CBTm

COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS

THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

FOR ADDICTIONS

Class 3: Basics of Behavioural Interventions and Change

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

- **Mindfulness**
- Review of Previous Action Plan
- Review of Realistic Thinking
- Basics of Behaviour Theory
- Goal Setting
- Your Action Plan

Mindfulness

(the 'm' in CBTm)

To focus on the present rather than the past or future



Images retrieved from: https://www.istockphoto.com/nl/illustraties/mindfulness

To observe without judgement

- To notice
- To be curious
- To accept our experiences

Helpful for stress reduction

Is for everyone



Anywhere, anytime

- Focus on breath
- Pay attention to activities
- Observe objects
- Listen to sounds

MINDFULNESS

Image retrieved from: https://www.freepik.com/premium-photo/soft-watercolor-background-ocean-abstract_38534485.htm

Mindfulness Exercise for Substance Use *by Devin Ashwood*



https://vimeo.com/595361801?fl=pl&fe=sh

CBTm

Class Outline

Mindfulness

Review of Previous Action Plan

Review of Understanding Triggers and Cravings

Basics of Behaviour Theory

Goal Setting

Your Action Plan

Review Your Previous Action Plan

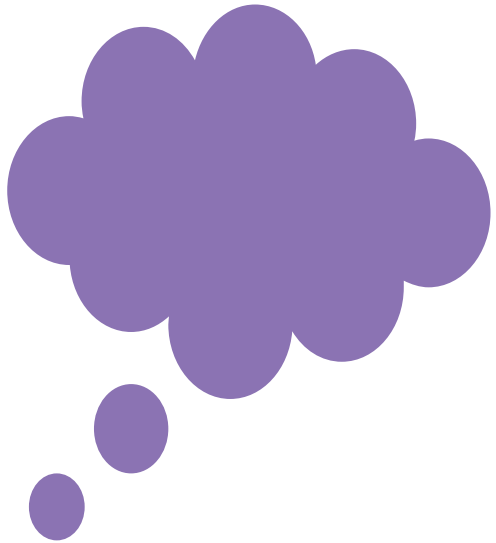


Review materials



Mindfulness

5 min twice/day



1 thought record

Class Outline

Mindfulness

Review of Previous Action Plan

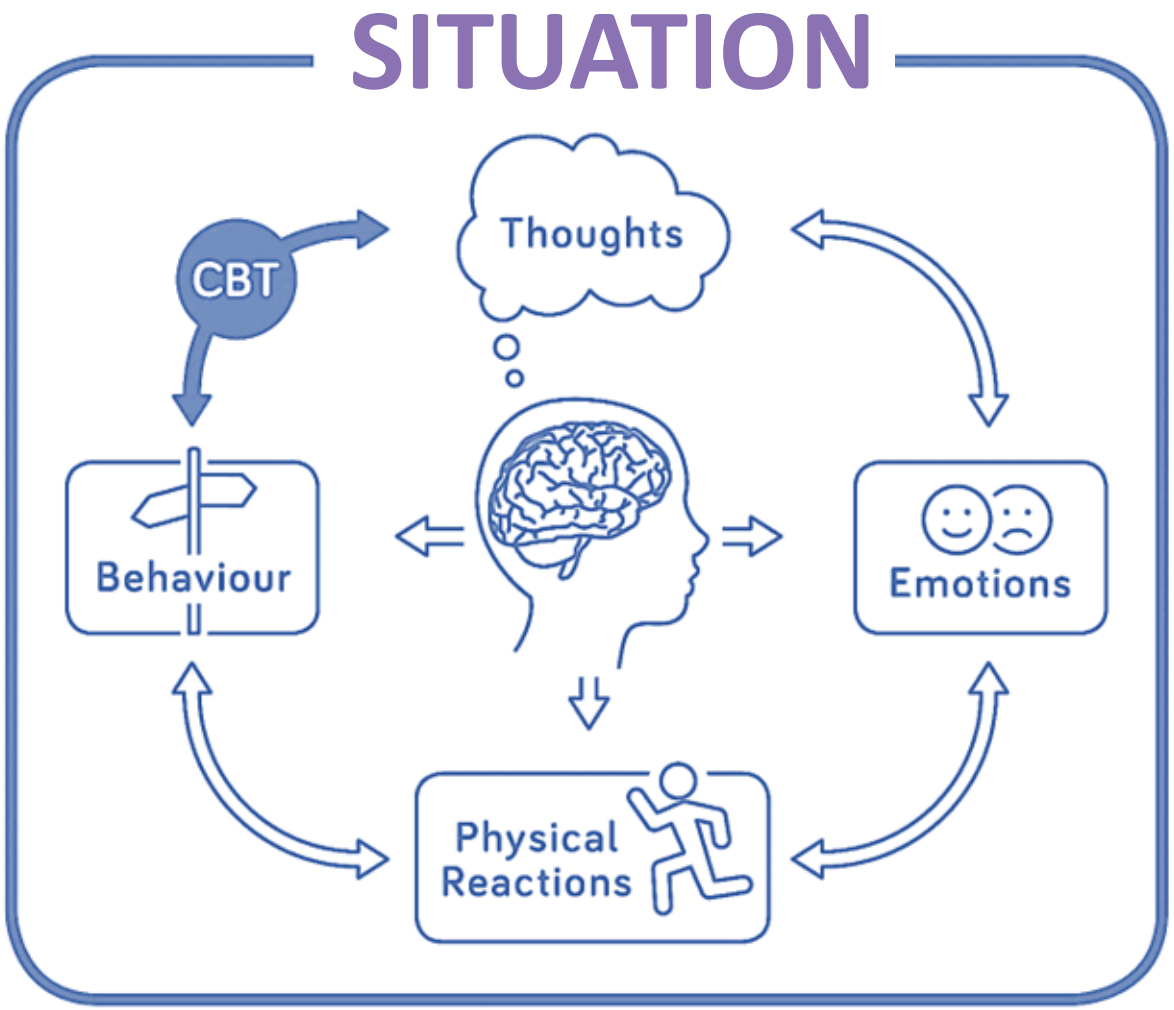
Review Understanding Triggers and Cravings

