CBTm

COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS

THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

Class 1

Ground Rules

Respect others	Reach Out
Please respect everyone's confidentiality Please do not share with the class personal stories of trauma or suicidal or violent thoughts	If you are distressed, please contact the Interlake-Eastern RHA 24-hour Crisis Line at : 1-866-427-8628

Technical Housekeeping

- Remain muted unless speaking
- Do not take screen shots or record any part of the meeting
- We love to see faces ☺ however it is your choice to turn your video on or off
- You can unmute, use the chat, or polls and reactions to communicate

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Class Outline

Why These Classes?
Mindfulness
What is CBT?
Realistic Thinking
Your Action Plan

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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

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Self-Help Websites

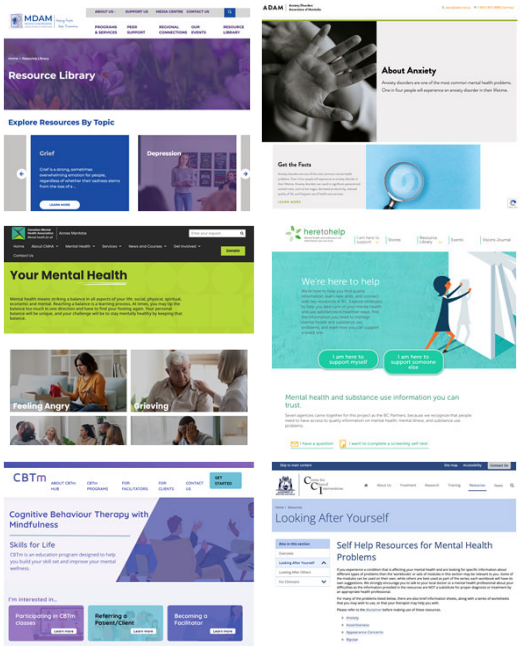
Local Manitoba Online Resources

- 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



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Class Outline

- Why These Classes?
- **Mindfulness**
- What is CBT?
- Realistic Thinking
- Your Action Plan

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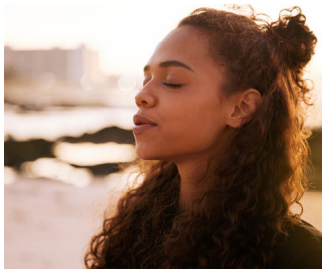
What is Mindfulness?

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!



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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.

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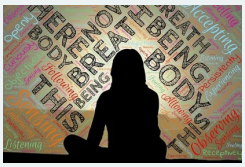
Mindfulness from practicing to being

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

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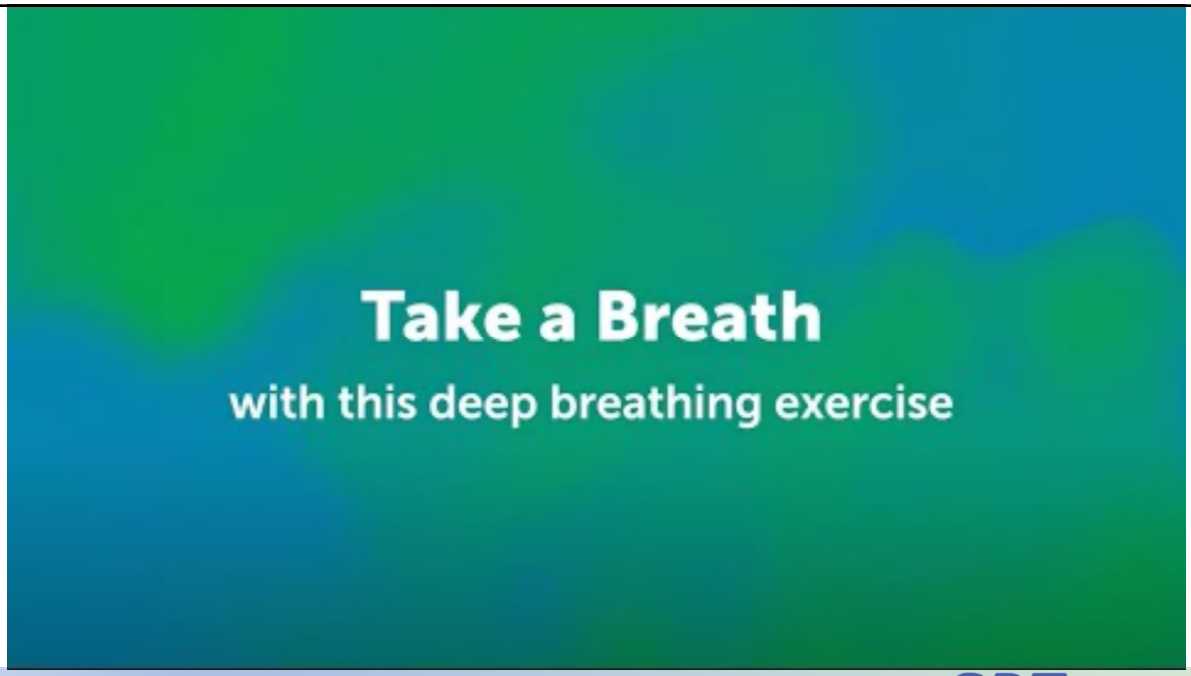

