

CBTm

COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS
THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

Class 1

Ground Rules

Respect others

Please respect everyone's confidentiality

Please do not share with the class personal stories of trauma or suicidal or violent thoughts

Talk to us

If you are distressed, please talk to staff members individually

Class Outline

Why These Classes?

Mindfulness

What is CBT?

Realistic Thinking

Your Action Plan

Why These Classes?

CBT Works!

Rapid access
to brief CBT

Introduce
principles of
CBT

Practice basic
skills of CBT

Introduce self-
help resources

Introduce
mindfulness

Self-Help Websites

Anxietycanada.com

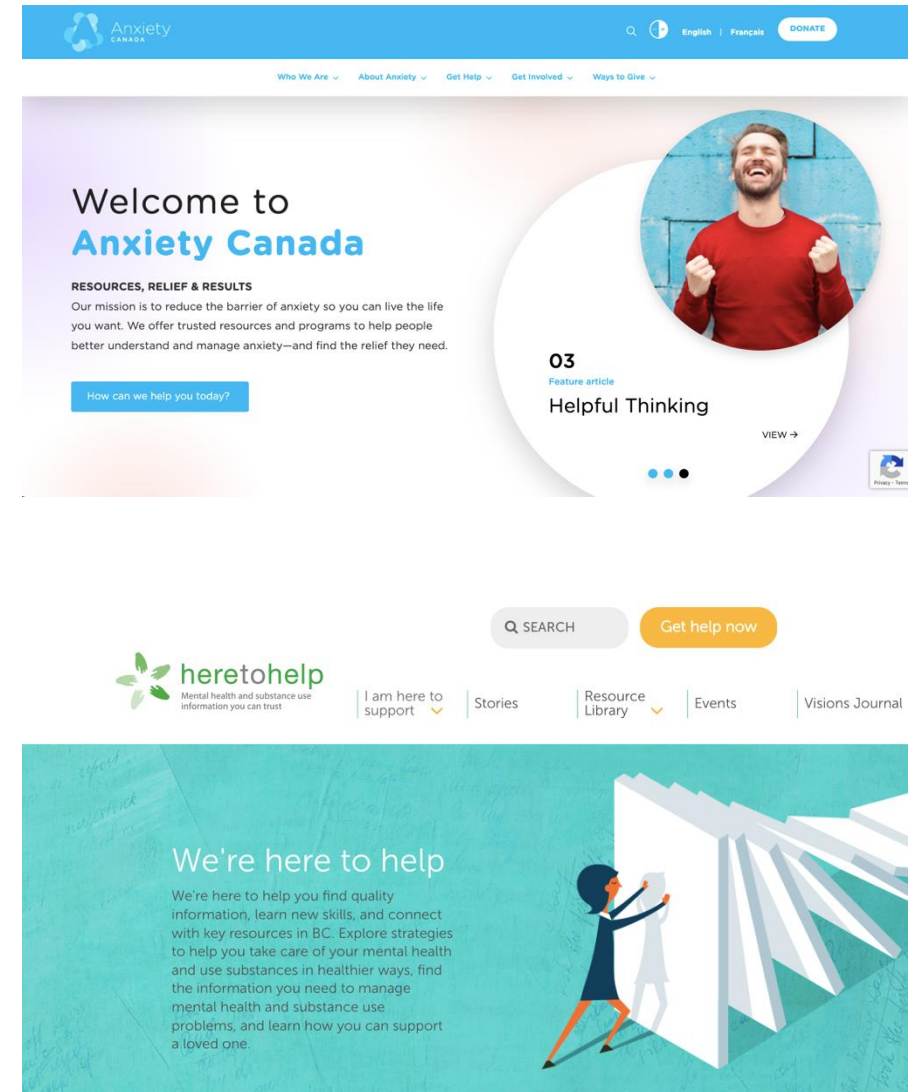
- Good quality site
- Interactive
- Great resources and patient stories
- Free online course on anxiety

Heretohelp.bc.ca

Good quality information

Has resources and topics on:

- Mental health
- Substance use
- Coping for families



Class Outline

Why These Classes?

Mindfulness

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What is Mindfulness?

Mindfulness is a way of being present in the moment, noticing our thoughts, feelings, and sensations without judgement

Practicing mindfulness can help with stress, anxiety, depression, and even chronic pain

Especially effective when you combine it with CBT!



