Cognitive Therapy for Depression: From Action to Insight and Back Again

Steven D. Hollon, Ph.D.
Vanderbilt University
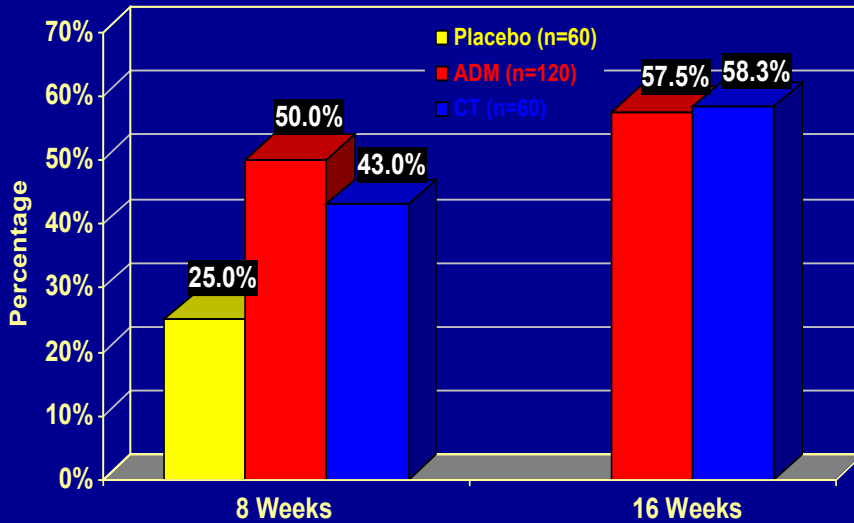
1

Always Open Your Talk with Pictures of Puppies

Zoey Garber Hollon
13 going on 3
Exuberance personified
Extrovert extraordinaire

BABCP Glasgow:
ACL surgery:
No unauthorized jumping up on furniture for 8 weeks
July 2018

Hemotoma in Left Ear
Snagged it running through woods and needed surgery
August 2019

Stomach Surgery:
Ate a Baseball
No unauthorized jumping up on furniture for 8 weeks
January 2019

Tendonitus: 6 weeks of leash restraint
No unauthorized jumping up on furniture
April 2019

Fight with another dog wound on hip closed with staples leash restriction
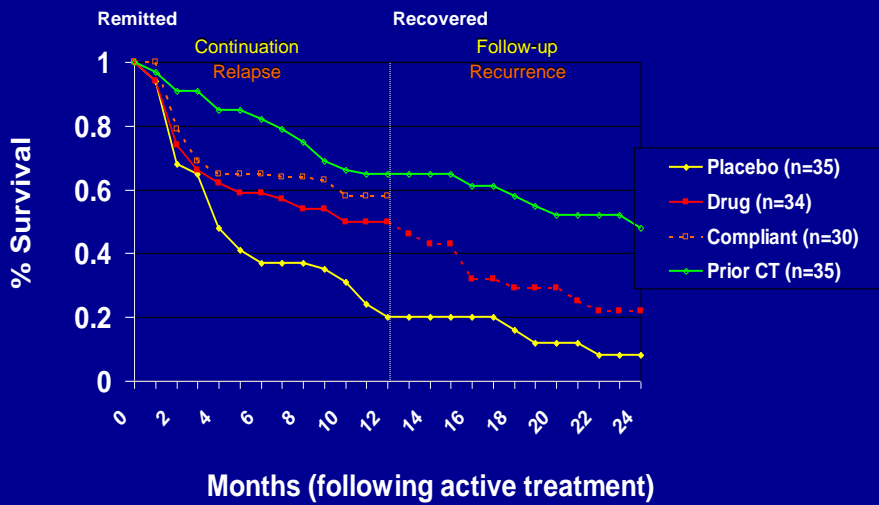August 2019

2

Percent Responders (HRSD ≤ 12) among All Assigned Across Sites
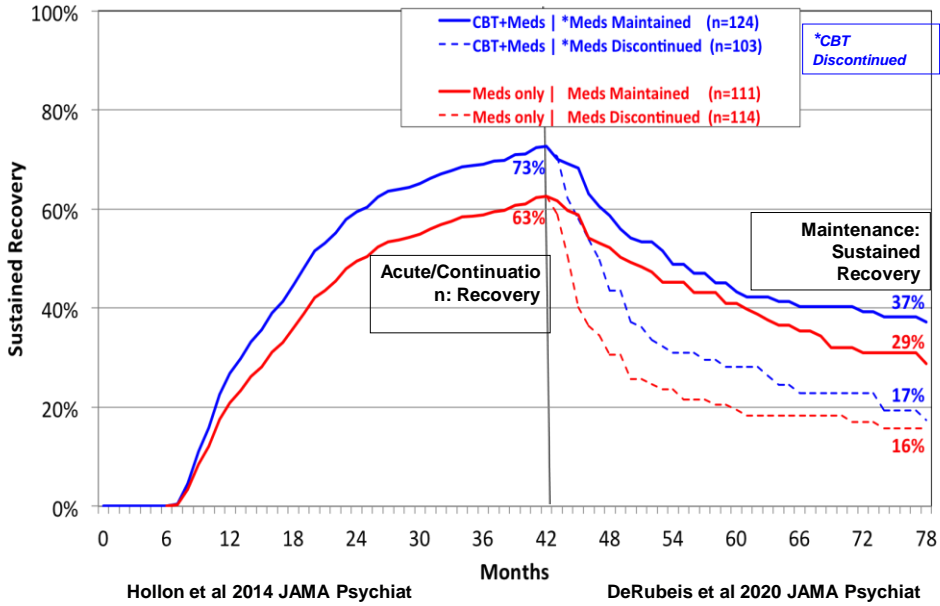
DeRubeis et al 2005 AGP

