CBTm

COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS

THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

FOR ADDICTIONS

Class 1: CBTm Basics, Thinking Traps, Thought Record

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 for resource options

Class Outline

Why These Classes?

Mindfulness

What is CBT?

Realistic Thinking

Your Action Plan

Why These Classes?

CBT Works!

Mindfulness

Skills for Life!

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 - all things that are connected to addictions.

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
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

Video on next slide!

- Observe without judgment
- Helpful for stress reduction
- Mindfulness apps (free)
  - MindShift, Mindfulness Coach, UCLA Mindful, Healthy Minds
- Anywhere, anytime
  - Observe breath, object, activity, sounds





https://youtu.be/cEqZthCaMpo?si=6XnMLuKCQZ5PZj-k

Class Outline

Why These Classes?

Mindfulness

What is CBT?

Realistic Thinking

Your Action Plan

What Is CBT?

Structured

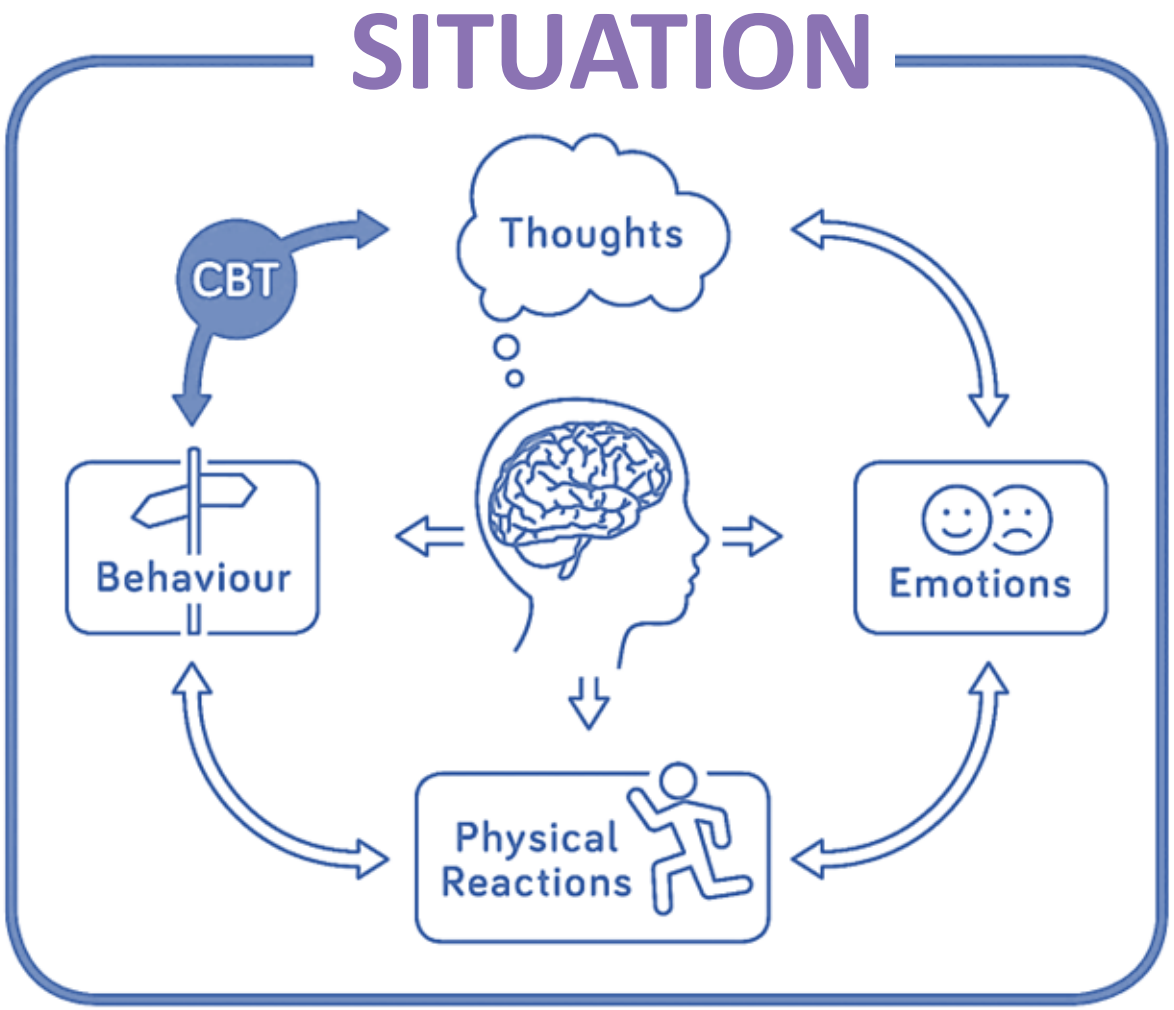
Focus on here and now

Testing beliefs and assumptions

Problem solving skills

Changing behaviours

The CBT Model





What do you see?

