



# Cognitive Behavioral Therapy: Strategies for Physicians


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# Disclosure of Financial Relationship

I have no conflicts of interest with the information presented herein





# What is Cognitive Behavioral Therapy?

Three fundamental propositions shared by all cognitive-behavioral therapies:

1. Cognitive activity affects behavior.
2. Cognitive activity may be monitored or altered.
3. Desired behavior change may be affected through cognitive change.

(Dobson, 2009)



# What is Cognitive Behavioral Therapy?

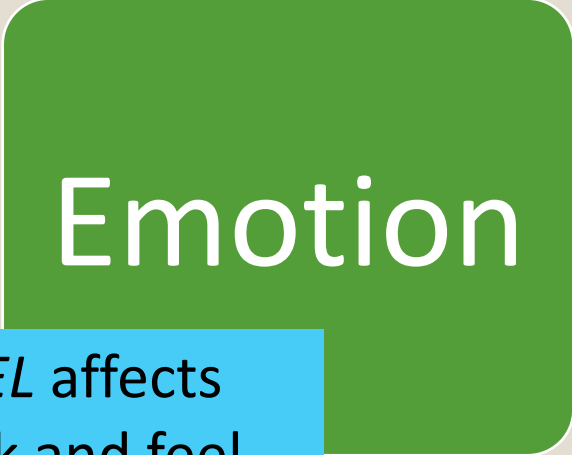
## Basic tenets of cognitive-behavioral interventions:

1. The human organism responds primarily to cognitive representations of its environments rather than to these environments per se.
2. Most human learning is cognitively mediated.
3. Thoughts, feelings, and behaviors are causally interrelated.
4. Attitudes, expectancies, attributions and other cognitive activities are central to producing, predicting, and understanding psychopathological behavior and the effects of therapeutic interventions.
5. Cognitive processes can be cast into testable formulations that are easily integrated with behavioral paradigms, and it is possible and desirable to combine cognitive treatment strategies with enactive techniques and behavioral contingency management.
6. The task of the cognitive-behavioral therapist is to act as a diagnostician, educator, and technical consultant who assesses maladaptive cognitive processes and works with the client to design learning experiences that may remediate these dysfunctional cognitions and the behavioral and affective patterns with which they correlate.

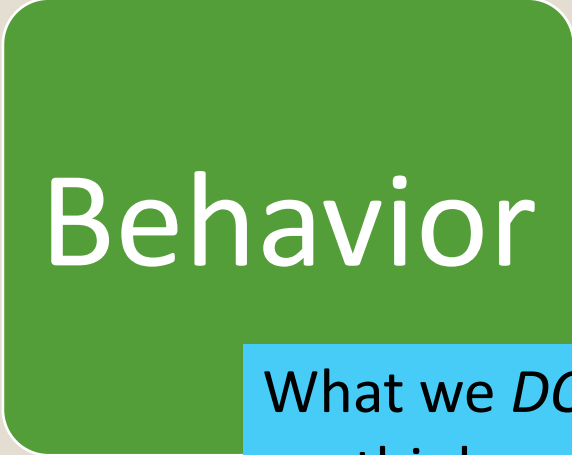
# The Cognitive Model



What we *THINK* affects how we act and feel.

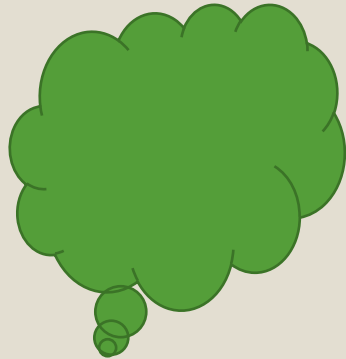


What we *FEEL* affects how we think and feel.



What we *DO* affects how we think and feel.

# The Cognitive Model



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Something happens. It could be anything.

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You have thoughts about what has just happened.

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You experience emotions based upon your thoughts.

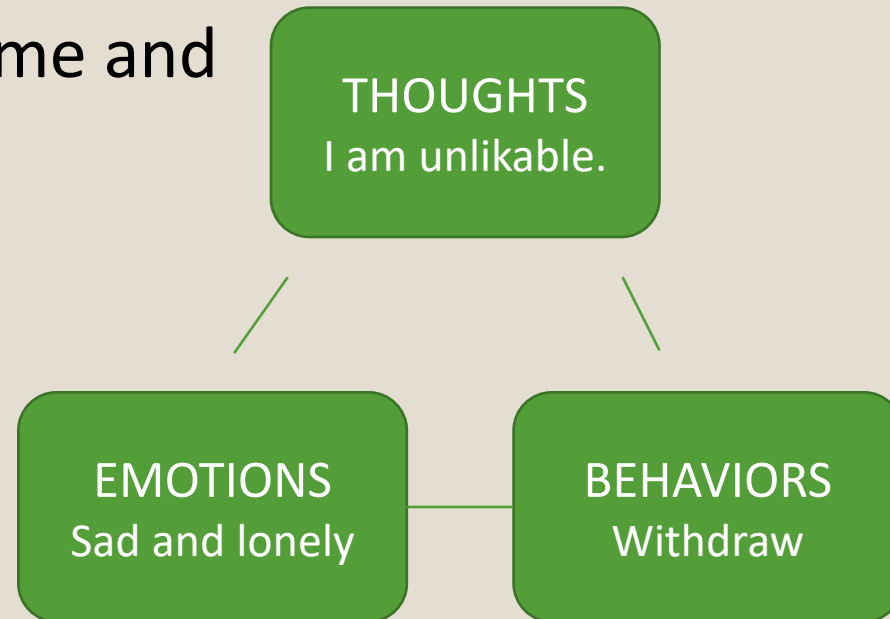
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You respond to your thoughts and feelings with behaviors.