3

Prevention of Relapse and Recurrence Following Successful Treatment

Hollon et al 2005 AGP

4

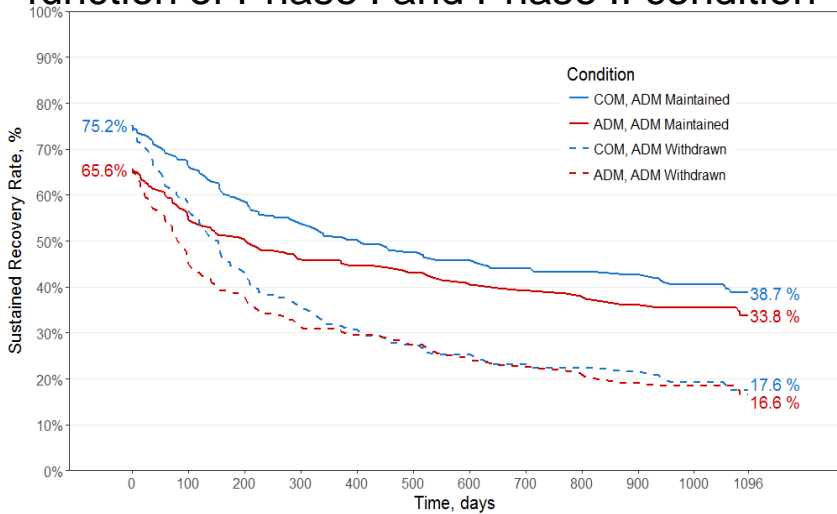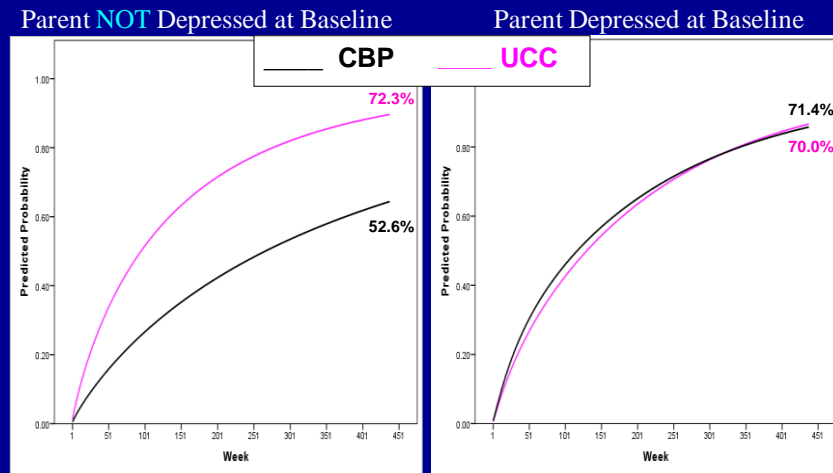## Sustained Recovery as a Function of Treatment Condition

Hollon et al 2014 JAMA Psychiat   DeRubeis et al 2020 JAMA Psychiat

5

Estimated Sustained Recovery as a function of Phase I and Phase II condition

DeRubeis et al 2020 JAMA Psychiat

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3

6-year follow-up (Brent et al. 2015)

Parent NOT Depressed at Baseline — Parent Depressed at Baseline

CBP — UCC

72.3% — 52.6% (left panel)
71.4% — 70.0% (right panel)

HR = 0.54 [95% CI, 0.36-0.81]; z = −2.99; P = .003 / HR = 1.04 [95% CI, 0.72-1.50]; z = 0.20; P = .84)

Garber et al 2009 *JAMA* / Beardslee et al 2013 *JAMA Psychiatry* / Brent et al 2015 *JAMA Psychiatry 72(11) 1110-1118*

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Basic Principles

- **Cognitive Theory of Disorder (ABCs)**
- **Beliefs Matter More than Motivations**
- **Beliefs and Behaviors can be Changed**
- **Emphasis on "Here and Now"**
- **Emphasis on Rapid Symptom Change**
- **Preference for Concrete Examples**
- **Reliance on "Socratic" Questioning**
- **Inductive Approach Preferred**
- **Empirical Approach to Test Beliefs**

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I never scored a goal I didn't shoot –
Wayne Gretsky