Cognitive Theory of Depressive Symptoms



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

Cognitive Theory of Anxiety

Overestimating the risk in a situation

Underestimating our ability to cope in a situation

Thinking traps





CBT Assumption About Addiction

Unhelpful thoughts, beliefs and behaviours, along with cues and triggers can keep people in cycles of substance use.

Recognize

- Identify the specific circumstances, both internal (emotions, thoughts) and external (social settings, specific locations), that lead to substance use.

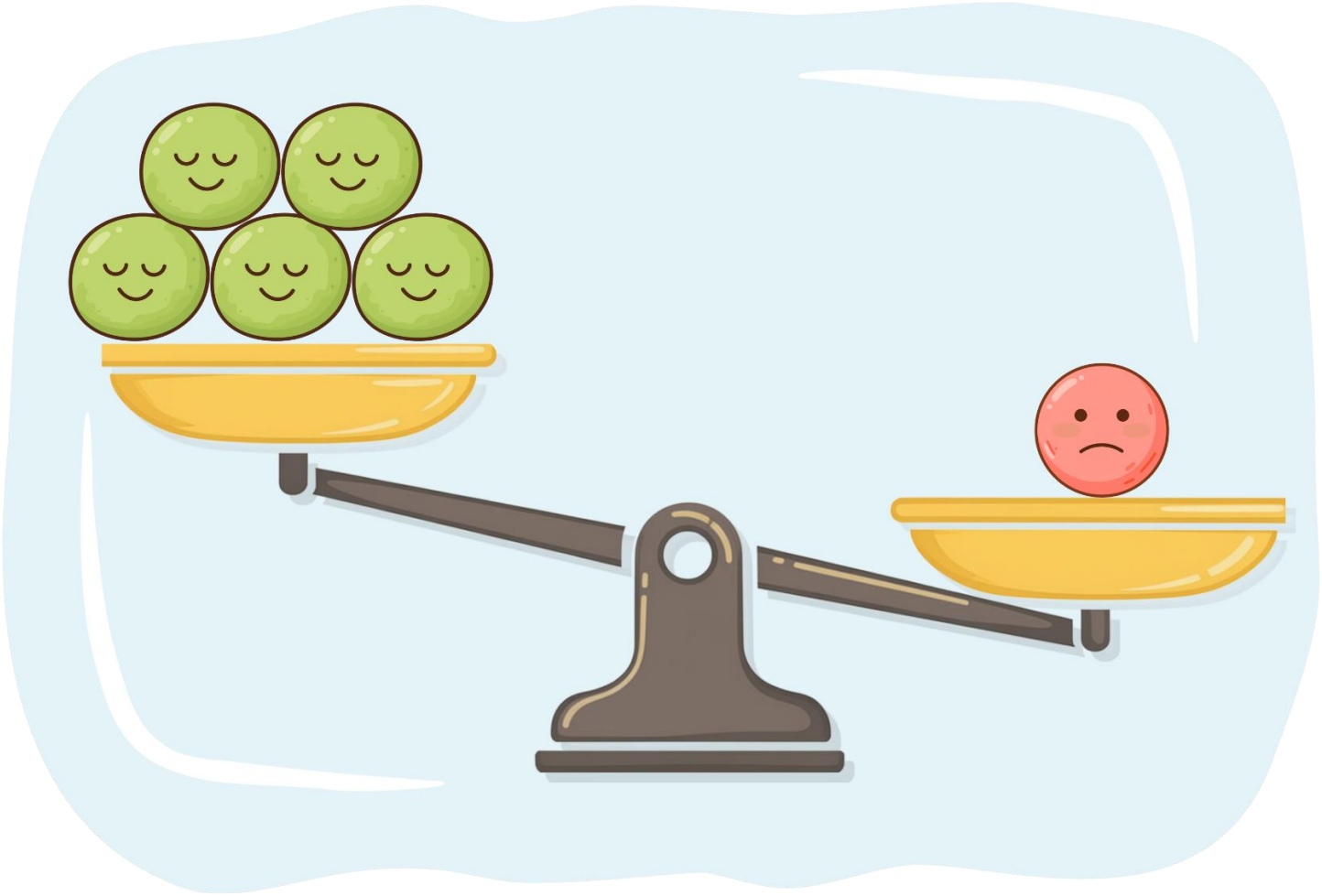
Avoid

- Learn strategies to remove selves from high-risk or trigger situations whenever possible or appropriate.

