

# CBTm

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

Class 2

# 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

## Mindfulness

Review of Previous Action Plan

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Review of Realistic Thinking

---

Basics of Behaviour Theory

---

Goal Setting

---

Your Action Plan

# Mindfulness Meditation – 5 min

*Video on next slide!*

Observe without judgement

Helpful for stress reduction

Mindfulness apps (free)

- MindShift, Mindfulness Coach, UCLA Mindful, Healthy Minds

Anywhere, anytime

- Observe breath, object, activity, sounds





# Class Outline

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Mindfulness

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Basics of Behaviour Theory

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Goal Setting

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Your Action Plan

# Review Your Previous Action Plan



Review  
materials



Mindfulness  
5 min twice/day



1 thought record



Spend 15 min on  
**[anxietycanada.com](http://anxietycanada.com)**  
or **[heretohelp.bc.ca](http://heretohelp.bc.ca)**

# Class Outline

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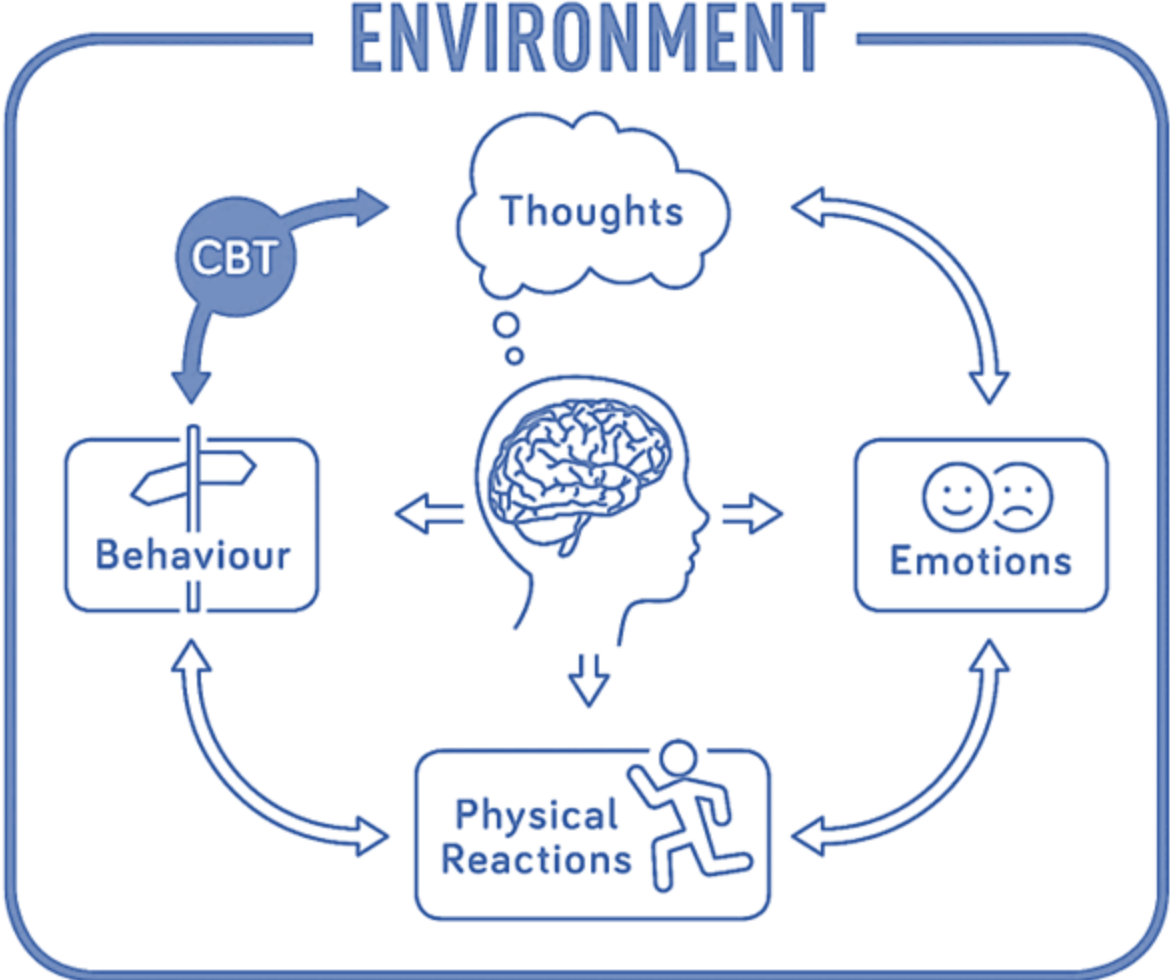
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Your Action Plan

