



Cognitive Behavioural Therapy

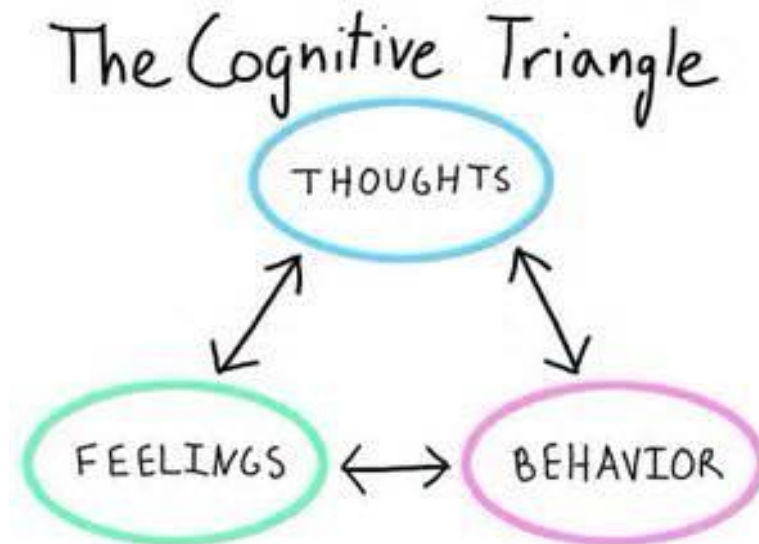
Wellfest

CNI

2016

What is CBT?

- CBT, or Cognitive Behavioural Therapy, focuses on ways that a person's thoughts, emotions, body sensations and behaviors are connected, and how they affect one another



- CBT aims to help you deal with overwhelming problems in a more positive way by breaking them down into smaller parts. You're shown how to change these negative patterns to improve the way you feel

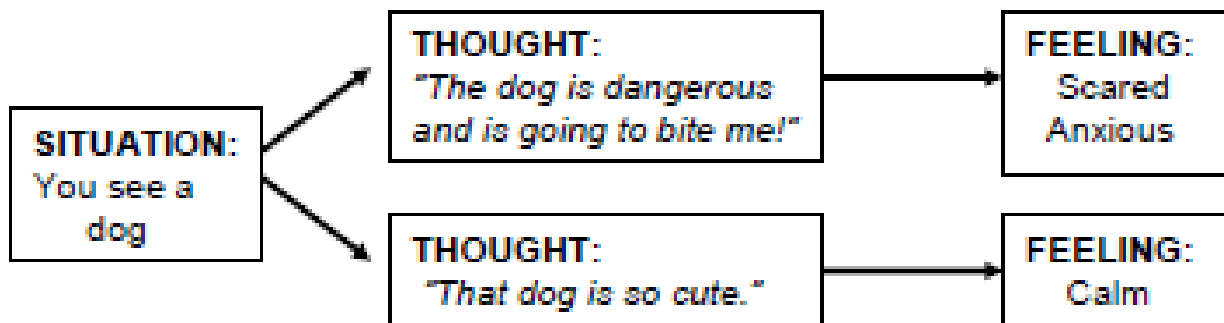


Reactions

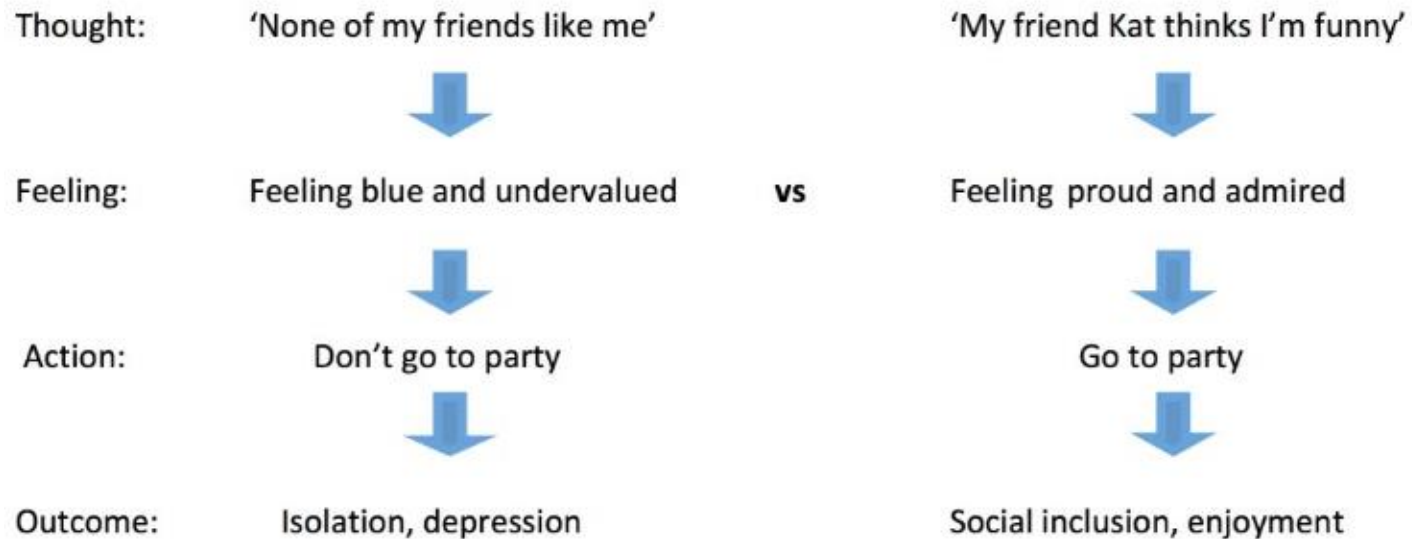
- There are helpful and unhelpful ways of reacting to a situation, often determined by how you think about them.