Basics of Behaviour Theory

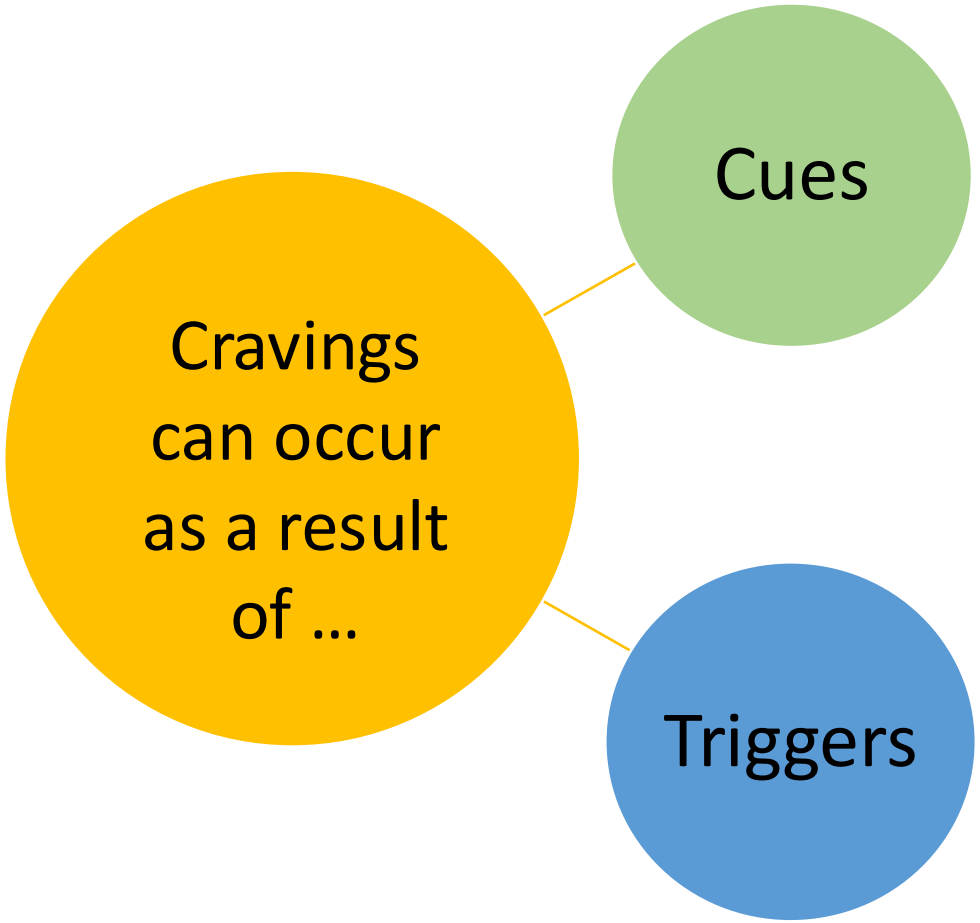
Goal Setting

Your Action Plan

The CBT Model



Cues and Triggers



- **Objects, situations, or routine aspects of our environment that remind us of substance use.**
- E.g., favourite spots to socialize; getting paid; certain sights, sounds or smells; emotions or cognitive states; spending time with particular people