Why Mindfulness?

Like any new habit, it takes practice!



Mindfulness works!



Over time, it can help calm and ground us during stressful situations



Helps to improve focus and concentration



Can reduce stress, improve mental health and overall well-being

Common myth:

- Mindfulness requires perfect focus, so if your mind wanders, you're not doing it right.

Reality:

- It's normal for your mind to wander. The practice is noticing that and gently bringing your focus back to the present.

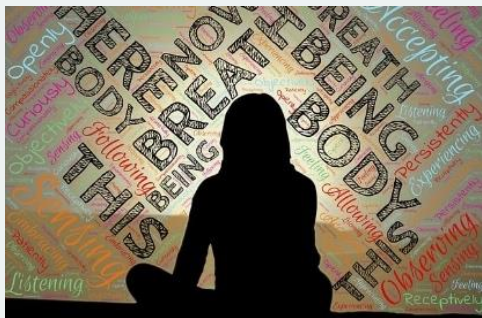
Mindfulness

From practicing to being

Formal Mindfulness Meditation

Practice, Practice.

- **Example:** Guided meditation



Informal Mindfulness Practice

Practice being aware of the things you do

- **Example:** Mindfully washing the dishes



Mindfulness—A Way of Being

Having a more here-and now mindset

- **Example:** Being more aware of what's going on in each moment



Mindfulness Meditation – 5 min

Observe without judgment

Helpful for stress reduction

Mindfulness apps (free)

- MindShift, Mindfulness Coach, UCLA Mindful, Healthy Minds

Anywhere, anytime

- Observe breath, object, activity, sounds

Video on next slide!



Take a Breath
with this deep breathing exercise

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What Is CBT?

