

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

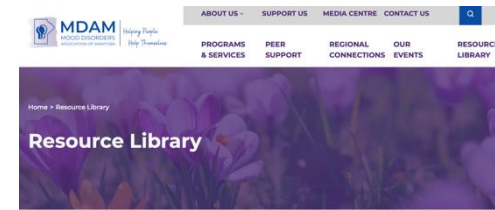
Local Manitoba Online Resources

- [Mood Disorders Association of Manitoba \(MDAM\)](#)
- [Anxiety Disorders Association of Manitoba \(ADAM\)](#)
- [Canadian Mental Health Association \(CMHA\) Across Manitoba](#)

Other helpful online resources

- [Here to Help BC](#)
- [Centre for Clinical Interventions](#)

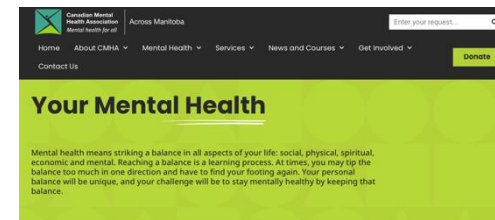
For more resources visit: www.cbtm.ca



The screenshot shows the MDAM (Mood Disorders Association of Manitoba) website. The header includes navigation links for 'ABOUT US', 'SUPPORT US', 'MEDIA CENTRE', and 'CONTACT US'. Below the header is a 'Resource Library' section with a search bar and a list of resources categorized by topic, including 'Grief' and 'Depression'.



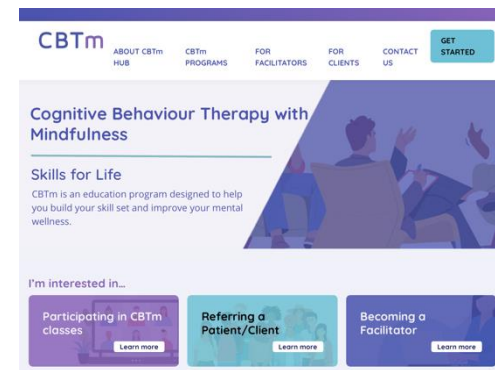
This screenshot shows two resource cards from the MDAM website. The 'Grief' card features a blue background and text stating 'Grief is a strong, sometimes overwhelming emotion for people, regardless of whether their sadness stems from the loss of a...'. The 'Depression' card features a purple background and an image of a person. Both cards have a 'LEARN MORE' button.



The screenshot shows the Canadian Mental Health Association (CMHA) website. The header includes navigation links for 'Home', 'About CMHA', 'Mental Health', 'Services', 'News and Courses', and 'Get Involved'. The main content area is titled 'Your Mental Health' and includes a search bar and a 'Donate' button.



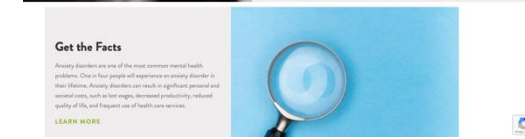
This screenshot shows the 'Your Mental Health' section of the CMHA website. It features a green background and text explaining that mental health means striking a balance in all aspects of life. Below the text are four video thumbnails: 'Feeling Angry', 'Grieving', 'Feeling Sad', and 'Feeling Hopeful'.



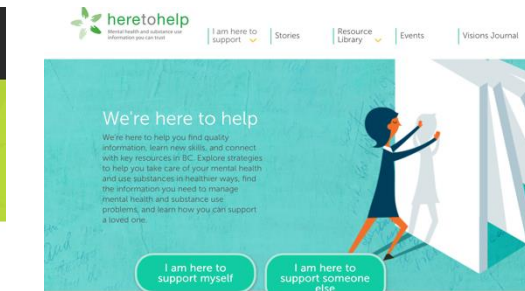
The screenshot shows the CBTm (Centre for Clinical Interventions) website. The header includes navigation links for 'ABOUT CBTm HUB', 'CBTm PROGRAMS', 'FOR FACILITATORS', 'FOR CLIENTS', and 'CONTACT US'. The main content area is titled 'Cognitive Behaviour Therapy with Mindfulness' and includes a 'Skills for Life' section. Below the main content are three buttons: 'Participating in CBTm classes', 'Referring a Patient/Client', and 'Becoming a Facilitator'.



