

COGNITIVE-BEHAVIORAL THERAPY FOR DEPRESSION

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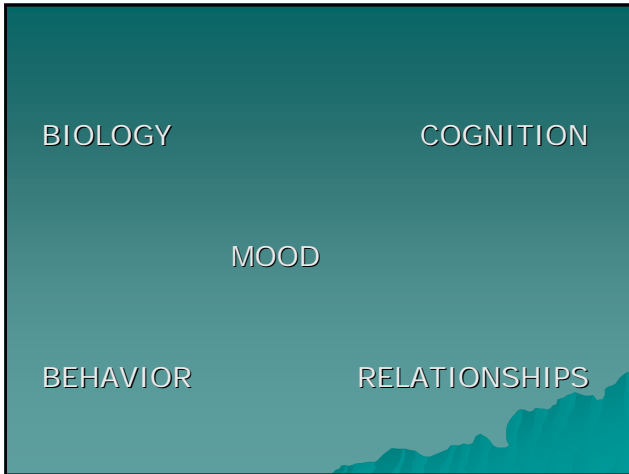
- ◆ CBT PRINCIPLES
- ◆ TYPES OF THERAPIES
- ◆ A MODEL FOR DEPRESSION
- ◆ INTERVENTIONS FOR DEPRESSION

SELECTED PRINCIPLES OF BEHAVIOR

- ◆ HOW A PERSON RESPONDS TO A SITUATION DEPENDS ON LEARNING, INTERPRETATION, BEHAVIORAL RESOURCES, AND EXPECTATIONS
- ◆ MALADAPTIVE BEHAVIOR IS DEFINED AS COGNITIVE DISTORTIONS, BEHAVIORAL DEFICITS OR EXCESSES, POOR SELF-REGULATION, DIFFICULTY MODULATING AFFECT

COGNITIVE-BEHAVIORAL THERAPIES

- ◆ FUNCTIONAL ANALYTIC THERAPY
- ◆ SOCIAL LEARNING THERAPY
- ◆ CBT (BECK)
- ◆ RATIONAL EMOTIVE THERAPY (ELLIS)
- ◆ MULTIMODAL THERAPY (LAZARUS)
- ◆ CASE FORMULATION (PERSONS)
- ◆ COGNITIVE THERAPY



- ◆ DEPRESSIVE COGNITIVE TRIAD
 - NEGATIVE THOUGHTS ABOUT THE SELF, THE WORLD/ENVIRONMENT, THE FUTURE (BECK)
 - EMPHASIZES THE IMPORTANCE OF HOPELESSNESS IN DEPRESSION AND THE SENSE OF A FUTURE IN RECOVERY

- ◆ LOSS OF REINFORCERS
 - SOCIALLY OR BEHAVIORALLY
 - CAN BE A VERY DIFFICULT TRANSITION PERIOD FOR THE PERSON AS THEY FIGURE OUT A NEW WAY TO LIVE THEIR LIFE

- ◆ GO WITH WHAT YOU KNOW
 - ASK ABOUT PAST COPING STRATEGIES
 - USE THESE WHILE THE PERSON IS LEARNING NEW STRATEGIES
 - DEPRESSION CAN MAKE NEW LEARNING MORE DIFFICULT SO IT IS HELPFUL IF THE PERSON HAS A WAY TO GET STARTED ON RECOVERY THAT IS ALREADY FAMILIAR TO THEM

CHALLENGING THOUGHTS

- PURPOSES OF THE THOUGHT RECORD
- WORKING THROUGH A THOUGHT RECORD
- TYPES OF CHALLENGES
- SITUATIONAL TO GENERAL INTERVENTIONS

BEHAVIORAL ACTIVATION

- ◆ PLEASANT, MEANINGFUL, RELAXING ACTIVITIES
- ◆ GOAL-SETTING
- ◆ INTERVENTIONS TO INCREASE APPROACH

INTERPERSONAL INTERVENTIONS

- ◆ MEETING NEW PEOPLE
- ◆ ASSERTION
- ◆ ANGER MANAGEMENT

WHAT ARE THOUGHTS?

- ◆ WHAT WE SAY TO OURSELVES
- ◆ MEMORIES
- ◆ BELIEFS
- ◆ EXPECTATIONS
- ◆ THE WAY WE UNDERSTAND WHAT HAS HAPPENED TO US

- ◆ THOUGHTS ARE MOOD DEPENDENT
- ◆ THOUGHTS CAN BE HELPFUL OR HARMFUL
- ◆ DEPRESSIVE THOUGHTS CAN BE RIGID, DESTRUCTIVE, NEGATIVE, AND UNNECESSARY

PURPOSES OF THOUGHT RECORDS

- ◆ AWARENESS OF THOUGHTS
- ◆ ANALYZING AND CHALLENGING THOUGHTS IN SPECIFIC SITUATIONS
- ◆ CHALLENGING PRIMARY COGNITIVE DISTORTIONS
- ◆ IDENTIFYING AND CHALLENGING CORE BELIEFS
- ◆ IMPROVING MOOD

WHAT'S THE EVIDENCE AGAINST?