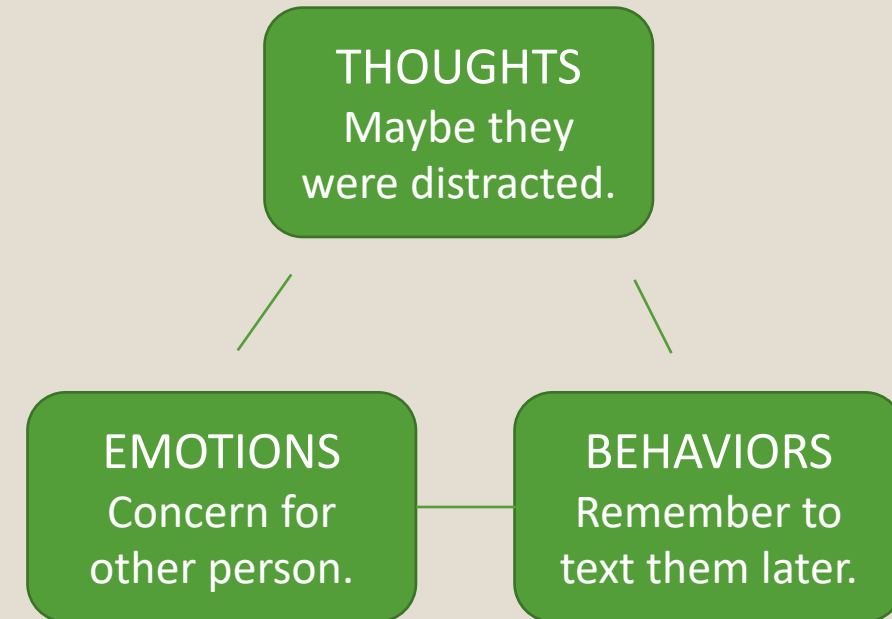
# Psychoeducation for Patients

1. Develop your pitch
2. Provide examples
3. Acknowledge that skill building takes time and practice

## Before CBT



## After CBT







Write out your pitch!



# Skills and Tools



Listen for  
dysfunctional thinking



Show interest



Connect the dots

# Skills and Tools



Psychoeducation



Distress Tolerance



Catch it, Check it, Change it

# Skills and Tools: Assessment

## Depression

- PHQ-9; Patient Health Questionnaire
- BDI; Beck Depression Inventory

## Anxiety

- GAD-7; Generalized Anxiety Disorder
- BAI; Beck Anxiety Inventory

## PTSD

- LEC; Life Events Checklist
- PC-PTSD; Primary Care PTSD Screener

# Skills and Tools: Thought Record

EVENT	AUTOMATIC THOUGHT	EMOTION	INTENSITY OF EMOTION (1-10)	ALTERNATIVE THOUGHT(S)
<p>My manager points out my mistakes at work... so I immediately start to make more mistakes!</p>	<p>I think she secretly dislikes me and is trying to undermine my job... I'm convinced she's going to fire me.</p> <p><b>CATCH IT!</b></p>	<p>Anxious and Depressed</p>	<p>8</p>	<p>Well... all bosses, even good ones (perhaps especially good managers) sometimes point out mistakes. I do recognize I got some things wrong, and she was quite polite about it. She criticizes other people a lot more than me... and criticizes me a lot less than other managers I've worked for... she always tells me she's pleased with my performance.</p>
				<p><b>CHECK IT!</b>    <b>CHANGE IT!</b></p>

# Cognitive Behavioral Therapy Resources

Academy of Cognitive Therapy

Web site: <http://www.academyofct.org>

American Board of Professional Psychology

Web site: <http://www.abpp.org>

Association for Behavioral and Cognitive Therapies Web site: <http://www.abct.org>

Beck Institute for Cognitive Behavior Therapy

Web site: <http://www.beckinstitute.org>

National Association of Social Workers

Web site: <http://www.socialworkers.org>

National Register of Health Service Providers in Psychology

Web site: <http://www.nationalregister.org>

# Cognitive Behavioral Therapy Resources: Developing Systems

American Academy of Family Physicians

Measuring, Evaluating, and Translating Research Into Care (METRIC) modules

Web site: <https://www.aafp.org/cme/cme-topic/all/metric.html>

National Committee for Quality Assurance

Patient-centered medical home

Web site: <http://www.ncqa.org/tabid/631/default.aspx>

The Macarthur Initiative on Depression and Primary Care

Web site: <http://www.depression-primarycare.org/>



Questions?