9

I never scored a goal I didn't shoot –
Wayne Gretsky

Response initiation deficit:
It is not that people who are depressed
cannot do it is that they do not try

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No one can make you feel inferior
without your consent

Eleanor Roosevelt

11

No one can make you feel inferior
without your consent

Eleanor Roosevelt

Two definitions of the term "feel":
1) an affective experience (happy sad anxious angry)
2) a loosely held belief hard to defend (hot cognition)

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You can't always get what you want, but if you try sometimes, you may find, you get what you need – Jagger & Richards

Wants vs Needs

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If you are going through hell – keep going

Winston Churchill

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Cognitive Model

Antecedent Events

⭣

Beliefs

⭨

Consequences

→ *feelings*

→ *behaviors*

15

Cognitive Model

Antecedent Events

⭣

Beliefs

⭨

Consequences

→ *feelings*

→ *behaviors*

Check it out!

Try new strategies!

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1970's Cognitive Therapy

**Working with uncomplicated
depressions (Axis I only)**

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Structure of Individual Sessions

- **Brief Update and Check on Mood**
- **Bridge from Previous Session**
- **Setting the Agenda**
- **Review of Homework**
- **Discussion of Issues on the Agenda**
  - **Discuss issues of interest on agenda**
  - **Assign homework relevant to each issue**
  - **Capsule summary of issue after each**
- **Final Summary and Feedback**

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Stages of Treatment

- **Providing a Rationale**
- **Training in Self-Monitoring**
- **Behavioral Activation Strategies**
- **Identifying Beliefs and Biases**
- **Evaluating and Changing Beliefs**
- **Core Beliefs/Underlying Assumptions**
- **Relapse Prevention/Termination**

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Providing a Rationale

- **Socialize Client to Therapy**
- **Listen to Client's Concerns**
- **Introduce Cognitive Model**
  - **Lay out alternative rationales (Theory A / Theory B)**
    - **Inquire about client's explanation (stable trait)**
    - **Provide alternative rationale (bad strategy)**
  - **Explore evidential base**
    - **Self-fulfilling prophecy (beliefs drive behaviors)**
    - **Inverted "U" (arousal and performance)**
- **Show How Therapy Works (circle diagram)**
- **Assign Homework**
- **Summary and Feedback**

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Sample Alternative Rationale

Theory A	Theory B
Flawed Character **(Bad Person)**	**Flawed Beliefs/Behaviors** **(Bad Strategies)**
Father made me compete with brother for attention and he won	Father made me compete with brother for attention and he won
I'm not good enough – not competent	I tried too hard and tripped over my own feet
Lost my job through no fault of own	Lost my job through no fault of my own
Three years later still no teaching job	Every time I try to apply I get overwhelmed by the magnitude of the task so I never even start
I must be incompetent	
I have to change my *basic character* if I want to have any chance of getting what I want out of life	I need to *change my behavioral strategies*…break the task into steps and *test my beliefs*…take it one step at a time and see if that works better… if I can that means that I am not incompetent

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Self-fulfilling Prophecy

```
┌─────────────────────┐
│     Situation:      │
│  Interesting job or │
│  interesting person │
└─────────────────────┘
           │
           ▼
┌─────────────────────┐       ┌──────────────────┐
│     Automatic       │──────▶│   Does not test  │
│      Thought:       │       │  the accuracy of │
│ I'll never get that │       │   the beliefs but│
│  job or that date   │       │   rather allows  │
└─────────────────────┘       │      them to     │
           │                  │   determine the  │
           ▼                  │    nature of the │
┌─────────────────────┐       │     outcomes     │
│     Behavior:       │       │                  │
│ Do not apply for job│       │  Does not count  │
│ or ask the person out│      │  as evidence!!!  │
└─────────────────────┘       └──────────────────┘
           │
           ▼
┌─────────────────────┐
│     Outcome:        │◀─────
│ No job, no date, no joy
└─────────────────────┘
           │
           ▼
┌─────────────────────┐
│   Core Beliefs:     │
│  I'm incompetent or │
│   I'm unlovable     │
└─────────────────────┘
```
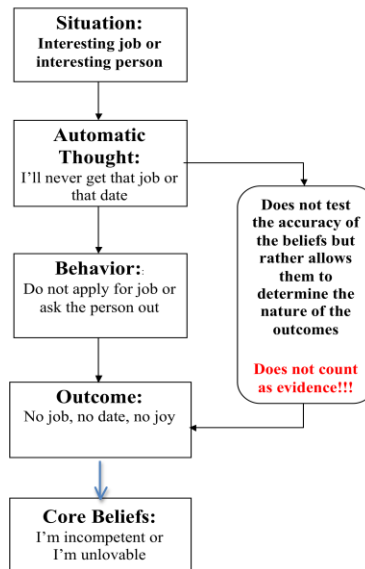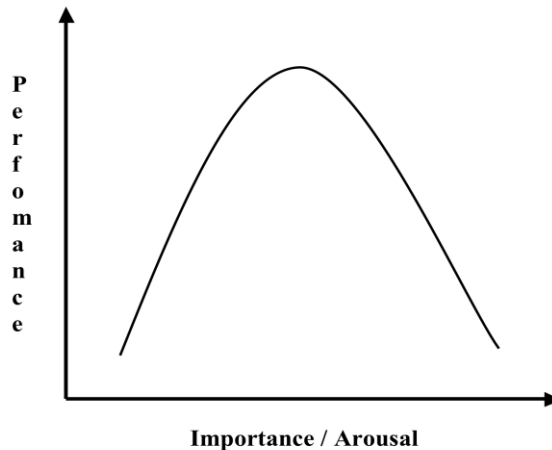
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13