- ◆ ACCURACY CHALLENGES
- ◆ PERSPECTIVE-TAKING
- ◆ PROBLEM-SOLVING

COGNITIVE DISTORTIONS

- ◆ CHALLENGING AT THE LEVEL OF THE TYPE OF THOUGHT
- ◆ DOES NOT NECESSARILY REQUIRE ANALYSIS OF THE SPECIFIC SITUATION
- ◆ ELLIS' AND BURNS' LISTS OF COGNITIVE DISTORTIONS

DOWNWARD ARROW TECHNIQUE

- ◆ START WITH A NEGATIVE THOUGHT
- ◆ IF THAT WERE TRUE, WHAT WOULD BE THE PROBLEM WITH THAT?
- ◆ KEEP WORKING THE THOUGHT "DOWN"
- ◆ GET TO A VERY BASIC THOUGHT SUCH AS "I'M UNLOVABLE"
- ◆ DEVELOP CHALLENGES OR ALTERNATE BELIEFS TO EXPERIMENT WITH

BEHAVIORAL ACTIVATION STRATEGIES

- ◆ GENERATING ACTIVITIES THAT ARE PLEASANT, MEANINGFUL, OR RELAXING
- ◆ FOCUS ON REGAINING THE BALANCE TO LIFE
- ◆ GOAL SETTING
- ◆ STRUCTURING TIME
- ◆ INCREASING APPROACH

BEHAVIORAL ACTIVATION

- ◆ GENERATING ACTIVITIES THAT ARE PLEASANT, MEANINGFUL, OR RELAXING
- ◆ WHERE TO FIND IDEAS FOR ACTIVITIES
- ◆ EXPERIMENTING TO DETERMINE HOW PLEASANT, MEANINGFUL, OR RELAXING THEY ARE
- ◆ FOCUS ON REGAINING THE BALANCE TO LIFE
- ◆ OBLIGATIONS VERSUS PLEASURES
- ◆ SELF VERSUS OTHERS

MORE STRATEGIES

- ◆ INCREASING APPROACH
- ◆ DO THE PLEASANT THING FIRST
- ◆ REWARD YOURSELF
- ◆ DO ACTIVITY WITH OTHERS
- ◆ PACE YOURSELF

GOAL SETTING

- ◆ Goal setting is about motivating yourself in a positive way and moving yourself forward.
- ◆ Rather than motivating yourself by doing things to avoid pain or distress (for example, getting the bills paid at the last minute in order to avoid late charges or eviction), you work on things that you want to get to in life.
- ◆ Goal setting means developing a future orientation which is a key part of overcoming hopelessness.
- ◆ To start, you think about the future (at least five to ten years from now).
- ◆ what would you like to see in your future that would make you excited to get there?
- ◆ what would make your life feel meaningful and positive?
- ◆ These goals can be as big and "fuzzy" as you want them to be.
- ◆ List long term goals below.

◆ LONG TERM GOALS

- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____

- ◆ Now, think about the time period of one to two years from now.
- ◆ If you were making progress on those long term goals, what would be different about your life?
- ◆ Take each long term goal and consider what an intermediate step might be.
- ◆ List the Intermediate goals below.

◆ INTERMEDIATE GOALS

- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____

WEEKLY SCHEDULE, DAILY STRUCTURE

- ◆ THE MORE SPECIFICALLY ACTIVITIES ARE PLANNED, THE MORE LIKELY THEY ARE TO HAPPEN
- ◆ ALLOW FOR "DOWN" TIME AND THE NEED TO RELAX
- ◆ DISCUSS PROCRASTINATION AND HOW TO MANAGE
- ◆ INCLUDE SLEEPING AND EATING IF NECESSARY

- ◆ Consider the Intermediate goals. If you did something this week or this month toward an intermediate goal, what might that be?
- ◆ Something that can be done today, this week, or this month is a small step. Small steps feel "do-able" and are under your control.
- ◆ Small steps that are related to long term goals result in you feeling like you are headed in the right direction.
- ◆ List some small steps that you could take toward Intermediate, and thus long-term, goals.

◆ SHORT-TERM GOALS

- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____

WEEKLY SCHEDULE

	MON	TUES	WED	THURS	FRIDAY	SAT	SUN
9AM							
10AM							
11AM							
NOON							
1PM							
2PM							
3PM							
4PM							
5PM							

INTERPERSONAL INTERVENTIONS

- ◆ ASSERTION
- ◆ **HAVING HEALTHY BOUNDARIES WITH OTHERS CAN HELP RELATIONSHIPS FEEL POSITIVE AND RESPECTFUL.**
- ◆ Neither person feels devalued or controlled
- ◆ Both people truly "know" who the other person is
- ◆ Both people can agree or disagree without feeling that the relationship is threatened
- ◆ **ASSERTIVENESS MEANS MORE THAN "WAITER, THERE IS A FLY IN MY SOUP"**
- ◆ It means letting others know who you are
- ◆ Letting others know who you are can be communicated in many ways, not just in requests made of others
- ◆ It means living your life with integrity

◆ Rules for Making an Assertive Statement or Request:

◆ Say What Happened

- ◆ **DO**
- ◆ Be specific. State only the facts.
- ◆ Say what happened. Include when, where, and how often.