Structured

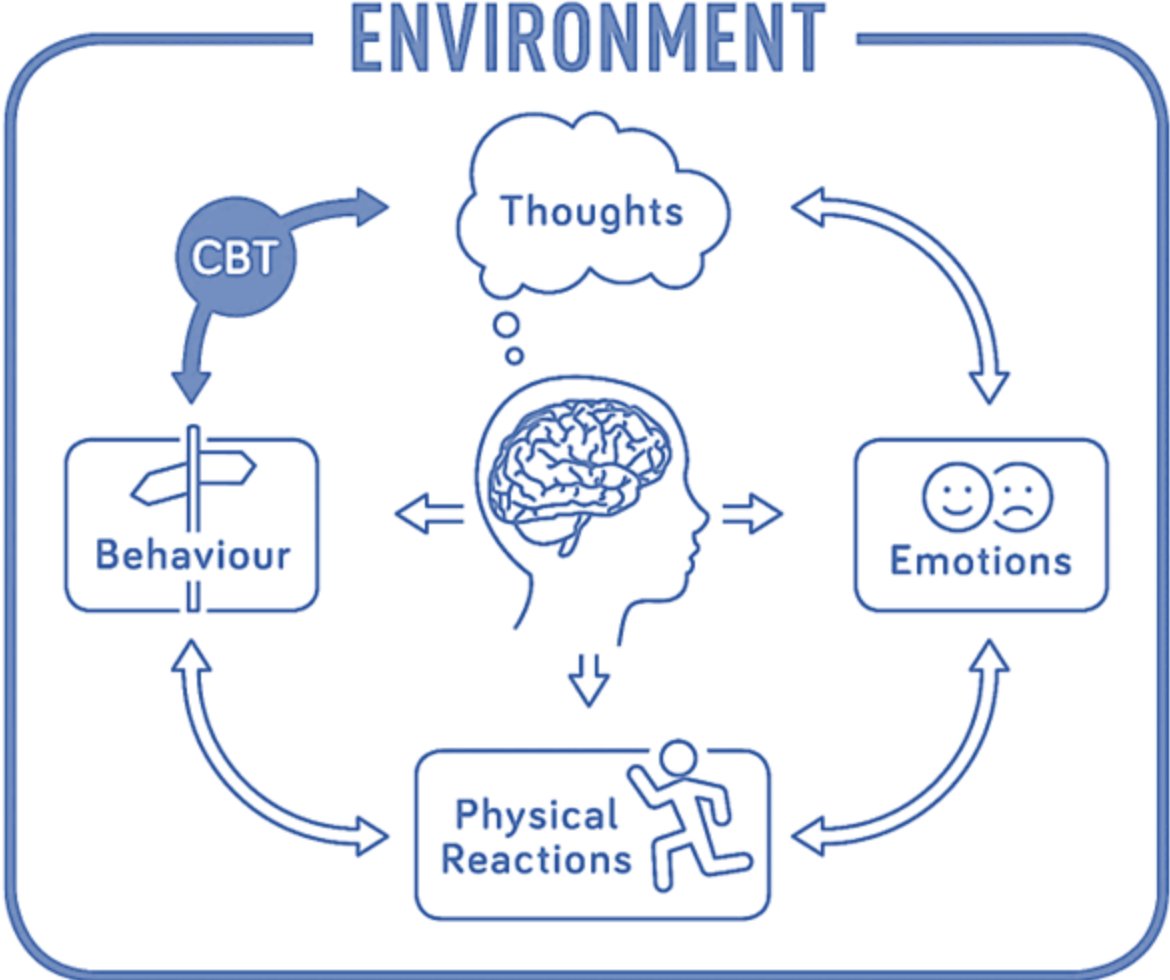
Focus on here
and now

Testing beliefs
and
assumptions

Problem
solving skills

Changing
behaviours

The CBT Model



CBT Myth

Myth Cognitive behaviour therapy is to help people think positively

Truth Cognitive behaviour therapy is to help people think flexibly and balanced



What do you see?

Cognitive Model



When we are feeling anxious, sad, or angry, our thinking patterns are usually not helpful



These unhelpful thoughts can make the upsetting feelings stronger



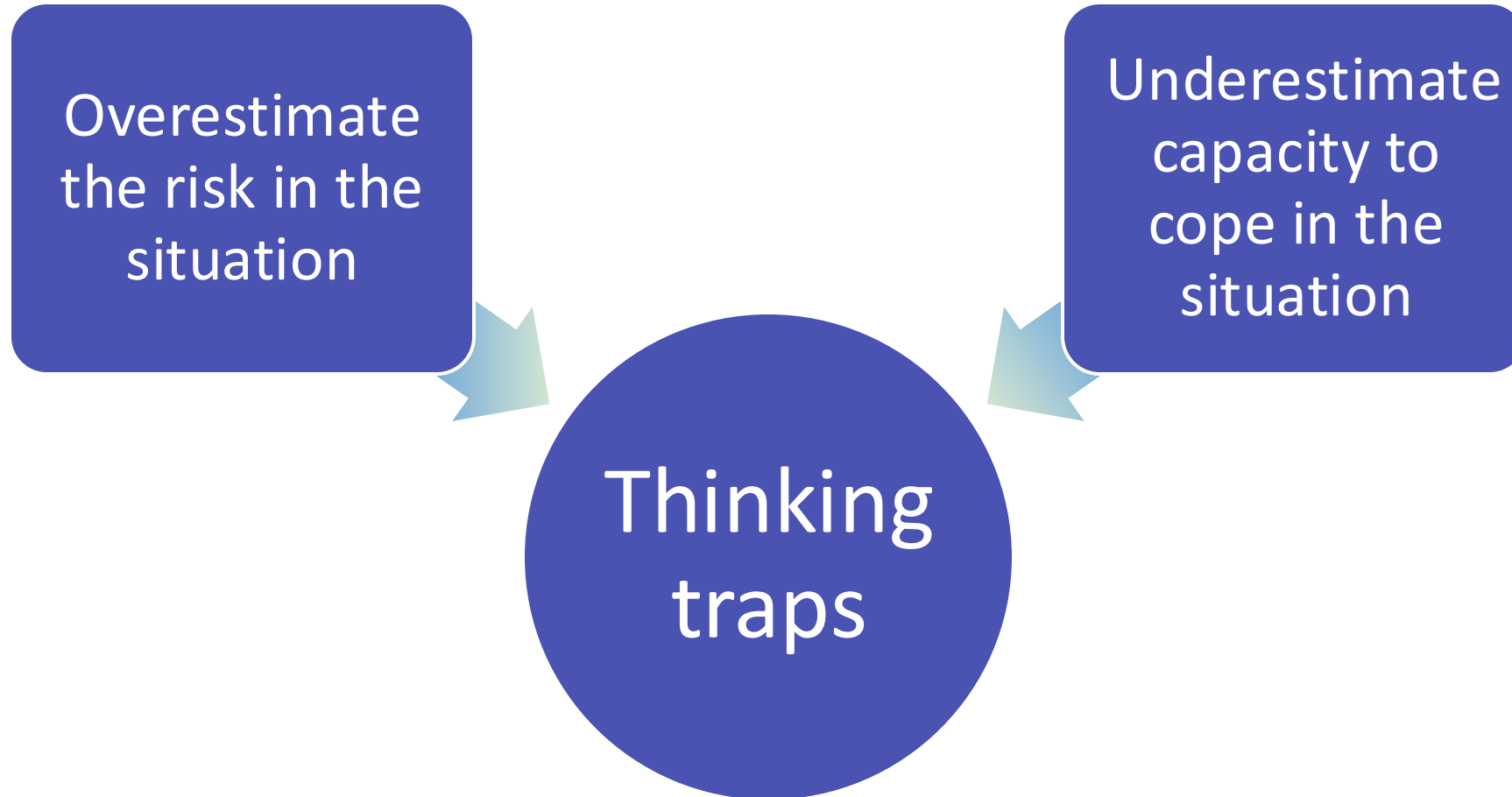
If we can recognize these unhelpful thinking patterns, and change the thinking, it can help reduce the upsetting feelings