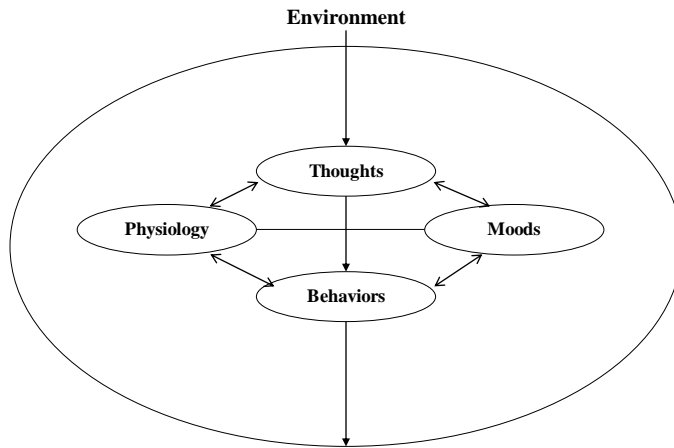# Performance Under Stress
(Yerkes-Dodson Law)

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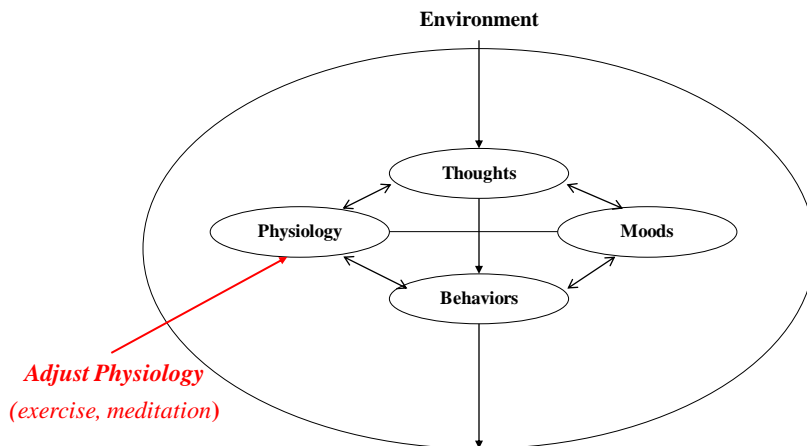- **Assign Homework**
- **Summary and Feedback**

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Cognitive Model Revisited

Environment

Thoughts

Physiology

Moods

Behaviors

Adapted from Greenberger & Padesky (1995)

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Cognitive Model Revisited

Environment

Thoughts

Physiology

Moods

Behaviors

Adjust Physiology
(exercise, meditation)

Adapted from Greenberger & Padesky (1995)

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Cognitive Model Revisited

Environment

Thoughts

Physiology

Moods

Behaviors

Adjust Physiology
(exercise, meditation)

Change Behaviors
(try something new!)

Adapted from Greenberger & Padesky (1995)

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Cognitive Model Revisited

Environment

Examine
Beliefs
(Check it out!)

Thoughts

Physiology

Moods

Behaviors

Adjust Physiology
(exercise, meditation)

Change Behaviors
(try something new!)

