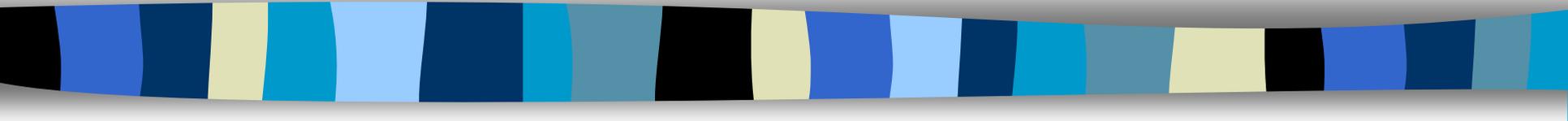


# Cognitive Therapy





# Cognitive Therapy

- CBT is a form of treatment that focuses on examining the relationships between thoughts, feelings, and behaviors.
- CBT was created by Aaron Beck.
- CBT has become one of the most common treatment models used in addiction treatment.



# Stages of Change

- “Transtheoretical model of behavior change was developed to capture the dynamic course of an individuals process of change in treatment” (Wenzel A., Liese B., Beck A., Friedman-Wheeler D. 2012. Pg. 45.)



# Stages of Change

- **Pre-contemplation-** Person is unaware of problems, and/or unwilling to make a change.
- **Contemplation-** Person recognizes the problems, however they are not ready to make the changes.
- **Preparation-** Person is preparing to start making small behavior changes.
- **Action-** Person has implemented change, they are actively making changes to their thought process and behaviors.
- **Maintenance-** Person has maintained 6 months of clean time, and continue to focus on relapse prevention.



# Techniques

- To continuously assess the patient's progress towards their short/long term goals.
- Counselor will assign homework for patient to complete for the following week. This technique helps the client focus on recovery and apply it to daily living.
- Patient will learn to change their self talk in order to distance themselves from irrational thinking.
- Patient will keep a thought record of irrational thought. Patient will analyze them over a period of time, and learn to not react on irrational beliefs. They will then be able to come up with healthier alternatives.



# Goals

- The goal of CBT is to help patients achieve maintenance, and prevent relapse.
- Once patient completes treatment they will be equipped with skills so they can identify and their irrational thinking and behaviors. Once identifying these thought they will be able to change their thought process to then change their consequences associated with their behaviors.
- Goals that we set for our patients are: Gaining an understanding of the disease of addiction, self diagnosis, use coping skills to avoid relapse, and obtain sober support.

# Techniques Used

- Six column thought record.

**CBT Thought Record**

Where were you?	Emotion or feeling	Negative automatic thought	Evidence that supports the thought	Evidence that does not support the thought	Alternative thought	Emotion or feeling
Where were you? What were you doing? Who were you with?	Emotions can be described with one word. E.g.: angry, sad, scared Rate 0-100%	What thoughts were going through your mind? What memories or images were in your mind?	What facts support the truthfulness of this thought or image?	What experiences indicate that this thought is not completely true all of the time? If my best friend had this thought what would I tell them? Are there any small experiences which contradict this thought? Could I be jumping to conclusions?	Write a new thought which takes into account the evidence for and against the original thought	How do you feel about the situation now? Rate 0 - 100%

# Coping Cards

- A coping card is used in a time or crisis when triggers occur. Patients can use this card to help them cope more effectively.
- Coping can have a wide variety of coping mechanisms such as: Positive affirmations, distraction techniques, Pro's & Con's, relaxation techniques, and phone numbers.