- **Patterns of use due to interactions that generate strong emotional responses.**
- E.g., disagreements with partners, friends, or family; interactions with supervisors or coworkers; anxiety producing situations (such as social events or presentations)

(Hawe, 2021.)

Class Outline

Mindfulness

Review of Previous Action Plan

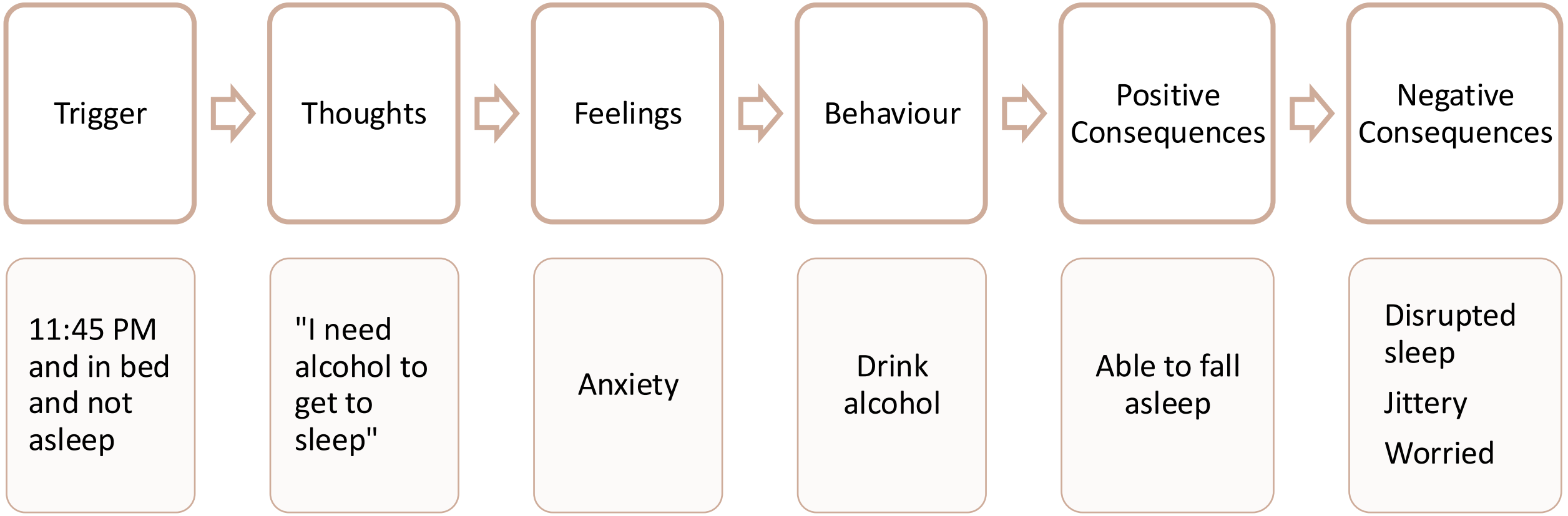
Review of Understanding Triggers and Cravings