Adapted from Greenberger & Padesky (1995)
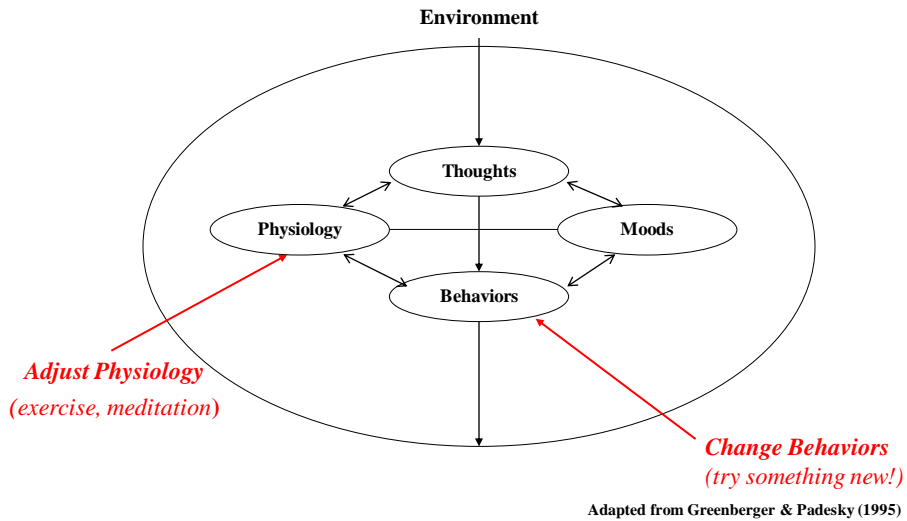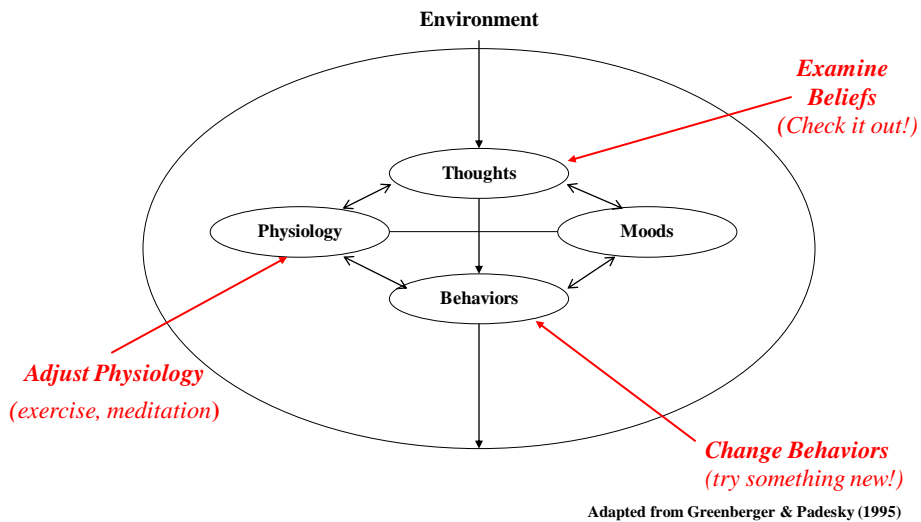
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Training in Self-Monitoring

- **Rationale for Self-monitoring**
- **Specific Training in Self-monitoring**
- **Setting up Homework as "No Lose"**
  - **Anticipate what might get in the way**
  - **If forget to do just fill in later**
  - **If it can't be done see what makes it tough**
- **Reviewing Self-monitoring with Client**
  - **Encourage client to "walk you through"**
  - **Look for places to intervene behaviorally**
  - **Look for places to examine role of beliefs**

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Weekly Activity Schedule

Note: Grade activities M for Mastery and P for Pleasure

	M	T	W	Th	F	St	S
9-10	did dishes 40	-	-	-	-	-	sleep
10-11	went to book-store 45 P	-	-	-	-	-	sleep
11-12	fill gas, read paper 45	-	-	-	-	-	read paper 25
12-1	looked at mail, real estate ads 45	-	-	-	-	-	read magazine 30
1-2	went to work 40	-	-	-	-	-	read magazine, eat 30
2-3	cut end row 45 P	-	-	-	-	-	watch tube 30
3-4	painted end rows 50 P	-	-	-	-	-	watch tube 30
4-5	installed grill plates 60 P	-	-	-	-	-	watch tube, eat 30
5-6	installed grill plates and mike 60 P	-	-	-	-	-	watch tube 30
6-7	come home 50	-	-	-	-	-	watch tube, read 30
7-8	eat dinner, talk to J 45	-	-	-	-	-	took bath 30-45
8-12	watch tube 45 made molds 60 P	-	-	-	-	-	read magazine, bed 35

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Behavioral Activation Strategies

- **Basics of Behavioral Activation**
  - **The more depressed the more behavioral**
  - **Use behaviors to test beliefs (experiments)**
  - **Keep it simple and concrete (compliance)**
  - **Act first and motivation will follow**
- **Activity Scheduling (complete / selective)**
- **Graded Task Assignment ("chunking")**
- **"Success" Therapy (concrete complete)**
- **Mastery and Pleasure (different strokes)**
- **Problem-solving Therapy (brainstorm / prioritize)**

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THOUGHT RECORD

Directions: When you notice your mood getting worse, ask yourself, "What's going through my mind right now?" and as soon as possible jot down the thought or mental image in the Automatic Thoughts column. Then consider how realistic those thoughts are.

Date	Situation Where were you – and what was going on – when you got upset?	Emotions What emotions did you feel (sad, anxious, angry, etc.)? Rate intensity (0-100%).	Automatic Thoughts What thoughts and/or images went through your mind? Rate your belief in each (0-100%).	Alternative Responses Use the questions at the bottom to compose responses to the automatic thoughts. Rate your belief in each (0-100%). Also, consult the list of possible distortions.	Outcome Rerate belief in your automatic thoughts (0-100%) and in the intensity of your emotions (0-100%).
2/5	Not getting filing and lots of other stuff done	Anxious – sad – angry 85%	A failure again, I can never get my work done, I'm no good 85%	I have gotten filing and other work done in the past, but usually in smaller bites not all at once 80%	1. 45% 2. Anxious – sad – angry 50%
2/7	Sitting and idly looking thru some old books – 6:30 am	Anxious 75%	Feeling guilty because I'm not doing work, I'm going to slip back into funk if I am not careful 70%	After twelve hours of high energy work yesterday (phone work, filing, building, letter, therapy, driving) I think it is ok to relax from 5:30am to 6:30am the following day 95%	1. 10% 2. Joyful, exuberant 95%
1/29	********** I can't handle it anymore – too much in the past to undo –misuse of time	********* Depressed 80%	********************** No options – either direct job in my specialty or nothing at all 90%	************************* The present does not predict the future 20%	************ 1. 95% 2. Depressed 95%

