothing Thinking: “I have to do things perfectly, and anything less is a failure.”
- + Focusing on the Negatives: “I just made a mistake; this talk is not going well.”
- + Negative Self-Labeling: “I’m a failure.”
- + Jumping to conclusions: “I am going to lose my job.”
- + Catastrophizing: “I am never going to get another job.”

- + What are my core beliefs about:
 - Myself
 - Others
 - Future (based on past experiences)
- + They shape our thinking, feelings and behaviors.



<https://www.simplypsychology.org/cognitive-therapy.html>

EXAMPLE

- + A - Activating Event –actual event or trigger – the facts
- + B - Beliefs – thoughts about the event, rational or irrational
- + C- Consequence – emotions and behaviors. How you feel and what you do
- + D- Dispute- are there alternative thoughts or behaviors that might lead to different consequences

- + A – I forgot an important point on the last slide
- + B - Beliefs – This isn't going well; I'm going to get fired
- + C- Feel anxious & eat a pizza
- + D- This isn't going as well as I'd like; I might get fired but it's unlikely.
- + Alternative Consequence- less anxious
- + Alternative Consequence- Not eating pizza and spending more time preparing for my next presentation

- + Deep Breathing
- + Progressive Muscle Relaxation
- + Guided Imagery
- + Mindfulness
- + Meditation
- + Yoga
- + Exercise
- + Behavioral Activation
- + Graded exposure



More on this next week

- + Examples of forms of CBT for special populations include
 - + Dialectical Behavior Therapy (DBT)
 - + Mindfulness-based CBT
 - + Acceptance and commitment therapy (ACT)
 - + Prolonged Exposure (PE)
 - + Cognitive Processing Therapy (CPT)

Why do staff in primary care need to know about this?

You need to know if someone you are referring for treatment is doing or has done CBT

It's useful for physical conditions

CBT FOR MEDICAL CONDITIONS

+ **Asthma**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011818.pub2/full?highlightAbstract=asthma%7Casthm%7Ccbt>

+ **Chronic fatigue syndrome**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD001027.pub2/full?highlightAbstract=fatigue%7Ccbt%7Cfatigu%7Cchronic>

+ **Fibromyalgia**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD009796.pub2/full?highlightAbstract=fatigue%7Ccbt%7Cfatigu%7Cchronic>

+ **Chronic Pain**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD007407.pub4/full?highlightAbstract=pain%7Ccbt%7Cchronic>

+ **Tinnitus**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012614.pub2/full?highlightAbstract=cbt%7Ctinnitus>

+ **Weight loss**

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5476722/>

CBT FOR BEHAVIORAL HEALTH CONDITIONS

+ **Depression:**

- <https://effectivehealthcare.ahrq.gov/products/major-depressive-disorder/research>

+ **ADHD**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD010840.pub2/full?highlightAbstract=depress%7Cdepression%7Ccbt>

+ **Bulimia**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD000562.pub3/full?highlightAbstract=depress%7Cdepression%7Ccbt>

+ **Generalized Anxiety Disorder**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD001848.pub4/full?highlightAbstract=anxiety%7Canxieti%7Cgeneral%7Cdisord%7Cdisorder%7Cgeneralized%7Ccbt%7Cgeneralis%7Cgeneralised>

+ **Panic Disorder**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011004.pub2/full?highlightAbstract=disord%7Cdisorder%7Ccbt%7Cpanic>

+ PTSD

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD003388.pub4/full?highlightAbstract=depress%7Cdepression%7Ccbt>

+ Schizophrenia

- <https://store.samhsa.gov/product/cognitive-behavioral-therapy-for-psychosis/PEP20-03-09-001>

+ Substance Use Disorders

- <https://www.samhsa.gov/resource/ebp/treatment-stimulant-use-disorders>

+ Nicotine Use Disorders

- <https://www.drugabuse.gov/publications/research-reports/tobacco-nicotine-e-cigarettes/what-are-treatments-tobacco-dependence>

+ Insomnia- Am College of Physicians Recommends CBT-I as a first line approach

- <https://pubmed.ncbi.nlm.nih.gov/27136449/>
- <https://www.sleepfoundation.org/insomnia/treatment/cognitive-behavioral-therapy-insomnia>

CBT is effective for the medical conditions.

CBT is effective for the following psychiatric conditions.

Key features of CBT include time limited and skill building.

- + Beck, Judith, (2011) Cognitive Behavior Therapy, Basics and Beyond 2nd ed. New York, NY., Guilford Press
- + *Cognitive Behavioral Therapy: Slide Share*. Abdullatiff Sami Al-Rashed Movement Block 4.4 (Psychiatry Week) College of Medicine, King Faisal University Al-Ahsa, Saudi Arabia
- + Institute, B. (2017, March 20). What is Cognitive Therapy. Retrieved from beckinstitute.org:
<https://www.beckinstitute.org/get-informed/what-is-cognitive-therapy/>

TIME FOR QUESTIONS AND ANSWERS



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