The screenshot shows the ADAM (Anxiety Disorders Association of Manitoba) website. The header includes navigation links for 'ABOUT US', 'SUPPORT US', 'MEDIA CENTRE', and 'CONTACT US'. The main content area is titled 'About Anxiety' and includes a search bar and a 'Get the Facts' section.



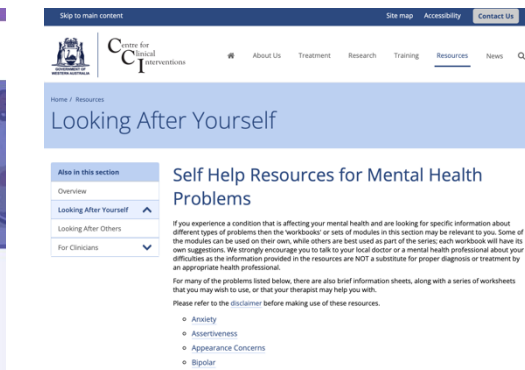
This screenshot shows the 'About Anxiety' section of the ADAM website. It features a blue background and text stating 'Anxiety disorders are one of the most common mental health problems. One in four people will experience an anxiety disorder in their lifetime. Anxiety disorders can result in significant personal and social costs, such as being unable to work, decreased productivity, reduced quality of life, and frequent use of health care services.' Below the text is a 'LEARN MORE' button.



The screenshot shows the 'here to help' website. The header includes navigation links for 'I am here to support', 'Stories', 'Resource Library', 'Events', and 'Visions Journal'. The main content area is titled 'We're here to help' and includes an illustration of a person holding a sign. Below the illustration are two buttons: 'I am here to support myself' and 'I am here to support someone else'.



This screenshot shows the 'Mental health and substance use information you can trust' section of the 'here to help' website. It features a green background and text explaining that seven agencies came together for this project. Below the text are two buttons: 'I have a question' and 'I want to complete a screening self-test'.



The screenshot shows the Centre for Clinical Interventions website. The header includes navigation links for 'Home', 'About Us', 'Treatment', 'Research', 'Training', 'Resources', and 'News'. The main content area is titled 'Looking After Yourself' and includes a 'Self Help Resources for Mental Health Problems' section. Below the main content are three buttons: 'Participating in CBTm classes', 'Referring a Patient/Client', and 'Becoming a Facilitator'.

Class Outline

Why These Classes?

Mindfulness

What is CBT?

Realistic Thinking

Your Action Plan

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 skill, 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 Meditation – 5 min

Observe without judgment

Helpful for stress reduction

Mindfulness apps (free)