◆ DON'T

- ◆ Generalize
- ◆ Use vague or abstract terms

◆ Say How You Feel About It

- ◆ **DO**
- ◆ Speak calmly.
- ◆ State feelings in a positive way.
- ◆ Use the first person pronoun, "I".

◆ DON'T

- ◆ Attack the character of the person.
- ◆ Yell or have an emotional outburst.

◆ Say What You Want

- ◆ **DO**
- ◆ Be specific, short and to the point.
- ◆ Say exactly what behaviors you want to see stopped and those you want to see continued.

◆ DON'T

- ◆ Apologize.
- ◆ Ignore the other person's needs.
- ◆ Request too many things or changes at one time.

◆ Say Why, or What the Consequences Will Be

- ◆ **DO**
- ◆ Say exactly how their change in behavior will help you and/or them.
- ◆ Say what will happen if the change in behavior does not occur.

◆ DON'T

- ◆ Threaten or bully.
- ◆ Be punitive.

◆ A SYSTEM FOR MANAGING ANGER

- ◆ Before you speak or do anything else, pause and think through all the steps below.
- ◆ Recognize and admit the anger to yourself.
- ◆ Identify the target and the cause of the anger.
- ◆ Consider all the options for responding and their possible results.
- ◆ Directly and verbally express the anger.
- ◆ Use humor.
- ◆ Let it pass.
- ◆ Focus on something else.
- ◆ Get involved in physical activity.
- ◆ Find a different way to look at the situation.
- ◆ Rest, use relaxation techniques, meditation, or deep breathing exercises.
- ◆ Choose the best option.
- ◆ Do it.

◆ WAYS TO REDUCE VULNERABILITY TO EXTREMES OF ANGER

- ◆ Take good care of yourself physically. If you're physically ill or uncomfortable, get help. Feeling physically well and comfortable will make it much easier to manage anger.
- ◆ Eat a healthy, well-balanced diet.
- ◆ Avoid street drugs and alcohol.
- ◆ Get enough sleep.
- ◆ Get some exercise three or four days a week.
- ◆ Do things that make you feel competent, self-confident, and in control.
- ◆ Learn relaxation techniques and use them regularly.
- ◆ Be consistently respectful of others.

◆ TIPS FOR WHEN SOMEONE ELSE IS ANGRY

- ◆ Stay calm.
- ◆ Accept the fact that the other person is angry.
- ◆ Be considerate and respectful – speak to the other person privately if possible, use good manners.
- ◆ Be a good listener – focus on what the other person is saying to you. If the other person criticizes you, try to hear the criticism without defensiveness. Focus on what is causing the other person's anger with as little defensiveness as you can.
- ◆ Set limits on the person's behavior if necessary. Negotiate or compromise if possible.
- ◆ Get help if you're having trouble being constructive.
- ◆ If a pattern of anger emerges, talk about it with the person at a time when both of you are feeling calm.
- ◆ Avoid taking chances with your safety. If you feel you are physically in danger, leave or take measures to protect yourself.

RECOMMENDED READINGS

- ◆ DEPRESSION
- ◆ THE FEELING GOOD HANDBOOK. (1999) BY DAVID BURNS. NEW YORK: PLUME.
- ◆ MIND OVER MOOD: CHANGE HOW YOU FEEL BY CHANGING THE WAY YOU THINK. (1995) BY DENNIS GREENBERGER AND CHRISTINE PADESKY. NEW YORK: GUILFORD PRESS.
- ◆ BIPOLAR DISORDER
- ◆ THE BIPOLAR DISORDER SURVIVAL GUIDE: WHAT YOU AND YOUR FAMILY NEED TO KNOW. (2002) BY DAVID J. MIKLOWITZ. NEW YORK: GUILFORD PRESS.
- ◆ COGNITIVE-BEHAVIORAL THERAPY FOR BIPOLAR DISORDER, 2ND EDITION. (2005) BY MONICA RAMIREZ BASCO AND A. JOHN RUSH. NEW YORK: GUILFORD PRESS.
- ◆ MINDFULNESS
- ◆ FULL CATASTROPHE LIVING: USING THE WISDOM OF YOUR BODY AND MIND TO FACE STRESS, PAIN, AND ILLNESS. (1990) BY JON KABAT-ZINN. NEW YORK: DELTA.
- ◆ GUIDED MINDFULNESS MEDITATION. (2005) BY JON KABAT-ZINN. LOUISVILLE, CO: SOUNDS TRUE, INC.