Example Scenario








Thoughts, Feelings and Outcome



CBT???



Applying the STOPP Technique

STOPP				
STOP	Take a BREATH	OBSERVE	PULL BACK PUT IN SOME PERSPECTIVE	PRACTISE WHAT WORKS
				
Stop and step back from the situation, to your mind	Breathe slowly once or twice	<p>What's happening? What am I reacting to? What am I thinking and feeling? What are the words that my mind is saying? What physical sensations do I notice in my body? Where is my focus of attention?</p>	<p>Is this fact or opinion? See the situation as an outside observer. Is there another way of looking at it? What would someone else see and make of it? What advice would I give to someone else? What's the helicopter view? What meaning am I giving this event for me to react in this way? How important is it right now, and will it be in 6 months? Is my reaction in proportion to the actual event? What will be the consequences of my action?</p>	<p>What can I do that will be most helpful? Will it be effective and appropriate? Is it in keeping with my values and principles? What is best thing to do, for me, for others, for the situation?</p>

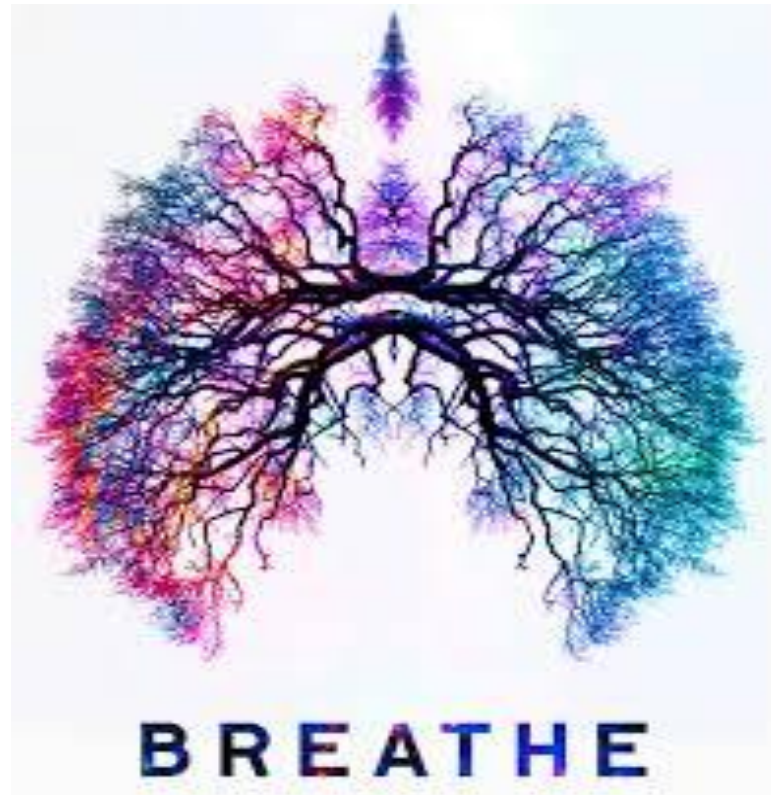
Step One: Stop



Stop!!

Step back from
the situation in
your mind

Step Two: Take a Breath



Step Three: Observe



Ask yourself

- What is happening?
- What am I reacting to?
- What am I thinking?
- How do I feel?
- What sensations do I feel in my body?

Step Four: Perspective



Ask yourself

- How would this situation look to an outsider?
- What's the helicopter view?
- Is this fact or opinion?
- Is there another way of looking at this?

Step Five: Practice



Ask yourself:




- What can I do that will be helpful in this situation?
- Will it be effective and appropriate?
- What is the best thing to do for me and those around me?

Apply STOPP together



Over to
you!

STOPP Worksheet

Notice the intrusive or distressing thought, image, memory, trigger...	<i>Write your reactions and alternative, healthier responses in this column. What works for you? What will help? What can you tell yourself? What do you need to remember at those times?</i>
STOPP! 	
T ake a breath 	
O bserve – describe the feelings, images, thoughts, body sensations, triggers. 	

1. In your groups choose someone to chair, take notes, observe and feedback
2. Each group will be given a scenario
3. Apply the five steps of the STOPP technique
4. Agree on the best actions to take
5. Fill out the STOPP worksheet
6. One person will feed back to the class

Scenarios

- 1. You're about to walk into your maths exam. You feel hot and light headed. You can't breathe and run into the toilets.
- 2. You are in the canteen. You walk towards a table of your friends. They all start laughing and look at you. You walk away.
- 3. You join the football team in your local club. You don't know anybody. You're very nervous
- 4. You have to give a speech in front of your entire year group.
- 5. You have an argument with your Dad before school. You come home, go upstairs and don't come down for the night

Interested???



<http://www.alustforlife.com/mental-health/cbt-online-course/a-lust-for-life-online-cbt-course-week-1>

A Lust for Life currently offer a free online CBT course. Check it out!!!