- MindShift, Mindfulness Coach, UCLA Mindful, Healthy Minds

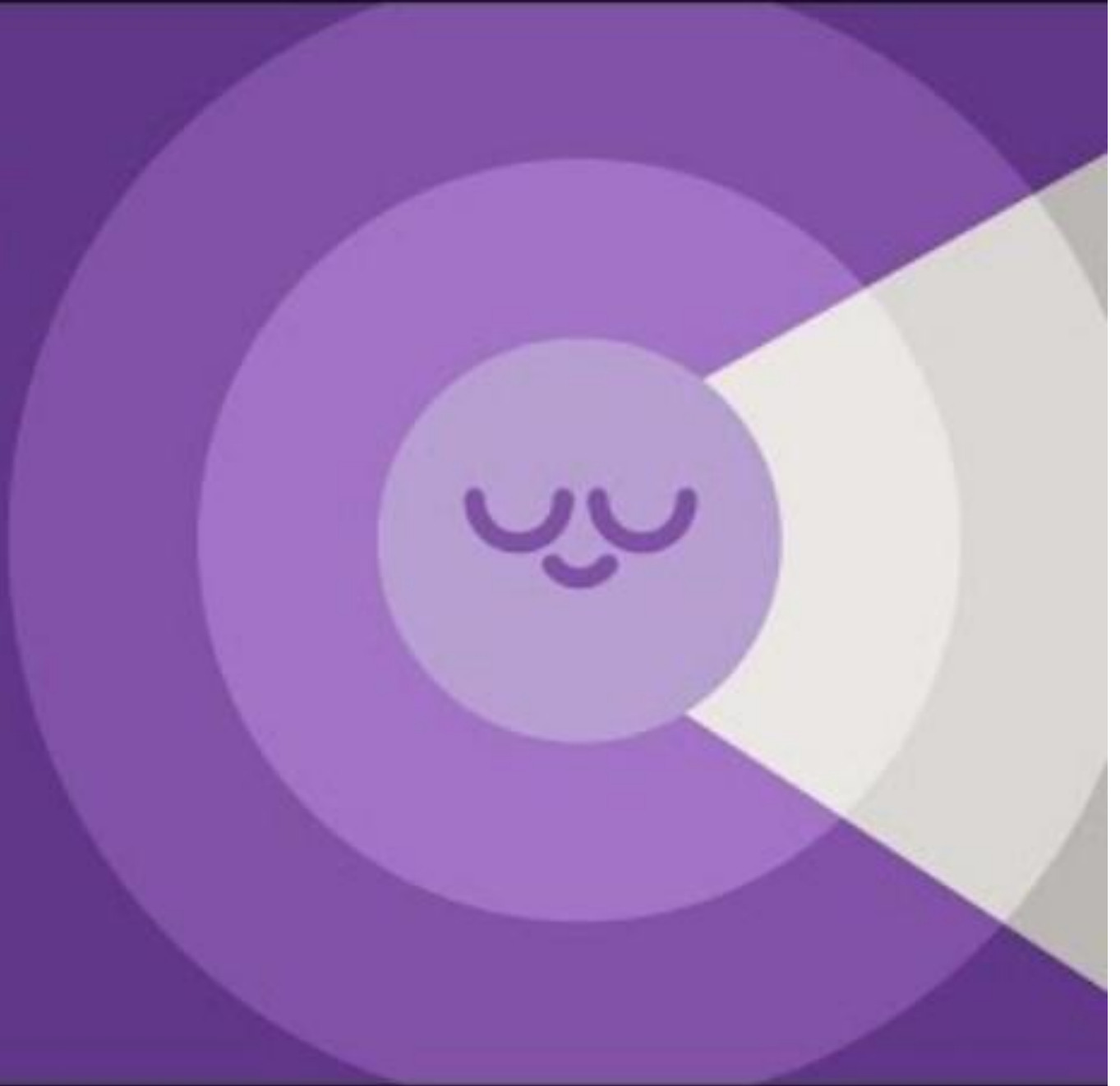
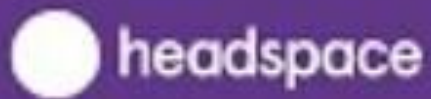
Anywhere, anytime

- Observe breath, object, activity, sounds

Video on next slide!



2-Minute Focus Reset



Class Outline

Why These Classes?

Mindfulness

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What Is CBT?