Cope

- Learn and practice CBT techniques to address and alleviate emotions and thoughts that lead to substance use.

The Negativity Bias Fallacy



Common Thinking Traps

All or Nothing Thinking



Thinking in extremes.

"If I'm not perfect, I have failed."

"Either I do it right or not at all."

"What if I slip and will never be able to quit?"

Dispute: *A slip doesn't mean that I've undone all of my hard work. I can learn from this experience.*

Mental Filter



Only paying attention to certain types of evidence ("that doesn't count"). Noticing our failures but not seeing our successes.

"I didn't talk to many people at the party, I'm boring."

Dispute: *I had some good conversations with the people I did talk to and I did enjoy the food and music as well.*

Emotional Reasoning



Assuming that because we feel a certain way, what we think must be true.

"I feel embarrassed so I must be an idiot."

"I feel anxious, I can't cope without using."

"I can't cope with anxiety without having a drink."

Dispute: *Even though I feel uncomfortable, I can rely on my skills and support system, knowing these feelings will pass.*

Labelling



Assigning labels to ourselves or other people.

"I'm a loser." "I'm failure."

"They're such an idiot."

"There's no point in trying again because I'm such a failure."

Dispute: *It's human to make mistakes. I can learn from them and continue on my recovery journey.*

Fortune Telling



Predicting that something bad will happen, without any evidence.

"I feel nervous so I cannot enjoy myself."

Dispute: *Even if it feels different, that doesn't mean my time will be less enjoyable.*

Common Thinking Traps

Over-generalizing



Seeing a pattern based upon a single event or being overly broad in the conclusions we draw. Words like “always” or “never” are often used.

“I can never do anything right.”

Dispute: *This one mistake doesn't mean I fail at everything.*

Demands



Words like 'should', 'must', or 'ought' can make us feel guilty or like we failed. If we apply 'shoulds' to other people, the result is often frustration.

“I should be able to handle this without getting cravings.”

Dispute: *It's understandable and normal to have cravings.*

Personalization



Blaming yourself or taking responsibility for something that wasn’t completely your fault. Conversely, blaming other people for something that was your fault.

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

Dispute: *My spouse is irritable, I wonder what is going on for them.*

Catastrophizing & Minimization



Blowing things out of proportion or inappropriately shrinking something to make it seem less important. Undermining progress.

“I stumbled over my words during a conversation at work, so I'll probably lose my job.”

Dispute: *Not likely* ☺

CBTm

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 a more helpful way

Find this in your handouts!

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.

Thought Record – Catch it, Check it, Change it



CATCH IT

1. What is the situation?

   I had a slip after 3 weeks of sobriety.

2. What am I thinking or imagining?

   I am a failure. I will never be able to live a sober life.

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.)*

   Nervous, frustrated, guilt

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

   About a 90 out of 100.

Thought Record – Catch it, Check it, Change it



CHECK IT

6. What makes me think the thought is true?

I drank even after I promised myself I wouldn't drink.

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

I have been able to quit drinking before. I haven't had a drink for weeks before this slip.

8. What's the worst that could happen?

I start drinking again.

9. What's the best that could happen?

I continue my goal and continue getting healthier.

10. What will probably happen?

I will have hard days and I will resume my goal to be sober.

Thought Record – Catch it, Check it, Change it



CHANGE IT

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

I will feel upset and hopeless.

12. What could happen if I changed my thinking?

I will feel pretty good about myself.

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

Don't be so hard on yourself. Take one day at a time and keep trying.

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

I will continue with my goal and will call my supports when I need to.

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

A bit better. Feeling about a 20 out of 100 in terms of nervousness.