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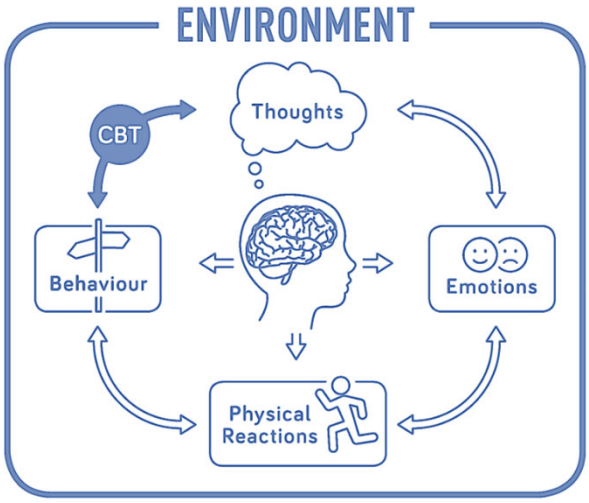
Class Outline

- 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



CBT Myth

Myth	Cognitive therapy is to help people think positively
Truth	Cognitive therapy is to help people think flexibly and balanced

What do you see?

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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

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Cognitive Theory of Depression

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

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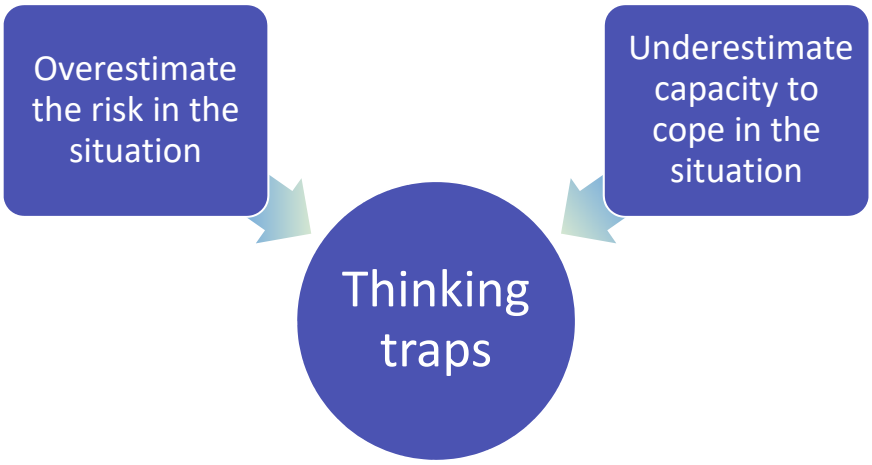
Cognitive Theory of Anxiety



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Class Outline

- Why These Classes?
- Mindfulness
- What is CBT?
- **Realistic Thinking**
- Your Action Plan

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Understanding Thinking Traps

Find these in your handouts!