Structured

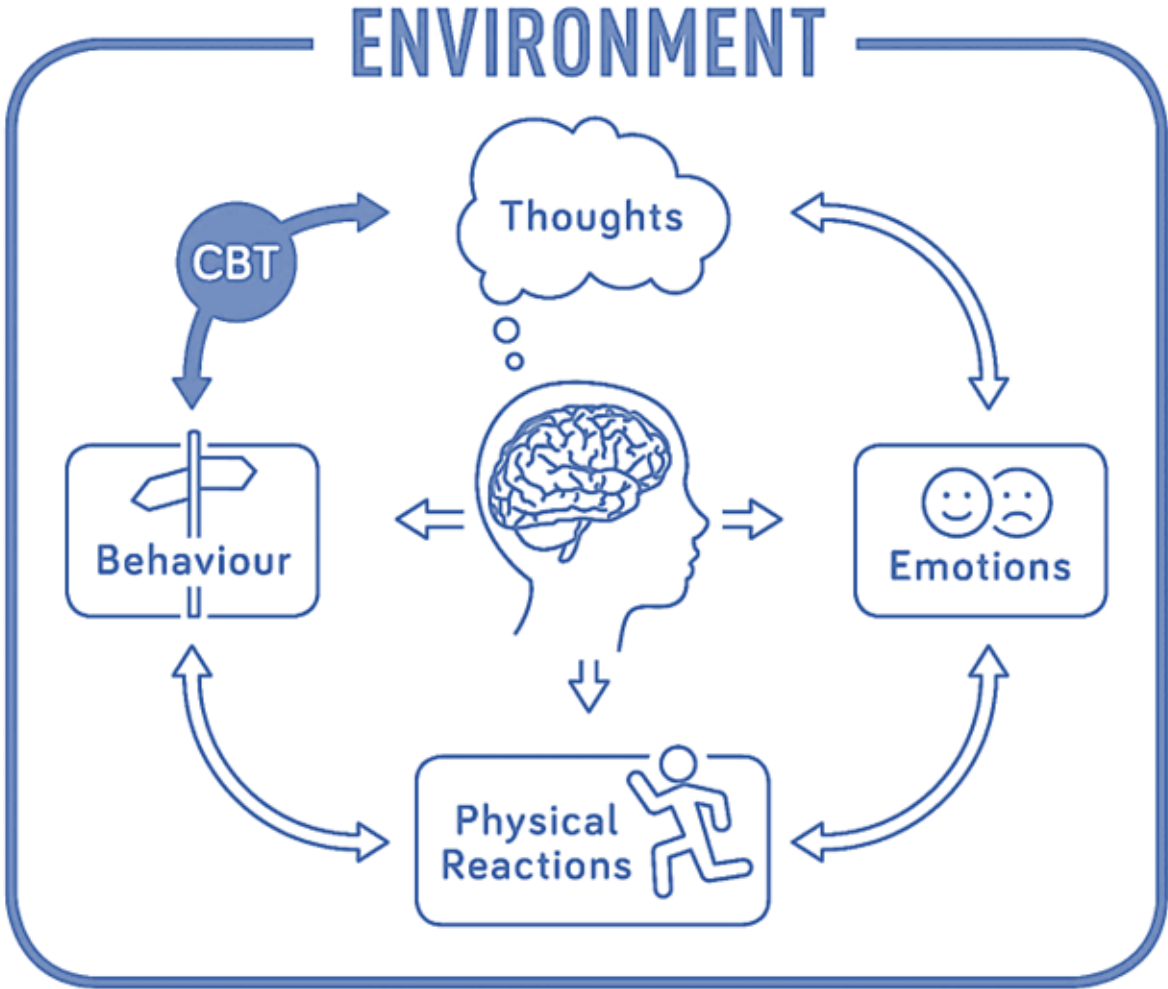
Focus on here
and now

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



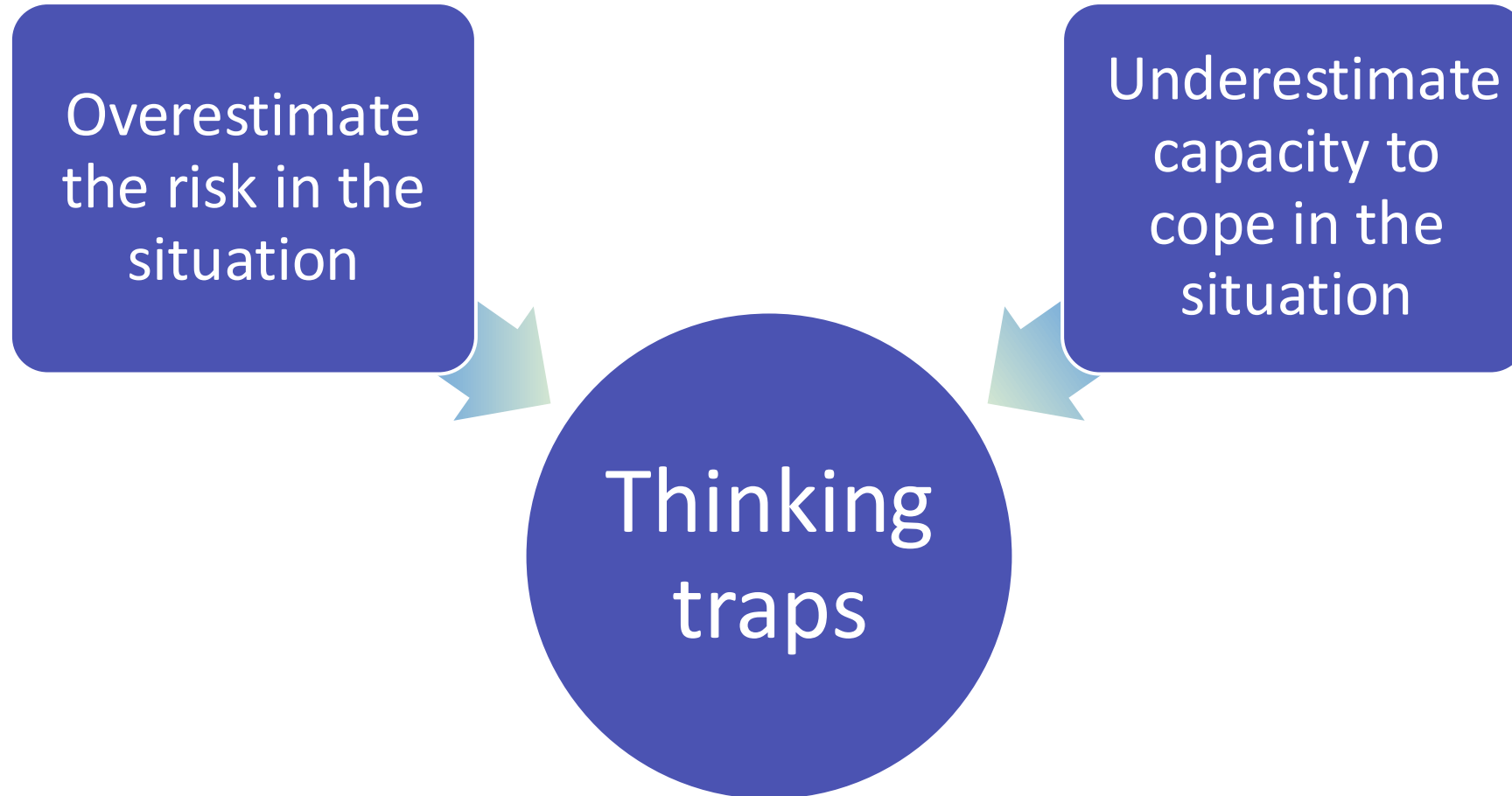
If we can recognize these unhelpful thinking patterns, and change the thinking, it can help reduce the upsetting feelings

Cognitive Theory of Depressive Symptoms



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

Cognitive Theory of Anxiety



Class Outline

Why These Classes?

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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

Thought Record – Catch it, Check it, Change it

Thought Record: a tool for testing your thoughts and identifying thinking traps

1. Catch the thought and notice how it makes you feel
2. Check it by looking at the evidence and exploring different perspectives
3. Change it to something more balanced to help you feel better and respond in a more helpful way

Testing Your Thoughts



**CATCH
IT**

1. What is the situation?
2. What am I thinking or imagining?
3. How much do I believe it? (*a little, medium, or a lot*)
4. How does that thought make me feel? (*e.g., angry, sad, nervous, etc.*)
5. How strong is the feeling on a scale of 0-100%?



**CHECK
IT**

6. What makes me think the thought is true?