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# The CBT Model

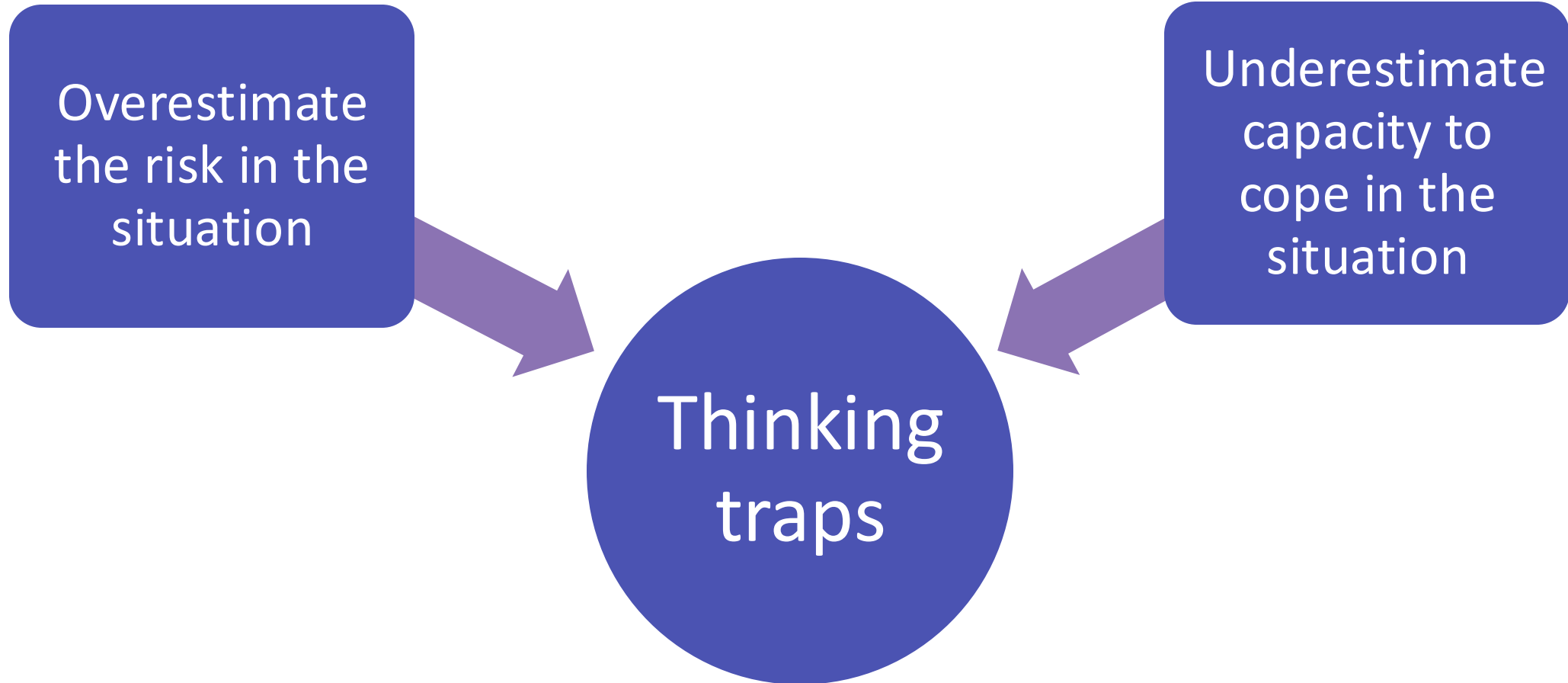


# Cognitive Theory of Depression



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

# Cognitive Theory of Anxiety



# Common Thinking Traps

Overgeneralization

All or Nothing  
Thinking

Fortune Telling

Emotional  
Reasoning

Labelling

Should Statements

Mind Reading

Mental Filter

Catastrophic  
Thinking

Personalization

# CBT Myth

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**Myth**      Cognitive therapy is to help people think positively

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

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# Class Outline

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Your Action Plan

# Behavioural Experiments

When you have challenged your thoughts



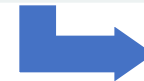
Understand (rationally) that it is a thinking trap



Still have high levels of anxiety, sadness, or anger



Still a part of you believes the thought

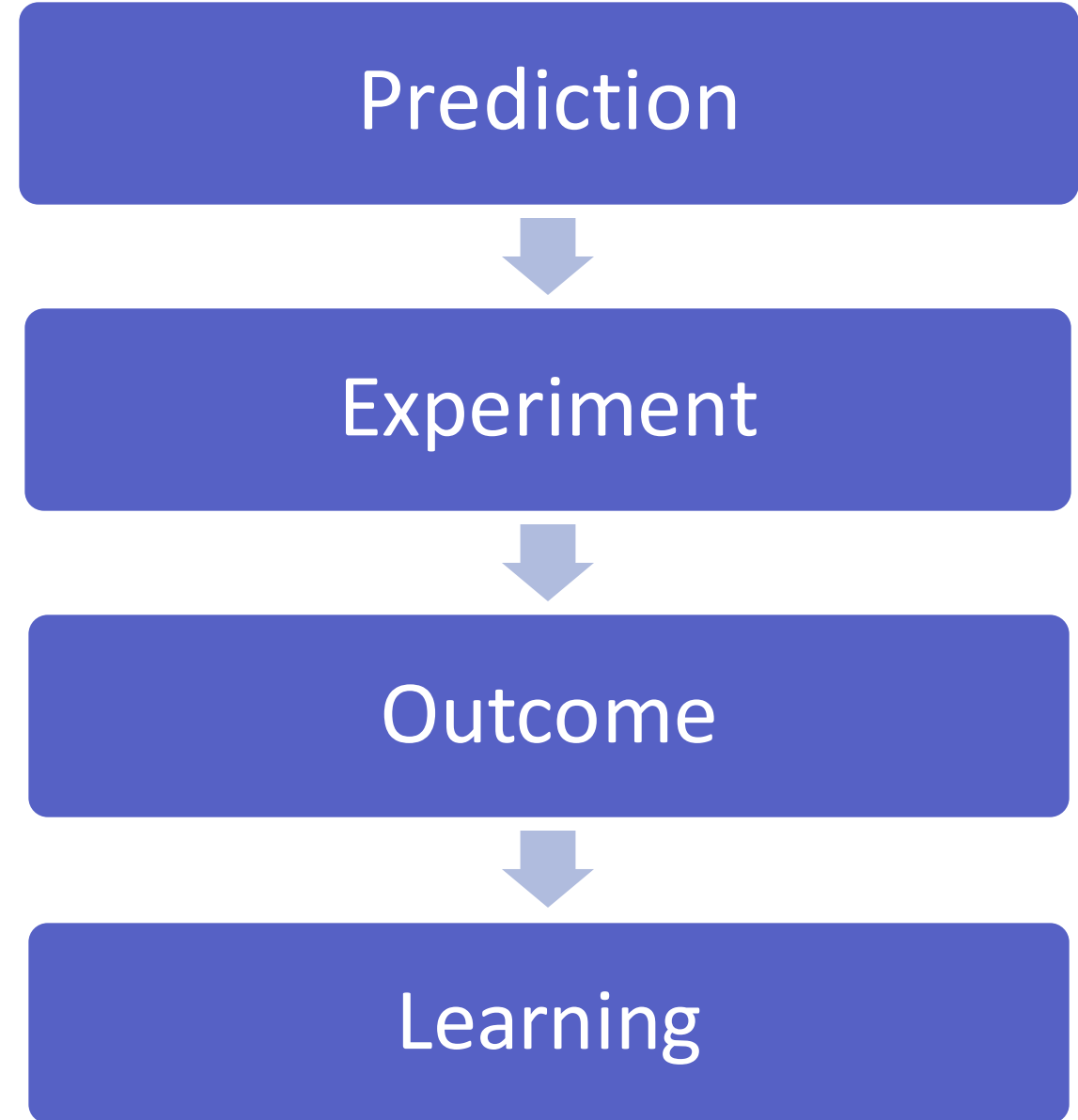


Then it's time for a behavioural experiment...