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!

Class 1

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.

Class 1

Common Thinking Traps

- Overgeneralization
- All or Nothing Thinking
- Fortune Telling
- Emotional Reasoning
- Labelling
- Should Statements
- Mind Reading
- Mental Filter
- Catastrophic Thinking
- Personalization

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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!

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.

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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.

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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.

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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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About a 90 out of 100.

CHECK IT

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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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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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Class Outline

- Why These Classes?
- Mindfulness
- What is CBT?
- Realistic Thinking
- **Your Action Plan**

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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**

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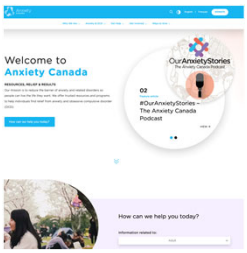
Resources

Anxiety Canada

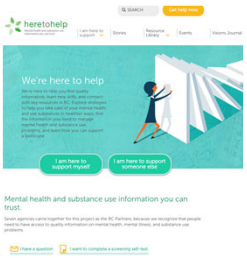


https://www.anxietycanada.com/

Manitoba Health

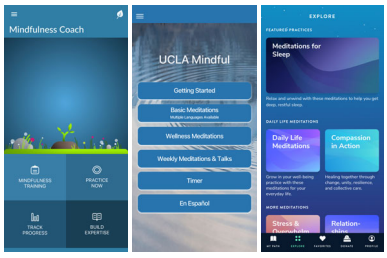
https://www.gov.mb.ca/mhcw/

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

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Resources – IERHA
https://www.ierha.ca/programs-services/mental-health/

Mobile Crisis Team - 1-877-499-8770

24 Hour Crisis Line - 1-866-427-8628

Crisis Stabilization Unit - 1-888-482-5361

9-8-8: Suicide Crisis Helpline - Anywhere in Canada, call or text 9-8-8 to access 24/7/365, bilingual, trauma-informed, and culturally appropriate suicide prevention support.

Manitoba Suicide Prevention & Support Line (24/7) - 1-877-435-7170
→ https://www.reasontolive.ca

First Nations and Inuit Hope for Wellness Help Line - 1-855-242-3310
→ An online chat feature is available on their website: https://www.hopeforwellness.ca

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CBTm Class Evaluation

CBTm 34

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COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS

THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

Class 1 Handouts

Mindfulness Exercise - *Mindful Breathing*

Testing Your Thoughts

Healthy Thinking Introduction

Thinking Traps

www.cbtm.ca

MINDFUL BREATHING

Find a comfortable sitting posture. Put your feet flat on the ground and try to straighten your back. Gently close your eyes. Let your shoulders drop down and away from your ears. Pay attention to your breathing and just allow yourself to continue to breathe naturally.

Now, rest your hands gently on your belly with the fingertips of each hand lightly touching in the middle. Breathe in smoothly through your nose and exhale slowly through your mouth. Continue to take slow, smooth breaths. When you breathe in, notice your belly push your hands gently apart, as you fill your lower lungs with air. When you breathe out, notice your belly sink back towards your spine as you release your breath.

You can imagine that your belly is a balloon. Fill it with air and then watch it deflate. Now continue to focus on the gentle inhalation and exhalation of your breath. In... and out... If any other thoughts or images come into your mind during this exercise, just notice them, and gently bring your attention back to your breath.

You may also become aware of physical sensations or feelings in your body. Simply notice them, and then again, bring your mind back to your breath. You don't need to analyze or give these thoughts or feelings any meaning in this moment. Simply acknowledge them without judgment and bring your mind back to your breath. It's normal for your mind to wander. Simply notice that your mind has wandered and gently bring your attention back to your breath.

Continue to focus on your breathing and stay in this relaxed state for as long as you like. When you are ready, slowly open your eyes and bring your attention back to your surroundings.