7. What makes me think the thought is not completely true?
8. What's the worst that could happen?
9. What's the best that could happen?
10. What will probably happen?



**CHANGE
IT**

11. What will happen if I keep telling myself the same thought?
12. What could happen if I changed my thinking?
13. What would I tell my friend _____ if this happened to them?
14. What's another way of thinking about this?
15. How do I feel now? Rerate the intensity on a scale of 0-100%.

Find this
in your
handouts!

Thought Record – 1. Catch it



**CATCH
IT**

1. What is the situation?

Joanne yelled at me.

2. What am I thinking or imagining?

She'll never call me again.

3. How much do I believe it? (*a little, medium, or a lot*)

I believe it a lot.

4. How does that thought make me feel? (*e.g., angry, sad, nervous, etc.*)

Sad.

5. How strong is the feeling on a scale of 0-100?

About a 90 out of 100.

Thought Record – 2. Check it



**CHECK
IT**

6. What makes me think the thought is true?

She seems pretty mad.

7. What makes me think the thought is not completely true?

She's gotten mad at me before but she seems to get over it.

8. What's the worst that could happen?

I'd lose my best friend.

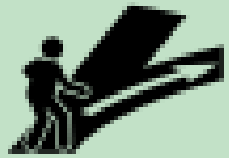
9. What's the best that could happen?