(1) What is the **evidence** that the automatic thought is true? What is the evidence that it is not true?
(2) Are there **alternative explanations** for that event, or alternative ways to view the situation?
(3) What are the i**mplications** if the thought is true? What's most upsetting about it? What's most realistic? What can I do about it?
(4) What would I tell a good friend in the same situation?

Possible Distortions: All-or-none Thinking; Overgeneralizing; Discounting the Positives; Jumping to Conclusions; Mind-reading; Fortune-telling; Magnifying/Minimizing; Emotional Reasoning; Making "Should" Statements; Labelling; Inappropriate Blaming

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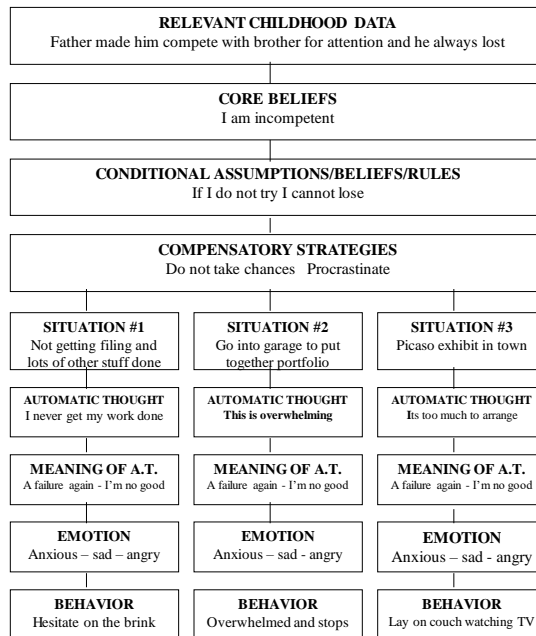
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COGNITIVE CONCEPTUALIZATION DIAGRAM

RELEVANT CHILDHOOD DATA
Father made him compete with brother for attention and he always lost

CORE BELIEFS
I am incompetent

CONDITIONAL ASSUMPTIONS/BELIEFS/RULES
If I do not try I cannot lose

COMPENSATORY STRATEGIES
Do not take chances   Procrastinate

SITUATION #1	SITUATION #2	SITUATION #3
Not getting filing and lots of other stuff done	Go into garage to put together portfolio	Picaso exhibit in town
AUTOMATIC THOUGHT	**AUTOMATIC THOUGHT**	**AUTOMATIC THOUGHT**
I never get my work done	**This is overwhelming**	Its too much to arrange
MEANING OF A.T.	**MEANING OF A.T.**	**MEANING OF A.T.**
A failure again - I'm no good	A failure again - I'm no good	A failure again - I'm no good
EMOTION	**EMOTION**	**EMOTION**
Anxious – sad – angry	Anxious – sad – angry	Anxious – sad - angry
BEHAVIOR	**BEHAVIOR**	**BEHAVIOR**
Hesitate on the brink	Overwhelmed and stops	Lay on couch watching TV

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Relapse Prevention Plan

1. **The most valuable ideas I've learned in therapy are:**
   a. __ balance life situations_____
   b. ___when in doubt – do – exercise/behaviors_____
   c. ___Think it through – step back_____

2. **The most valuable techniques I've learned in therapy are:**
   a. ____Thought Records_____
   b. ____Fear forms_____
   c. _____take a break – evaluate the situations_____

3. **My most important goals for the next year are:**
   a. _____travel_____
   b. _____classes- for the fun of it_____
   c. _____school_____

4. **The events and situations that might trigger a relapse are:**
   a. ____death or sickness_____
   b. _____if I try to take too much on_____
   c. ___failure_____

5. **The signs that signal that my mood is starting to slip are:**
   a. ____sad_____
   b. ____mind starts racing_____
   c. ____anxiety level_____

6. **If I notice my mood starting to slip, I will help myself by:**
   a. ___do something myself_____
   b. __ reach out to someone_____
   c. ___call therapist_____

7. **In to maintain my gains, I'll do the following regularly:**
   a. _____do -- exercise_____
   b. _____read and practice my skills learned through therapy_____
   c. _____therapy through others_____

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1990's Cognitive Therapy (Schema-focused)

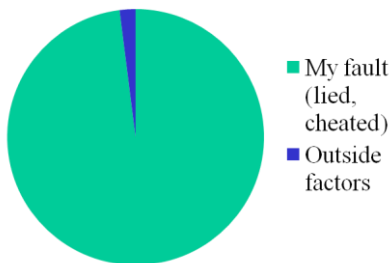## Working with complicated depressions
(Axis II and chronic)