Testing Your Thoughts

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.

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?

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    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.

Testing Your Thoughts

CATCH IT

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

WHAT IS HEALTHY THINKING?

People often see their feelings as being determined by events, situations, or other people. This belief is reflected in statements such as "You make me so angry," "Public speaking makes me nervous," or "Not being in a relationship makes me depressed". These types of statements suggest that external factors are directly and entirely responsible for how we feel. However, what we think about these situations or what they mean to us will affect whether a situation will lead to anxiety, anger, or joy.

For example, you are walking down the street and see a friend who does not wave or say hi to you. How would you feel if you thought, "How rude, she can not even take the time to acknowledge me!"? What if you thought, "She must not want to be friends anymore; I'm too boring to be part of that group."? How about if you thought, "She must be in a rush and didn't see me."? You would probably feel very different with these different views on why a friend did not acknowledge you. Our thoughts affect how we feel and how we respond to situations.

Automatic Thoughts

Thoughts can become a habit or automatic, just like biting our nails or eating while watching TV. These thoughts can occur so quickly that we may not even realize that the thought has occurred. When automatic thoughts tend to be mostly negative (e.g., I made a mistake – I'm so stupid), they can cause emotional distress.

Adapted from heretohelp.bc.ca and cci.health.wa.gov.au

What is Healthy Thinking?

Healthy thinking is not just positive thinking. There are often negative situations that occur. It would not be helpful to see only the good in every situation, such as losing your job or failing a test. It is normal and healthy to be upset and to have some negative thoughts when these types of situations happen. Healthy thinking is about seeing the entire situation - the good, the bad, and the neutral - and using all of this information to decide what to do. Healthy thinking is about seeing life in a balanced and complete way, rather than only focusing on the negative or positive parts.

Thinking Traps

Everyone falls into thinking traps sometimes. It's most likely to happen when you feel sad, anxious or angry. Thinking traps are also more likely to happen when you're under stress or not taking good care of yourself, e.g. not enough sleep. Individuals with anxiety and depression tend to fall into thinking traps more often, which can trigger and maintain anxiety and depression.

Adapted from heretohelp.bc.ca and cci.health.wa.gov.au

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!

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.

GETTING UNSTUCK FROM A THINKING TRAP

Below are some strategies to help deal with common thinking traps. It is not usually helpful to tell yourself to stop thinking that way. Often, when we push away thoughts, they are more likely to pop up again (e.g., try not to think about a pink elephant for 30 seconds). It's more helpful to carefully examine a thought to see if it is accurate, or if there is a more balanced way to think about the situation.

1. Feeling or Thought?

It can be easy to confuse thoughts and feelings. In every day conversations we often use the terms interchangeably. For example, we might say "I think I am anxious" or "I feel like everyone is laughing at me." When we are challenging our thinking traps, it's helpful to very clearly separate our thoughts and our feelings.

To do this you can ask yourself:

- What is the situation? What are the "facts" that everyone would agree on if they saw a videotape of the event?
- What are your thoughts? What are you telling yourself about the meaning of the situation?
- What are your emotions? How do you feel (typically one word)?
- What are your behaviours? How are you reacting and what are you doing to cope?

2. Find any 'Thinking Traps'

Examine your different thoughts and compare them to the list of thinking traps. It is common to fall into more than one trap. Find any that might apply to you.

3. Challenge the thinking traps

Start to examine your thoughts like a scientist or a detective looking for hard evidence. What are the facts?

- **Examine the evidence:** Is there evidence for or against your thought? Make sure you look at evidence on both sides.
- **Double-standard:** Ask yourself what you would think if someone else was in this situation.
- **Survey method:** Ask other people that you trust if they agree with your thoughts. For example, if you think you are a bad parent because your child is acting up, you could ask other parents if they have ever had a similar problem.
- **Conduct an experiment:** Test your beliefs to collect more real-world evidence that could support or refute your thought. For example, if you think your friends don't want to spend time with you, call a few friends to make plans and see if they all say no.