# Behavioural Experiments

Can you test your thoughts?

\*Beginnings of behavioural therapy\*





## Behavioural Experiment

### Prediction

What is your prediction?  
What do you expect will happen?  
How would you know if it came true?

Rate how strongly you believe  
this will happen (0-100%)

### Experiment

What experiment could test this prediction? (where & when)  
What safety behaviours will need to be dropped?  
How would you know your prediction had come true?

### Outcome

What happened?  
Was your prediction accurate?

### Learning

What did you learn?  
How likely is it that your prediction(s) will happen in the future?

Rate how strongly you agree  
with your original prediction  
now (0-100%)

Find these  
in your  
handouts!

## Behavioural Experiment (Example)

### Prediction

What is your prediction?  
What do you expect will happen?  
How would you know if it came true?

*If I speak in public I will shake so much that people  
will notice and laugh at me.*

Rate how strongly you believe  
this will happen (0-100%)

**90%**

### Experiment

What experiment could test this prediction? (where & when)  
What safety behaviours will need to be dropped?  
How would you know your prediction had come true?

*I could speak up at the next meeting on Monday - I could present some of the data  
that I have been meaning to present.  
I would need to gesture to the slides with my hands and not hold onto the table or  
keep my hands in my pockets.  
I could ask my friends if they noticed me shaking when I talk.*

### Outcome

What happened?  
Was your prediction accurate?

*I was really nervous and was very aware of my hands.  
My friends said I spoke well and that they could not see my hands shaking.*

### Learning

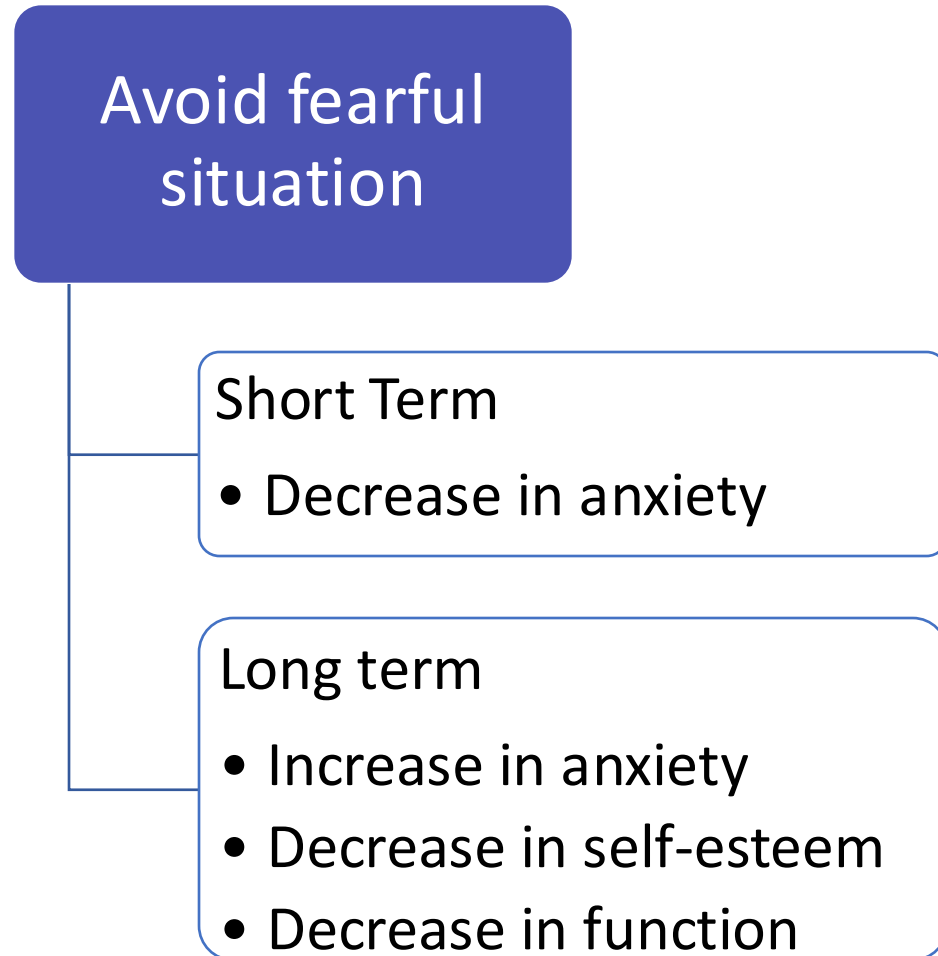
What did you learn?  
How likely is it that your prediction(s) will happen in the future?

*Although I feel nervous when speaking, it's not as  
obvious to other people, and I can get through it  
successfully.  
I feel like this will be easier to do in the future.*

Rate how strongly you agree  
with your original prediction  
now (0-100%)