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Sample Alternative Rationale

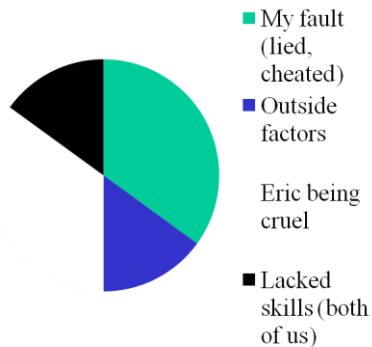| Theory A	Theory B
Flawed Character **(Bad Person)**	**Flawed Beliefs/Behaviors** **(Bad Strategies)**
father turned on me after mother died, treated me like I'm worthless…a bad person|	father turned on me after mother died, treated me like I'm worthless…a bad person
I'm damaged, my character became flawed	I came to believe that I'm bad, worthless
Can't trust people, can't trust myself, afraid of intimacy	If I let anyone get close to me, they will see how worthless and bad I am and reject me
I <u>always</u> hurt the people I'm close to (because I'm a bad person)	Because I believe I am bad and worthless, I do things that screw up relationships, not because I don't want them to work and not because I'm cruel, but because I'm trying to protect myself from being rejected (maybe also angry)
I have to change my *basic character* if I want to have any chance of getting what I want out of life	I need to *change my behavioral strategies*…maybe take some chances and *test my beliefs*…it may not be that I'm truly bad, just that I believe that I am and that I screw things up trying to protect myself from a rejection that may never come

47

Responsibility Pie (Reattribution)

Marriage Fails (Before)

My fault (lied, cheated)
Outside factors

Marriage Fails (After)

My fault (lied, cheated)
Outside factors
Eric being cruel
Lacked skills (both of us)

48

24

THOUGHT RECORD

Directions: When you notice your mood getting worse, ask yourself, "What's going through my mind right now?" and as soon as possible jot down the thought or mental image in the Automatic Thoughts column. Then consider how realistic those thoughts are.

<u>Date</u>	<u>Situation</u> Where were you – and what was going on – when you got upset?	<u>Emotions</u> What emotions did you feel (sad, anxious, angry, etc.)? Rate intensity (0-100%).	<u>Automatic Thoughts</u> What thoughts and/or images went through your mind? Rate your belief in each (0-100%).	<u>Alternative Responses</u> Use the questions at the bottom to compose responses to the automatic thoughts. Rate your belief in each (0-100%). Also, consult the list of possible distortions.	<u>Outcome</u> Rerate belief in your automatic thoughts (0-100%) and in the intensity of your emotions (0-100%).
	After a huge fight E made out a chore list on his computer at work and I fought him ferociously on every point	Extremely angry Resentful (100%)	There is no way in hell I'm doing what he wants (90%) He's not pulling one over on me and I'm not giving in like I always do (90%) He is a real jerk Its not just this list that I'm mad about – he's made me do things that cause me to be unhappy	This was his way of compromising, he wanted to meet me half-way and he wanted me to do the same (85%) He was doing the right thing, I was doing the wrong thing (85%) I was wrong – the other example, overreacted a bit, but at least I wasn't irrational like I was here	Emotion (0%) Automatic thoughts (49%)

(1) What is the **evidence** that the automatic thought is true? What is the evidence that it is not true?
(2) Are there **alternative explanations** for that event, or alternative ways to view the situation?
(3) What are the i**mplications** if the thought is true? What's most upsetting about it? What's most realistic? What can I do about it?
(4) What would I tell a good friend in the same situation?

Possible Distortions: All-or-none Thinking; Overgeneralizing; Discounting the Positives; Jumping to Conclusions; Mind-reading; Fortune-tellin Magnifying/Minimizing; Emotional Reasoning; Making "Should" Statements; Labelling; Inappropriate Blaming

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THOUGHT RECORD

Directions: When you notice your mood getting worse, ask yourself, "What's going through my mind right now?" and as soon as possible jot down the thought or mental image in the Automatic Thoughts column. Then consider how realistic those thoughts are.

Date	Situation Where were you – and what was going on – when you got upset?	Emotions What emotions did you feel (sad, anxious, angry, etc.)? Rate intensity (0-100%).	Automatic Thoughts What thoughts and/or images went through your mind? Rate your belief in each (0-100%).	Alternative Responses Use the questions at the bottom to compose responses to the automatic thoughts. Rate your belief in each (0-100%). Also, consult the list of possible distortions.	Outcome Rerate belief in your automatic thoughts (0-100%) and in the intensity of your emotions (0-100%).
	After a huge fight E made out a chore list on his computer at work and I fought him ferociously on every point	Extremely angry Resentful (100%)	There is no way in hell I'm doing what he wants (90%) He's not pulling one over on me and I'm not giving in like I always do (90%) He is a real jerk Its not just this list that I'm mad about – he's made me do things that cause me to be unhappy	This was his way of compromising, he wanted to meet me half-way and he wanted me to do the same (85%) He was doing the right thing, I was doing the wrong thing (85%) I was wrong – the other example, overreacted a bit, but at least I wasn't irrational like I was here	Emotion (0%) Automatic thoughts (49%)

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51

THOUGHT RECORD

Directions: When you notice your mood getting worse, ask yourself, "What's going through my mind right now?" and as soon as possible jot down the thought or mental image in the Automatic Thoughts column. Then consider how realistic those thoughts are.