Cognitive Theory of Depression



- Negative view of self
- Negative view of others
- Negative view of future

Cognitive Theory of Anxiety



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Thinking Traps

Examples

Overgeneralizing

Thinking that a difficult situation is part of a constant cycle of bad things that happen. People who overgeneralize often use words like "always" or "never".

I wanted to go to the beach, but now it's raining. This always happens to me! I never get to do fun things!

All or Nothing Thinking

Seeing things as only right or wrong, good or bad, perfect or terrible. People who think in all or nothing terms see a small mistake as a total failure.

I wanted to eat less sugar, but I just had a piece of cake. This plan is a total failure! I might as well eat the whole cake!

Fortune Telling

Predicting that something bad will happen, without any evidence.

I've been studying hard, but I know that I'm going to fail my test tomorrow.

Emotional Reasoning

Believing that bad feelings or emotions reflect the truth of a situation.

I feel anxious when I fly, so airplanes must not be safe.

Labeling

Saying only critical things about yourself or other people.

I made a mistake at work. I'm a failure! My boss told me that I made a mistake. My boss is a total jerk!

Understanding Thinking Traps

Find these
in your
handouts!

Thinking Traps

Examples

'Should' Statements

Telling yourself how you "should" or "must" act. "Should" statements about ourselves lead to guilt. "Should" statements about others lead to anger and resentment.

I should be able to handle this without getting upset and crying!

Mind Reading

Jumping to conclusions about what others are thinking, without any evidence.

My friend didn't stop to say hello. She must not like me very much.

Mental Filter

Focusing only on the challenging parts of a situation and ignoring everything else.

I met a lot of great people at the party, but one guy didn't talk to me. There must be something wrong with me.

Catastrophic Thinking

Exaggerating the importance of distressing things, believing the worst-case scenario, or thinking something is unbearable or impossible when it isn't.

I stumbled over my words during this presentation at work, so I'll probably lose my job, and lose my house.

Personalization

You see yourself as the cause of some upsetting external event for which, in fact, you were not primarily responsible.

My spouse looks irritable today. I must have done something to upset them.

Common Thinking Traps

Overgeneralization

All or Nothing
Thinking

Fortune Telling

Emotional
Reasoning

Labelling

Should Statements

Mind Reading

Mental Filter

Catastrophic
Thinking

Personalization

TESTING YOUR THOUGHTS

What is the situation? _____

What am I thinking or imagining? _____

How much do I believe it? a little medium a lot (or rate 0-100) _____

How does it make me feel? angry sad nervous other _____

How strong is the feeling? mild moderate very strong (or rate 0-100) _____

What makes me think the thought is true?

What makes me think the thought is not true or not completely true?

What's another way to look at this?

What's the worst that could happen? Would I still live through it?

What's the best that could happen?

What will probably happen?

What will happen if I keep telling myself the same thought?

What could happen if I changed my thinking?

What would I tell my friend if this happened to them?

What should I do now?

How much do I believe the negative thought now?
 a little medium a lot (or rate 0-100) _____

How strong is my negative feeling now?
 mild moderate very strong (or rate 0-100) _____

Using a Thought Record

Find these in your handouts!