**50%**

# Behavioural Theory of Anxiety



# Behavioural Theory of Anxiety

Avoid fearful situation

Short Term

- Decrease in anxiety

Long term

- Increase in anxiety
- Decrease in self-esteem
- Decrease in function

Approach fearful situation

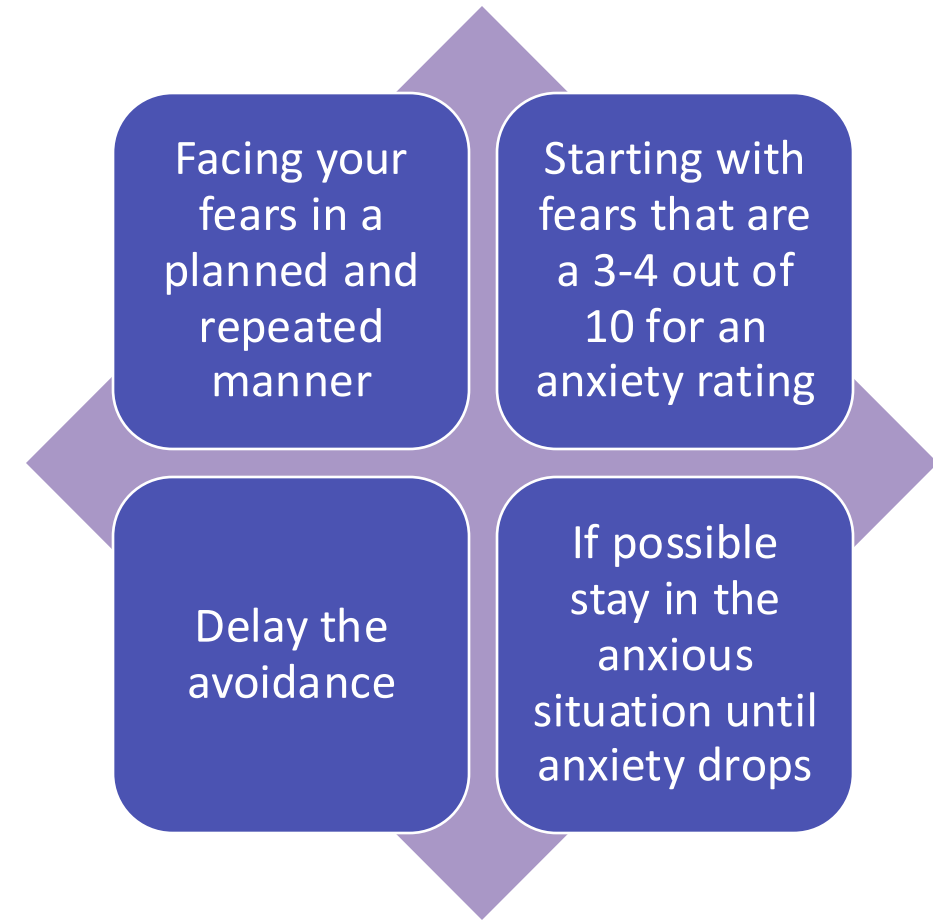
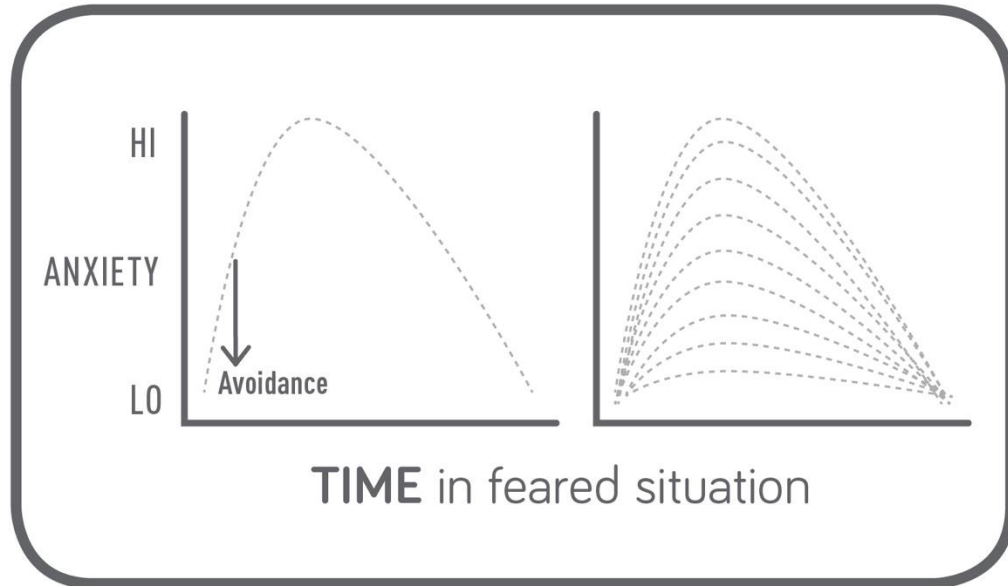
Short Term

- Increase in anxiety

Long term

- Decrease in anxiety
- Increase in self-esteem
- Increase in function

# Exposure



# WHAT IS EXPOSURE THERAPY?

## Example of Exposure Therapy:

### Step 1: Learning to be afraid of something

Bob is involved in a car crash. He feels very frightened at the time. A memory is created in Bob's mind which links cars with feeling afraid.



### Step 2: The problem of fear

Reminders of the crash activate Bob's fear memory and make him feel afraid. His fear means that he avoids travelling in cars or on the road. This avoidance means that he doesn't get to learn how safe travelling by car normally is.



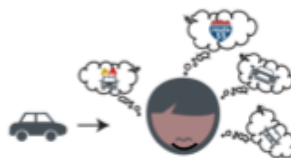
### Step 3: Exposure therapy

As part of his treatment Bob is gradually exposed to cars in a variety of different situations. Nothing bad happens so he begins to feel safer around cars. He starts driving again.



### Step 4: Anxiety is reduced

Exposure doesn't make the fear memory go away, it just creates new 'safe' memories. In potentially scary situations the old fear memory and the new safe memories 'compete' – whenever a reminder comes along, Bob can be reminded of either the old fear memory or the new safe memory. The more exposure therapy he has done, the more positive memories he will have to rely on and the more capable he will feel.



Find these  
in your  
handouts!

# FACING YOUR FEARS: EXPOSURE

adapted from AnxietyCanada

It's natural to want to avoid things that you fear. The purpose of fear is to alert us to when we're in danger and need to do something to protect ourselves. However, when our fear response is going off at the wrong time (when there is no danger or very little danger), the fear response itself becomes a problem.

In this type of situation, avoidance leads to worsening anxiety, and prevents you from learning that the things you fear are not as dangerous as you think. An important step in managing anxiety involves facing feared situations, places or objects, so that you can learn through experience that these situations are not as dangerous as your body thinks.

The process of facing fears is called exposure. Exposure involves gradually and repeatedly putting yourself in feared situations until your fear level drops. Exposure is not dangerous to your health. After repeated exposures to a situation, your anxiety will naturally lessen.

It's important to start with small goals, with things that are not too frightening or overwhelming. After repeatedly facing things that are mildly scary, you will build confidence in those situations and will feel ready to gradually face more challenging situations over time.