Basics of Behaviour Theory

Goal Setting

Your Action Plan

Chain Analysis of Substance Use Behaviour



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

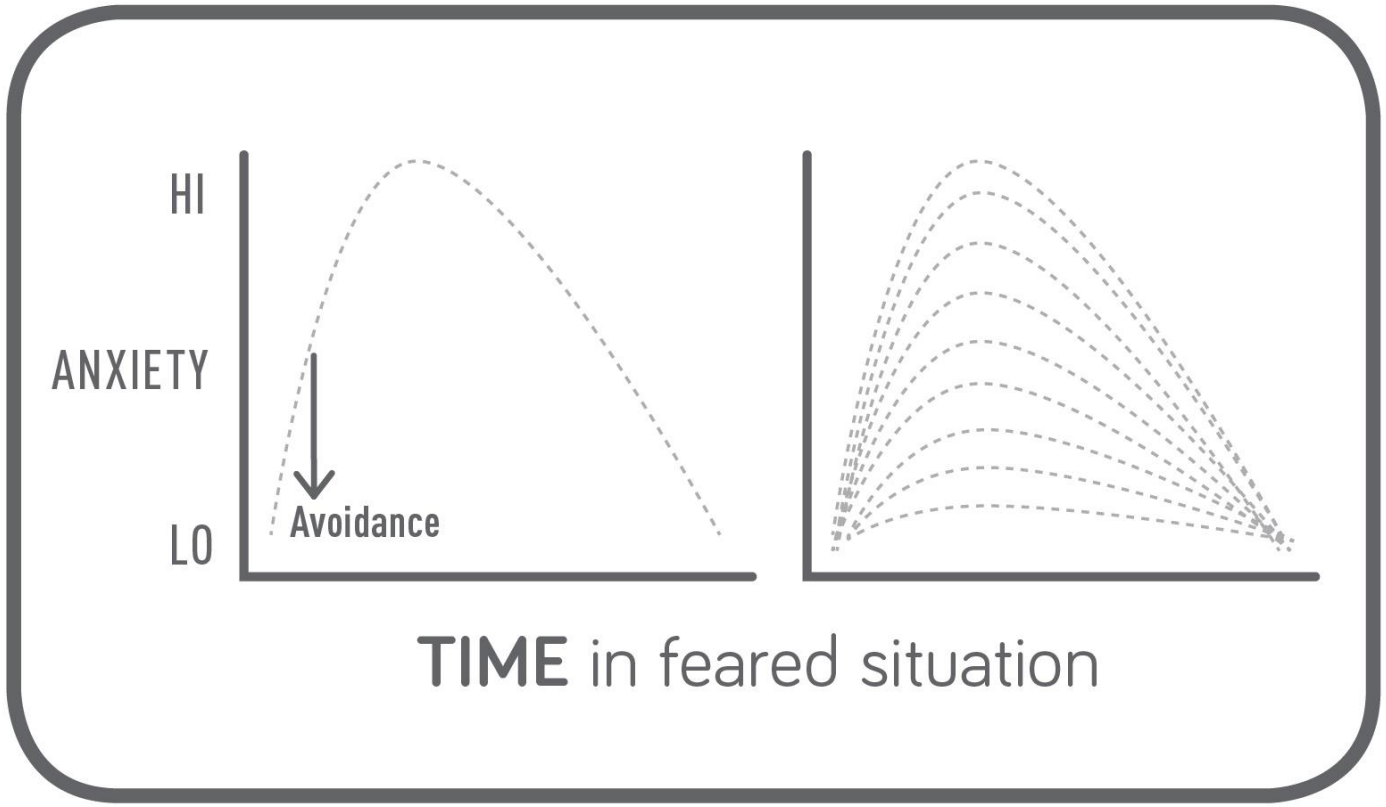
Short Term

- Increase in anxiety

Long term

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

Exposure



- Facing your fears in a planned and repeated manner
- Starting with fears that are a 3-4 out of 10 for an anxiety rating
- Delay the avoidance
- If possible stay in the anxious situation for 30 min or until anxiety drops by 50%

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?