TESTING YOUR THOUGHTS

(Example)

What is the situation? Joanne yelled at me.

What am I thinking or imagining? She'll never call me again.

How much do I believe it? a little medium a lot (or rate 0-100) 85

How does it make me feel? angry sad nervous other _____

How strong is the feeling? mild moderate very strong (or rate 0-100) 90

What makes me think the thought is true?
She seems pretty mad.

What makes me think the thought is not true or not completely true?
She's gotten mad at me before but she seems to get over it.

What's another way to look at this?
She's got a real temper but she doesn't stay mad.

What's the worst that could happen? Would I still live through it?
I'd lose my best friend.

What's the best that could happen?
She'll call back right away and apologize.

What will probably happen?
She'll act cold for a few days and then I'll call her.

What will happen if I keep telling myself the same thought?
I'll keep feeling upset.

What could happen if I changed my thinking?
I could feel better, maybe call her sooner.

What would I tell my friend if this happened to them?
Don't worry, just wait two days and call.

What should I do now?
Call a different friend.

How much do I believe the negative thought now?
 a little medium a lot (or rate 0-100) 20

How strong is my negative feeling now?
 mild moderate very strong (or rate 0-100) 45

Testing Your Thoughts

What is the situation?

What am I thinking or imagining?

How much do I believe it?

A little, medium, a lot (or rate 0-100)

Testing Your Thoughts

How does that thought make me feel?

angry, sad, nervous, other...

How strong is the feeling?

a little, medium, very strong (or rate 0-100)

Testing Your Thoughts

What makes me think the thought is true?

What makes me think the thought is not true or not completely true?

What's another way to look at this?

Testing Your Thoughts

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What would I tell my friend if this happened to them?

Testing Your Thoughts

What should I do now?

How much do I believe the
unhelpful thought now?

a little, medium, a lot (or rate 0-100)

How strong is my feeling now?

a little, medium, very strong (or rate 0-100)

Practice

If you are anxious, sad, or angry now, do a thought record on the current thought.

If not anxious, sad or angry, do a thought record on a recent situation when you felt that way.

After completing your thought record: Identify which thinking trap (or traps) you notice.



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Practice

- **Overgeneralizing:** Thinking that a difficult situation is part of a constant cycle of bad things that happen. People who overgeneralize often use words like “always” or “never.”
- **All or Nothing Thinking:** Seeing things as only right or wrong, good or bad, perfect or terrible. People who think in all or nothing terms see a small mistake as a total failure.
- **Fortune Telling:** Predicting that something bad will happen, without any evidence.
- **Emotional Reasoning:** Believing that bad feelings or emotions reflect the situation.
- **Labelling:** Saying only critical things about yourself or other people.
- **‘Should’ Statement:** Telling yourself how you “should” or “must” act. “Should” statements about ourselves lead to guilt. “Should” statements about others lead to anger and resentment.
- **Mind Reading:** Jumping to conclusions about what others are thinking, without any evidence.
- **Mental Filter:** Focusing only on the challenging parts of a situation and ignoring anything good or positive.
- **Catastrophic Thinking:** Exaggerating the importance of distressing things, believing the worst-case scenario, or thinking something is unbearable or impossible when it isn't that bad.
- **Personalization:** You see yourself as the cause of some upsetting external event for which, in fact, you were not primarily responsible.

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Action Plan

Review materials

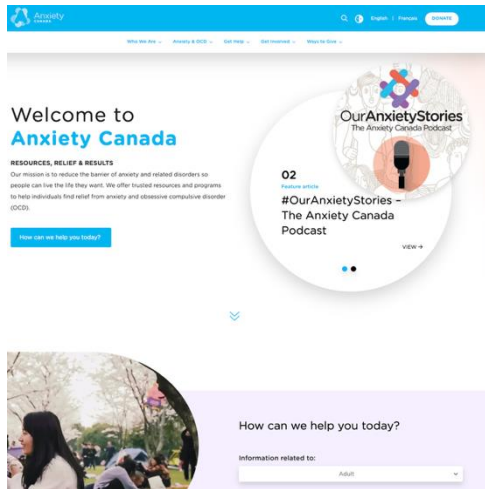
Mindfulness 5 min twice a day

One thought record & identify thinking trap(s)