For example, if you have a fear of dogs, a first exposure goal might involve looking at pictures of dogs. Once you have done this repeatedly, any anxiety you have when looking at pictures of dogs will naturally lessen. Next, you could move on to watching videos of dogs on the internet, and keep doing that exposure activity until it no longer triggers much anxiety, and so on.

Exposure is very effective, but it takes planning and patience to make it work for you. Many individuals with anxiety have doubts about trying exposure. You might have tried it in the past and found it didn't work. However, you might have tried to face something too scary too soon, which can be overwhelming. Or, you might not have had a chance to practice repeatedly in order to get the benefits of exposure. Be willing to try again!

The following steps can help you make exposure work for you.

### Step 1. Make a list

Make a list of situations, places or objects that you fear. If we go back to the example of dogs, the list might include: looking at pictures of dogs, watching videos of dogs, standing across the park from a dog on a leash, standing in the same room as a dog on a leash, standing a few feet from a dog, or petting a puppy. If you're afraid of social situations, the list might include: saying "hi" to a co-worker, making small talk with a cashier, going for coffee with coworkers, or calling a friend on the phone.



# Exposure Example – Fear of Dogs



View pictures of dogs

View videos of dogs barking



Go near dogs in kennels

Pet small, cute dog



Pet large friendly dog

# Exposure Example – Fear of Social Situations



Go to a coffee shop and get coffee to go at the counter

Have a coffee at a coffee shop with a good friend and sit near the door



Go to a movie with a friend and talk about the movie afterwards

Say yes to a social invitation from a friend for a dinner at their house



Go to a restaurant with two friends and order a meal from a server

# Exposure Example – Fear of Flying



**Imaginal exposure**



**Writing script of worries**

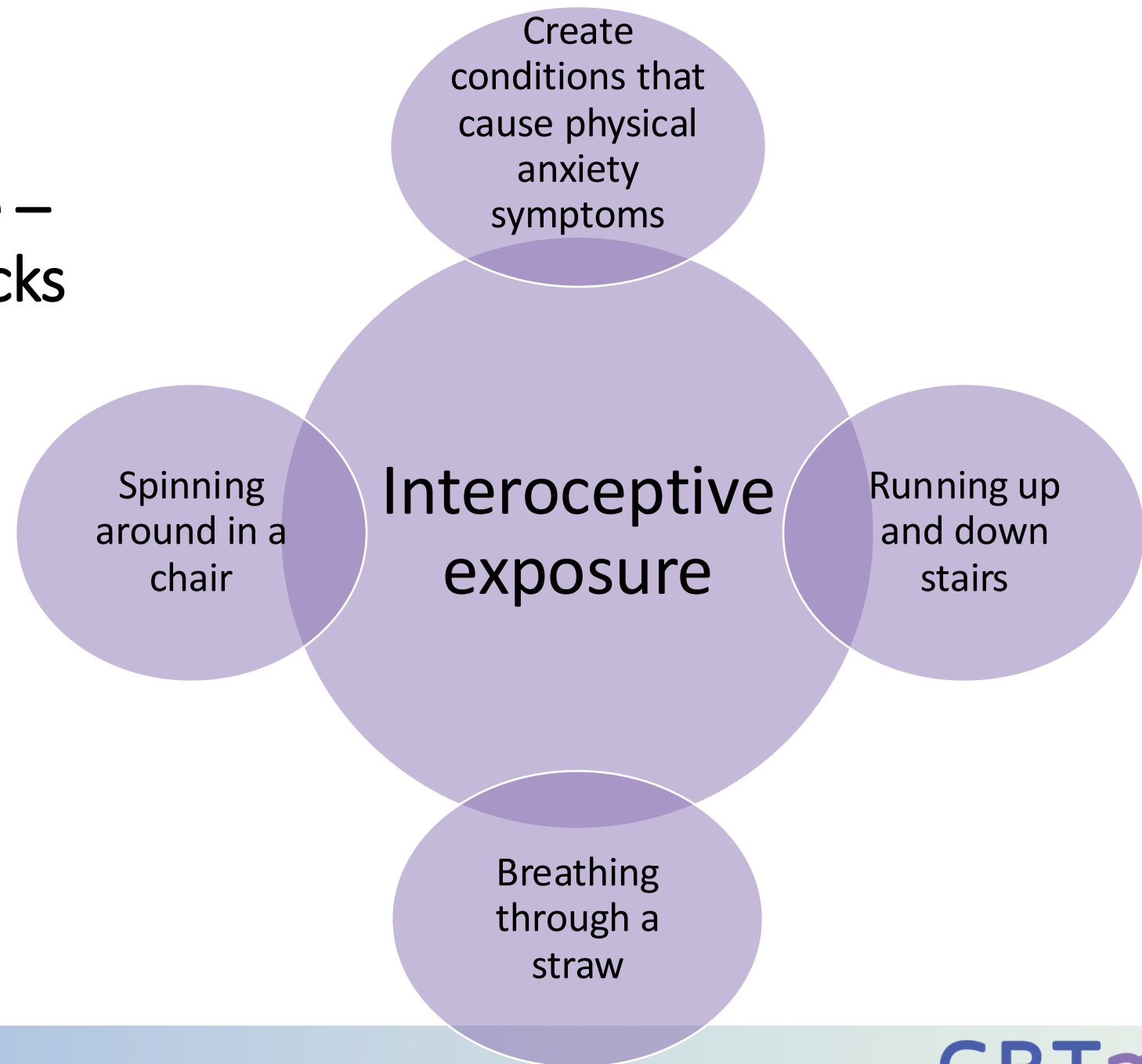


**Mimicking conditions related to fear**

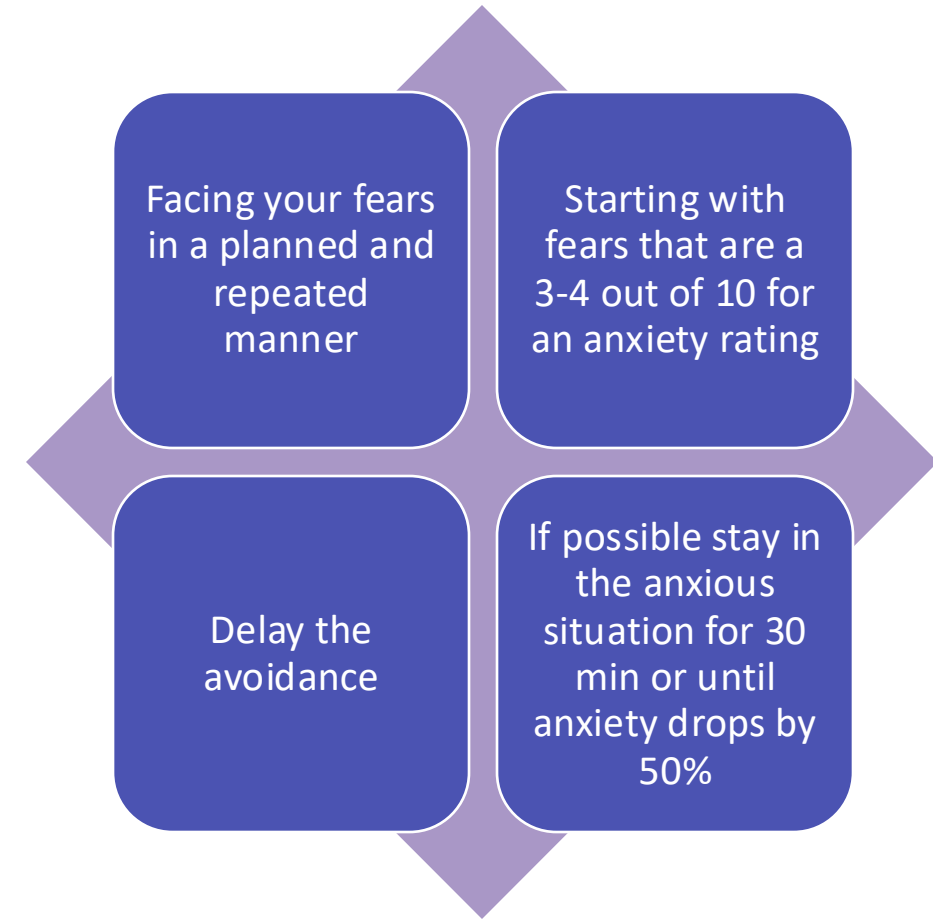
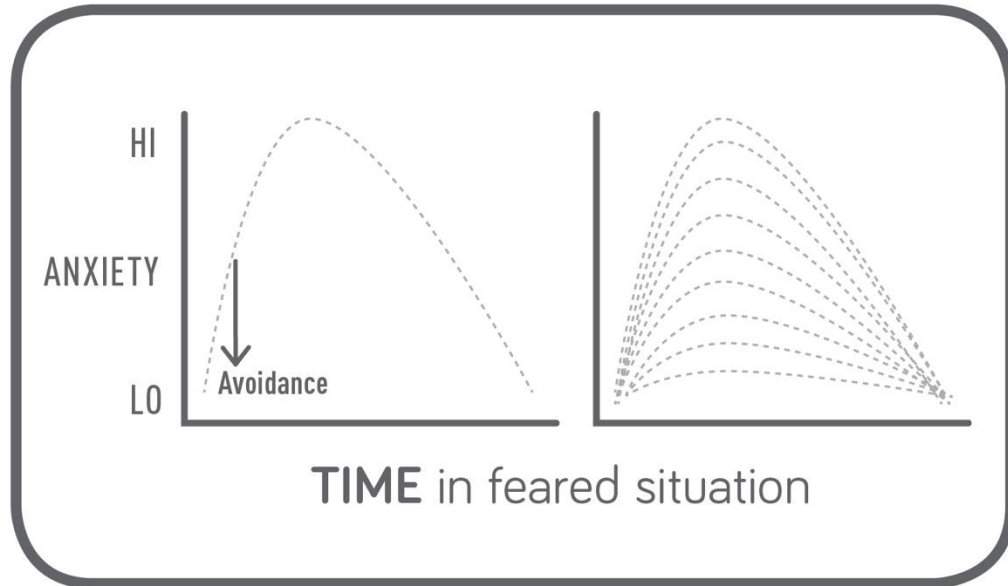
E.g., crowded spaces, hard to escape, turbulence



## Exposure Example – Fear of Panic Attacks



# Exposure



# Behavioural Theory of Depression

The individual is not getting enough positive feedback from his or her environment

Avoidance

Feeling down

Further avoidance

CBTm

# Behaviour Activation

## Begin

- Begin doing things you used to enjoy, even if you no longer enjoy them as much or at all.

## Don't wait

- Don't wait until you feel better to start doing things again!