She'll call back right away and apologize.

10. What will probably happen?

She'll act cold for a few days and then I'll call her.

Thought Record – 3. Change it



**CHANGE
IT**

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

I'll keep feeling upset.

12. What could happen if I changed my thinking?

I could feel better, maybe call her sooner.

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

Don't worry, just wait two days and call.

14. What's another way of thinking about this?

She's got a real temper but she doesn't stay mad. I'll try calling her in a few days.

15. How do I feel now? Rerate the intensity on a scale of 0-100.

A little bit better. I feel a bit less sad. About a 45 out of 100 now.



CATCH IT

1. What is the situation?

Joanne yelled at me.

2. What am I thinking or imagining?

She'll never call me again.

3. How much do I believe it? (*a little, medium, or a lot*)

I believe it a lot.

4. How does that thought make me feel? (*e.g., angry, sad, nervous, etc.*)

Sad.

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CHECK IT

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She's got a real temper but she doesn't stay mad. I'll try calling her in a few days.

15. How do I feel now? Rerate the intensity on a scale of 0-100.

A little bit better. I feel a bit less sad. About a 45 out of 100 now.

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.

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.



Class Outline

Why These Classes?

Mindfulness

What is CBT?

Realistic Thinking

Your Action Plan

Action Plan

Review materials

Mindfulness 5 min twice a day

One thought record & identify thinking trap(s)

- Access a thought record on the go by visiting the skills practice area:
<https://cbtm.ca/for-clients/thought-record-worksheet/>



Spend 15 min on the recommended self-help websites

Resources

CBTm Skills Practice

Manitoba Health

Here to Help

Apps: Mindfulness Coach, UCLA Mindful, Mindful, Healthy Minds

The screenshot shows the CBTm Skills Practice website. It features a navigation bar with links for 'ABOUT CBTm HUB', 'CBTm PROGRAMS', 'FOR FACILITATORS', 'FOR CLIENTS', 'CONTACT US', and a 'GET STARTED' button. The main content area is titled 'CBTm Skills Practice' and includes an introductory paragraph about the program. Below this, there are four main sections, each with an icon and a brief description: 'THOUGHT RECORD', 'SMART GOAL PLANNER', 'BEHAVIOURAL EXPERIMENT', and 'PROBLEM SOLVING GUIDE'. Each section has a 'VIEW WEB FORM' or 'DOWNLOAD PDF' button.

The screenshot shows the Manitoba Health website. It features a navigation bar with links for 'RESIDENT AND ONLINE SERVICES', 'BUSINESS', 'GOVERNMENT', and 'VISITORS'. The main content area is titled 'Mental Health and Addictions' and includes a search bar and a 'SEARCH' button. Below this, there is a large graphic with the text 'Mental Health & Addictions Help' and a 'MORE INFORMATION' button. At the bottom, there is a section for 'Crisis Lines' with icons for '911', '9-8-8 Suicide Crisis Helpline', 'Clinic Crisis Line', and 'Kids Help Phone'.

The screenshot shows the Here to Help website. It features a navigation bar with links for 'I am here to support', 'Stories', 'Resource Library', 'Events', and 'Visions Journal'. The main content area is titled 'We're here to help' and includes a search bar and a 'Get help now' button. Below this, there is a large graphic with the text 'We're here to help' and two buttons: 'I am here to support myself' and 'I am here to support someone else'. At the bottom, there is a section for 'Mental health and substance use information you can trust' with a 'TRACK PROGRESS' button and a 'BUILD EXPERTISE' button.

The screenshot shows the Mindfulness Coach app interface. It features a navigation bar with a 'Mindfulness Coach' title and a search bar. The main content area is titled 'UCLA Mindful' and includes a search bar and a 'Get help now' button. Below this, there are several buttons for 'Getting Started', 'Basic Meditations', 'Wellness Meditations', 'Weekly Meditations & Talks', 'Timer', and 'En Español'. At the bottom, there is a section for 'TRACK PROGRESS' and 'BUILD EXPERTISE'.

www.cbtm.ca/for-clients/skills-practice/

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

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

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

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

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

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>

Mental Health & Addictions - Shared Health

- Visit their website <https://sharedhealthmb.ca/services/mental-health/>

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