Prediction

Experiment

Outcome

Learning

Behavioural Experiment (Example)

Prediction

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

If I don't drink when I feel stressed, I won't be able to relax or feel better.

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 will not rely on a drink to help me relax.

Friday after work I can do other things to relax like: have a shower, go for a walk, watch a comedy show, spend time with friends or family.

I will know the prediction is true if I stay stressed, feel frustrated, and be miserable.

Outcome

What happened?
Was your prediction accurate?

I went for a walk and it cleared my head.

The shower helped me feel physically calmer.

I laughed at the show and I didn't feel the some craving.

I didn't feel worse, I felt a bit better and proud.

Learning

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

I can relax without alcohol.

It wasn't easy, but I managed.

The craving didn't control me.

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

50%

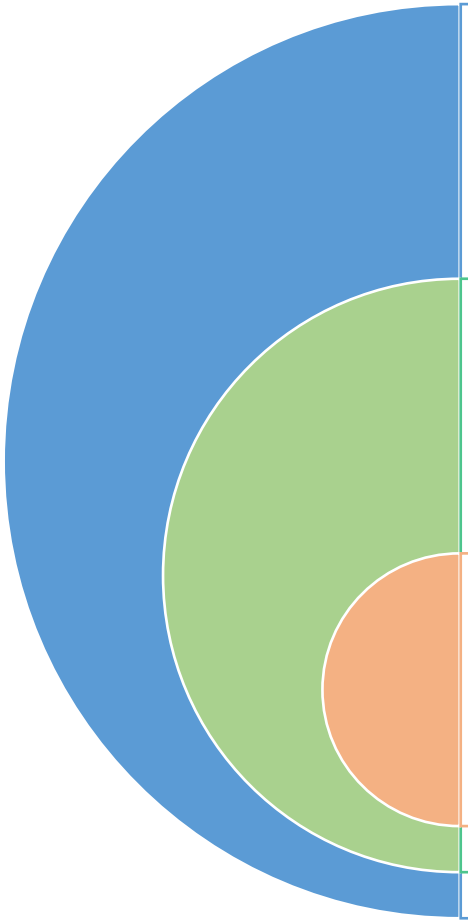
creative commons

Find this in your handouts!

Behavioural Experiment

CBTm

Behaviour Activation

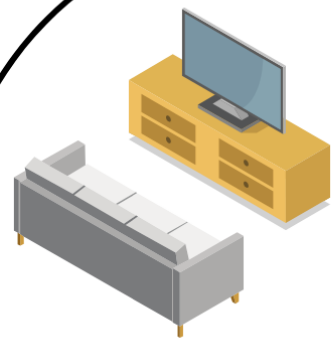


Begin	• Begin doing things you used to enjoy, even if you no longer enjoy them as much or at all.
Don’t wait	• Don’t wait until you feel better to start doing things again!
Record	• Record your mood when you are not active in these activities and compare it to when you are.

Behaviour Activation For Depression

Behavioural Activation (BA) takes a lot of effort to begin with...

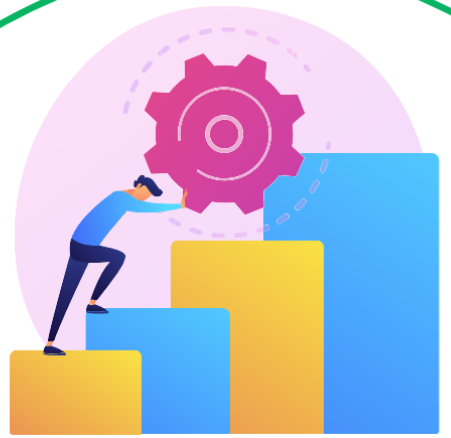
...but becomes easier and self-reinforcing over time



Inactivity



Depression



Do more of what matters to you



Feel better about yourself

Image adapted from psychologytools.com

Increasing Activity

With addiction, it is common for substance use to become the main activity that people do for fun.