## Record

- Record your mood when you are not active and compare it to when you are active.

# Getting Started With Behavioural Activation

Find these in your handouts!

## FUN ACTIVITIES LIST

This is a list of activities that you may find enjoyable. Consider the activities listed below. You may find that some fit for you and some don't. Also, some activities may be things you can do right away, and others may require a bit of planning. Taking part in activities that you find fun can lead to positive experiences and lift your mood. You can test the idea of behavioural activation by recording your mood before an activity and comparing it to how you feel during or after. At the end of this list there are a few lines for you to add your own fun activities.

- Cook or bake a new recipe
- Soak in the bathtub
- Go for a walk at the park
- Call/text/facetime a friend or family
- Plan a trip to the beach
- Do something nice for someone
- Redecorate your room
- Build a bird house
- Volunteer for a cause you support
- Look at pictures /videos of cute animals
- Get a new plant for your home
- Listen to new music
- Learn a new language
- Open the curtains/blinds to let light in
- Take a free online class
- Try a new good-smelling shower product
- Work on a puzzle
- Donate old clothes or items to charity
- Sing out loud
- Lay in the sun
- Flip through old pictures
- Go for a walk around the mall
- Organize your desk/workspace
- Play volleyball
- Buy new stationary
- Find a river or lake to visit
- Attend a trivia night
- Journal beside a river
- Spend time in nature
- Enter a competition
- Spend time watching the clouds drift
- Do crossword puzzles
- Cuddle a pet
- Do an at-home spa day (manicure, facials...)
- Learn a magic trick or how to juggle
- Listen to a podcast or radio show
- Stretch your muscles
- Take a walk with the intention to notice the architecture/nature around you
- Play soccer
- Plan a visit to a local botanical garden
- Try a DIY project or other arts/crafts
- Watch a comedy show
- Sign up for a ghost tour
- Play frisbee
- Sketch, paint, doodle
- Play chess
- Do some yardwork or gardening
- Jump on a trampoline
- Plan a future activity (horseback riding, hiking...)
- Go fishing
- Organize your dishes
- Sit outside and listen to birds sing
- Visit your local library
- Sing karaoke with friends
- Cook a fresh meal and freeze the leftovers
- Plan a trip to a national or provincial park
- Plan a party for you or a friend
- Sign up for lessons (learn how to sail, play piano...)
- De-clutter
- Plan a camping trip
- Play cards
- Reconnect with an old friend
- Re-watch a favourite movie or tv show
- Watch a live sports game
- Visit a new coffee shop
- Go out for ice cream