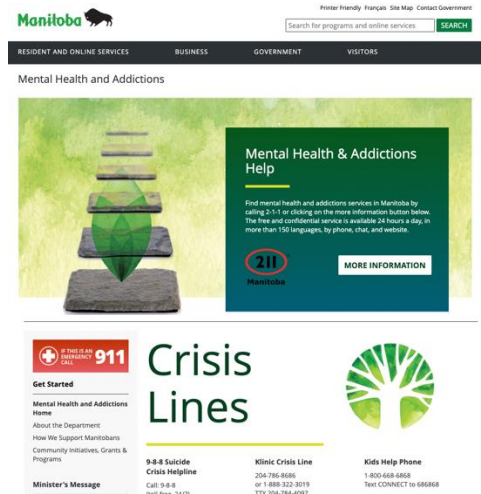
Spend 15 min on anxietycanada.com or heretohelp.bc.ca

Resources

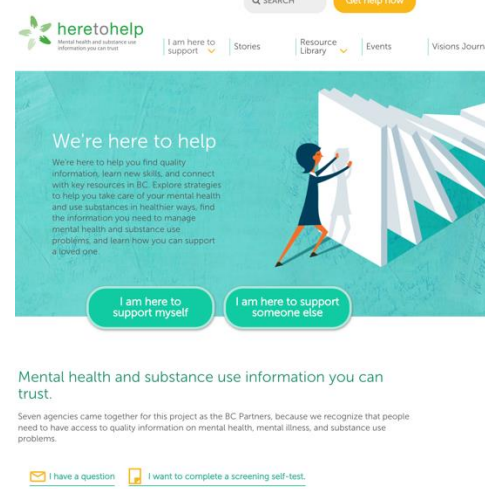
Anxiety Canada



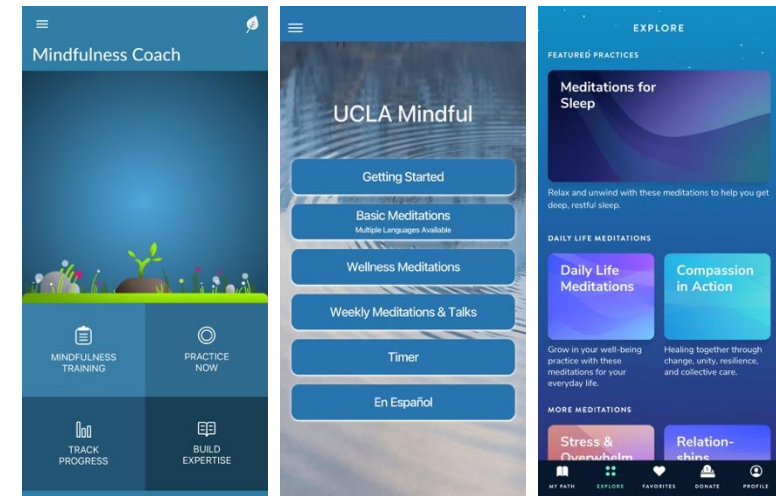
Manitoba Health



Here to Help



Apps: Mindfulness Coach, UCLA Mindful, Healthy Minds



<https://mobile.va.gov/app/mindfulness-coach>

<https://www.uclahealth.org/ulcamindful/ucla-mindful-app>

<https://hminnovations.org/meditation-app>

<https://www.anxietycanada.com/>

<https://www.gov.mb.ca/mhcw/>

<https://www.heretohelp.bc.ca/>

CBTm

Resources

Adult Mobile Crisis Unit (24/7)

- Call (204-940-1781)

Klinik Crisis Line

- Call (204-786-8686) OR (1-888-322-3019)

Crisis Response Centre

- Call 204-940-1781. For *Community Intake* call: 204-788-8330

Manitoba Suicide Prevention & Support Line (24/7)

- Call (1-877-435-7170). Visit their website <https://www.reasonstolive.ca>

Addictions Foundation of Manitoba

- Call (204-944-6200) OR (1-855-662-6605)

First Nations and Inuit Hope for Wellness Help Line

- Call (1-855-242-3310). An online chat feature is also available on their website <https://www.hopeforwellness.ca>

Suicide Crisis Helpline (24/7) 9-8-8

- Call or text 9-8-8 for trauma-informed and culturally appropriate suicide prevention support

CBTm Class Evaluation