Action Plan

Review materials

Mindfulness 5 min twice a day

One thought record & identify thinking trap(s)

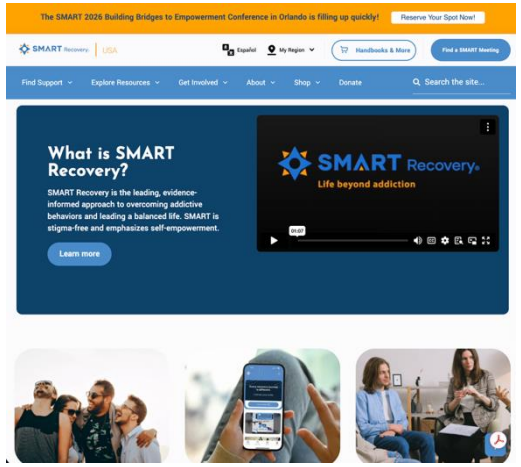
- Access a thought record on the go by visiting the skills practice area: https://cbtm.ca/for-clients/thought-record-worksheet/



Spend 15 min on www.smartrecovery.org or **heretohelp.bc.ca**

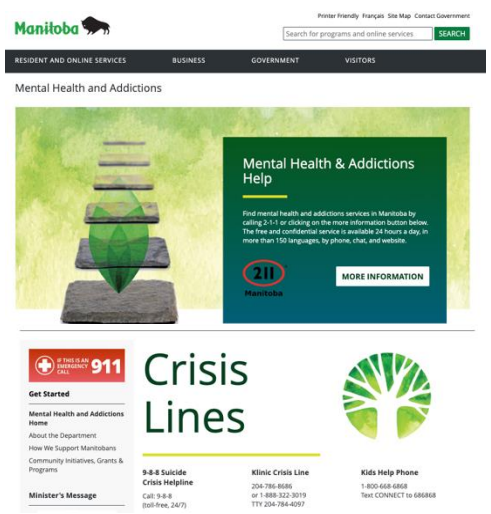
Resources

SMART Recovery



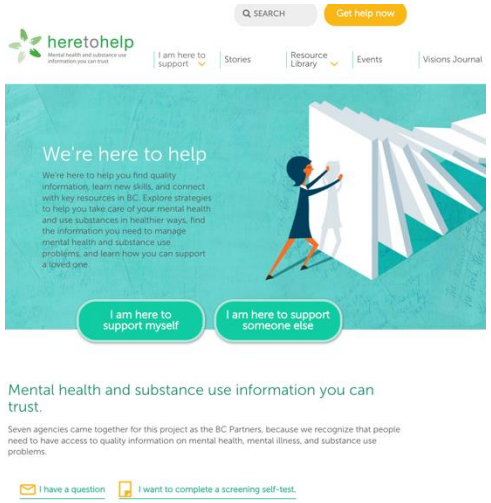
https://smartrecovery.org/

Manitoba Health



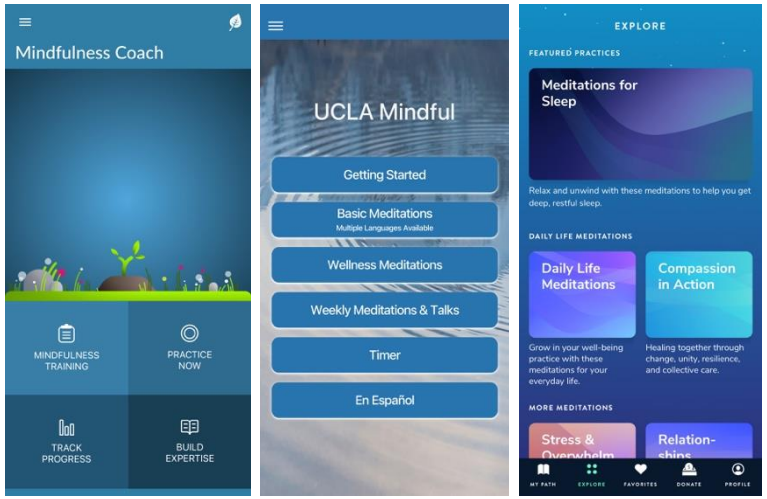
https://www.gov.mb.ca/mhcw/

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

Resources

Adult Mobile Crisis Unit (24/7)	• Call (204-940-1781)
Klinic 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.reasontolive.ca
Manitoba Farm, Rural & Northern Support Services	• Call 204-571-4182 or 1-866-367-3276. Visit their website: https://supportline.ca/
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

Manitoba Addictions Helpline	• Call or text 1-855-662-6605. Visit their website http://mbaddictionhelp.ca/
Problem Gambling Helpline	• Problem Gambling Helpline open 24 hours in Manitoba • Call 1-800-463-1554
WRHA Addictions Recovery Services	• Call 204-944-6209. Visit their website https://wrha.mb.ca/mental-health/addictions-recovery-services/
Mental Health & Addictions - Shared Health	• Visit their website https://sharedhealthmb.ca/services/mental-health/

CBTm Class Evaluation