## FUN ACTIVITIES LIST

- Go rollerblading at the park
- Purposefully schedule a day with nothing to do
- Make a new playlist with your favorite songs
- Initiate a hangout with friends or family
- Make jams or preserves with local fruit
- Order in something new for dinner
- Wash your car or someone else's
- Watch a new TV series
- Watch motivational videos on YouTube
- Send a loved one a card or letter in the mail
- Bake something to share with others (e.g., family, neighbours, friends, work colleagues, a local retirement facility)
- Organize your wardrobe
- Join a recreation sport (e.g., basketball, pickle ball, baseball, etc.)
- Play a musical instrument (piano, guitar, drums...)
- Light a scented candle, oil, or incense
- Exercise in a way that feels good to you
- Put up a framed picture or artwork
- Host a dinner party
- Go swimming at a local pool
- Ride a bike
- Sew, knit, crochet, quilt
- Visit the zoo or planetarium
- Birdwatch
- Do something spontaneous
- Go on a picnic
- Check out events at your community centre
- Plant herbs or vegetables in planters or a garden
- Go to a bingo night
- Make your favourite warm drink
- Plan a weekend road trip
- Go bowling
- Watch a comedy show
- Play tennis or badminton
- Go for a skate on your local rink
- Play a video game
- Attend an event in your community
- Organize your camera roll
- Upcycle old items
- Buy a new clothing item
- Plan a trip to a speedway
- Listen to an audiobook
- Start a gratitude journal
- Learn a new skill (e.g. painting, coding, photography, etc.)
- Initiate a movie date with a friend
- Talk to an older relative and ask them questions about their life
- Make your bed with freshly laundered sheets
- Whittle wood
- Read a book
- Have a daytime nap
- Go for a haircut
- Re-arrange your furniture
- Go for a drive
- Star gaze
- Do a mindfulness exercise
- Go for a jog, walk, or run
- Teach your pet a new trick
- Skip/jump rope
- Go to the gym
- Make a weekend brunch
- Try a new board game

Other ideas:

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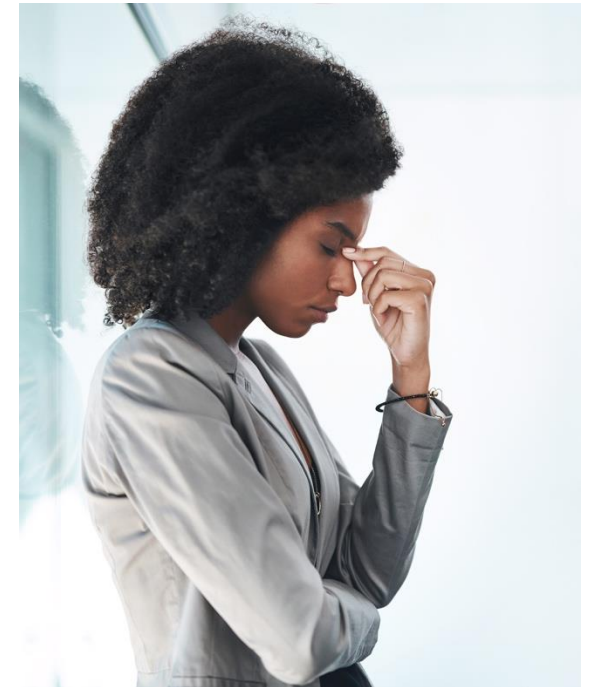
# What are you avoiding?

What are you avoiding because of anxiety and/or depression?

Make a list.

Imagine that it is 3 months later...

What are you doing differently when you are feeling better?



# Class Outline

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Mindfulness

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Review of Previous Action Plan

---

Review of Realistic Thinking

---

Basics of Behaviour Theory

Goal Setting

Your Action Plan

# SMART Goals

Specific



Measurable



Attainable



Relevant



Timely

Put the anxiety and depression aside when making goals

Break the goals down into small pieces

See handout guide for goal setting



# Examples



Key Tip: Write down your goals!

You are more likely to stay on top of your goals if you make a list of them.

Poor Examples of Goals	Good Examples of Goals
Eat less sugar	Reduce the cans of pop I have by 1 can per day
Spend less time on my phone	Reduce my screentime by half an hour
Meet new people	Sign up for a workshop or sport through my community centre and talk to one new person each week
Save money	Put \$10 in my savings account each month
Exercise more	Move for at least 20 minutes every day
Be less anxious	Practice relaxation exercises once a day
Practice exposure exercises	Complete exposure exercises weekdays between 6 and 7pm

We often want to make changes in our life, but sometimes don't know where to start. Goal-setting can help you identify where you want to go and the steps needed to get there.

## STEP 1. IDENTIFY YOUR GOALS

Take some time to think about the things that you would like to do or that you want to change in your life. Try to identify some short-term goals (for example, things you would like to work on over the next couple of weeks or months), medium-term goals (for example, things you would like to be able to do in six months or a year from now) and long-term goals (for example, things you are hoping to accomplish in your lifetime). Goals can be related to a variety of life areas such as:



- Relationships (friends and family)
- Career/School
- Finances
- Health
- Lifestyle
- Personal development

**Tip:** People who suffer from anxiety problems often limit their lives because of anxiety. When trying to think of your goals, imagine a life without anxiety. What would you like to be able to do? You can use goal setting as a way to help you practice your tools for managing anxiety, or to move forward with your life as your anxiety becomes more manageable.