Eventually, people may no longer engage in hobbies that they may have previously enjoyed.

Therefore, when cutting out/down substance use, experiencing **boredom** is often a challenge.

Take this change in routine as an opportunity to try to find new interests or reunite with previous hobbies.

Getting Started With Behaviour 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:

_____

_____

_____

_____

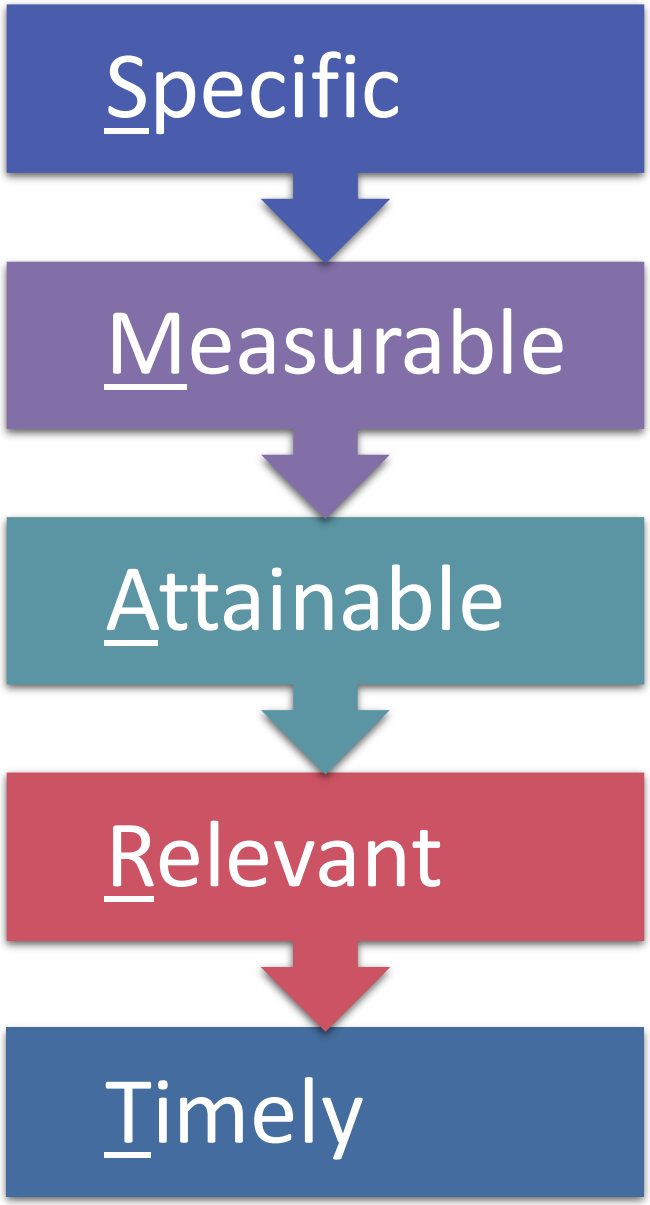
CBTm

Class Outline

- Mindfulness
- Review of Previous Action Plan
- Review of Realistic Thinking
- Basics of Behaviour Theory
- **Goal Setting**
- Your Action Plan

SMART Goals

Break the goals down into small steps



What exactly do you want to accomplish? Make your goal clear and specific.

How will you measure progress? Where, when, and how often will you work on your goal?

Is the goal doable? Do you have the necessary skills and resources?

How does it fit into your overall goals? Why is it important to you?

What's your timeframe? Set a deadline and make sure it's something you can start now.

Your Action Plan

- Practice "Catch it, Check it, Change it" Thought Record
- Mindfulness 5 min twice a day
- Make 1 specific goal and write it down
- Check against SMART goals
  - Specific
  - Measurable
  - Attainable
  - Relevant
  - Timely



https://cbtm.ca/for-clients/skills-practice/

CBTm

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