### Goals should be:

#### A) Realistic

Make sure that your goals are *realistic* and *attainable*. If you set your goals too high, it will be too difficult to accomplish them and your motivation will suffer. For example, if you have never worked out, expecting yourself to go to the gym for 1 hour 4 times a week is unrealistic. A more realistic goal would be to go to the gym once a week for 20 minutes. Your long-term goal may be to go to the gym 4 times a week, but you need to start with smaller goals and work your way up to the long-term goal.

**Tip:** People often have goals about never feeling anxious or making mistakes. However, these goals are unrealistic because it is normal to feel anxious, and everyone makes mistakes sometimes.

# More on SMART Goals

Find these in your handouts!

## B) Concrete and Specific

You are far more likely to accomplish your goals if you make them concrete and specific rather than vague. If goals are too vague, it will be difficult to determine what steps you need to take to accomplish them. If your goals are specific, it will be easier to know when your goals have been met.

For example, "exercise more" is not a very good goal because it is too vague. How will you know when you are exercising enough? How often do you want to exercise? For how long? "Exercise twice a week for 30 minutes" is a better goal because it is more specific - you will know exactly when you have completed it successfully.

Poor Examples of Goals	Good Examples of Goals
Eat less sugar	Reduce the cans of pop I have by 1 can per day
Spend less time on my phone	Reduce my screentime by half an hour
Meet new people	Sign up for a workshop or sport through my community centre and talk to one new person each week
Save money	Put \$10 in my savings account each month
Exercise More	Move for at least 20 minutes every day
Be less anxious	Practice relaxation exercises once a day
Practice exposure exercises	Complete exposure exercises weekdays between 6 and 7pm



**Key Tip:** Write down your goals! You are more likely to stay on top of your goals if you make a list of them.

# Your Action Plan

Thought records

Mindfulness 5 min twice a day

Make 1 specific goal and write it down

Check against SMART goals

- Specific
- Measurable
- Attainable
- Relevant
- Timely

# 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

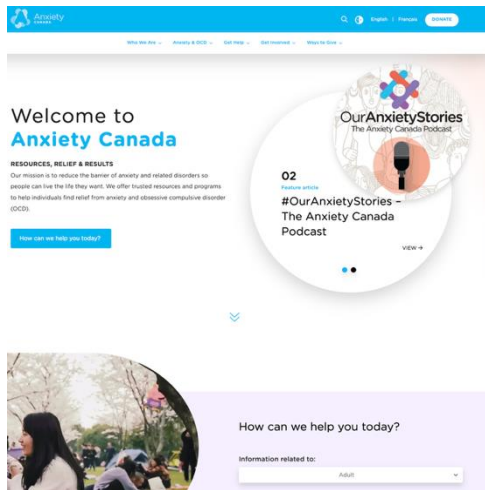
- Call (1-855-242-3310). An online chat feature is also available on their website <https://www.hopeforwellness.ca>

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

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

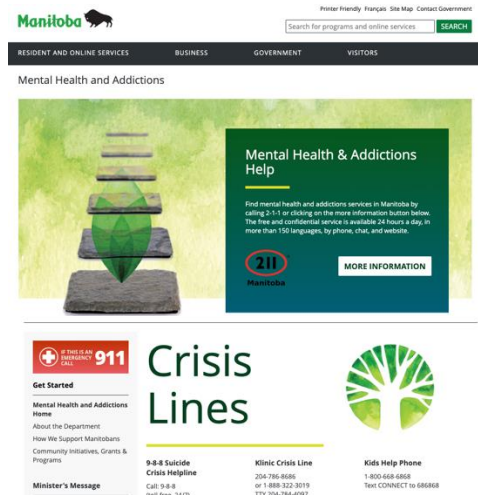
# Resources

Anxiety Canada



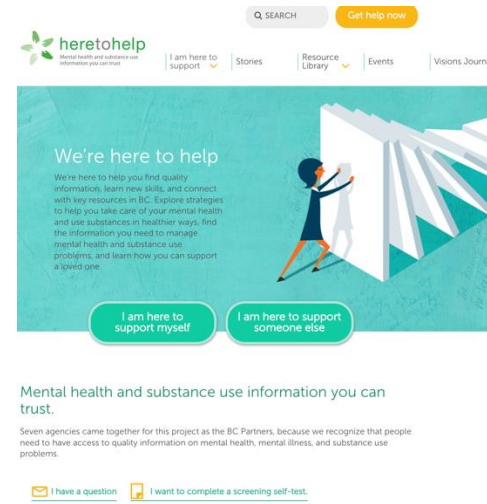
<https://www.anxietycanada.com/>

Manitoba Health



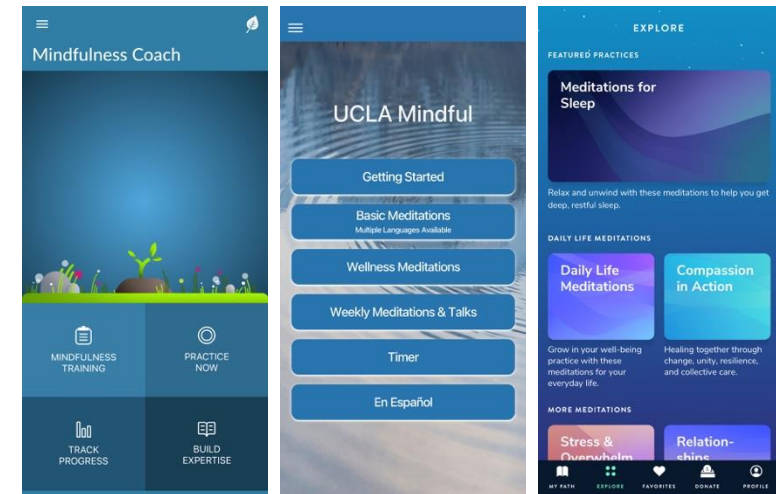
<https://www.gov.mb.ca/mhcw/>

Here to Help



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

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>

CBTm

# CBTm Class Evaluation