Date	Situation Where were you – and what was going on – when you got upset?	Emotions What emotions did you feel (sad, anxious, angry, etc.)? Rate intensity (0-100%).	Automatic Thoughts What thoughts and/or images went through your mind? Rate your belief in each (0-100%).	Alternative Responses Use the questions at the bottom to compose responses to the automatic thoughts. Rate your belief in each (0-100%). Also, consult the list of possible distortions.	Outcome Rerate belief in your automatic thoughts (0-100%) and in the intensity of your emotions (0-100%).
11/9	Soccer game – friend P asked me if I had been staying out late because I looked tired	Embarrassed (90%)	She thinks I am wild and out-of-control; she thinks that because I'm single I'm out drinking and sleeping around every night (90%) She thinks she is morally superior to me (90%)	I have no evidence that this is so. She said I looked tired; that is all (80%) After I joked around w/her about it, she told me that she didn't mean that imply those things (70%)	60%

(1) What is the **evidence** that the automatic thought is true? What is the evidence that it is not true?
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52

THOUGHT RECORD

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11/9	Soccer game – friend P asked me if I had been staying out late because I looked tired	Embarrassed (90%) (Anger?)	She thinks I am wild and out-of-control; she thinks that because I'm single I'm out drinking and sleeping around every night (90%) She thinks she is morally superior to me (90%)	I have no evidence that this is so. She said I looked tired; that is all (80%) After I joked around w/her about it, she told me that she didn't mean that imply those things (70%)	60%

(1) What is the **evidence** that the automatic thought is true? What is the evidence that it is not true?
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53

THOUGHT RECORD

Directions: When you notice your mood getting worse, ask yourself, "What's going through my mind right now?" and as soon as possible jot down the thought or mental image in the Automatic Thoughts column. Then consider how realistic those thoughts are.
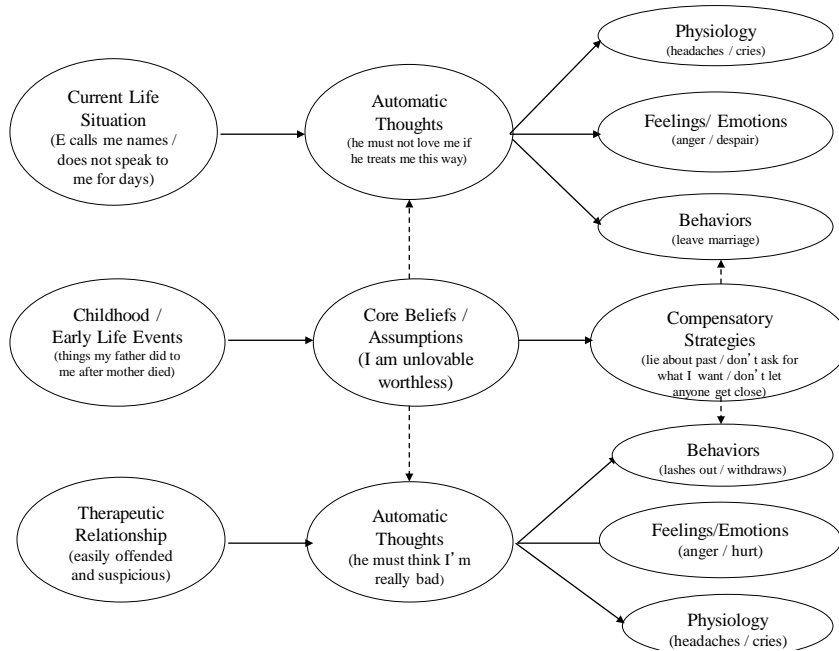
Date	Situation Where were you – and what was going on – when you got upset?	Emotions What emotions did you feel (sad, anxious, angry, etc.)? Rate intensity (0-100%).	Automatic Thoughts What thoughts and/or images went through your mind? Rate your belief in each (0-100%).	Alternative Responses Use the questions at the bottom to compose responses to the automatic thoughts. Rate your belief in each (0-100%). Also, consult the list of possible distortions.	Outcome Rerate belief in your automatic thoughts (0-100%) and in the intensity of your emotions (0-100%).
11/9	Soccer game – friend P asked me if I had been staying out late because I looked tired	Embarrassed (90%)	She thinks I am wild and out-of-control; she thinks that because I'm single I'm out drinking and sleeping around every night (90%) She thinks she is morally superior to me (90%)	**1** I have no evidence that this is so. She said I looked tired; that is all (80%) **2** After I joked around w/her about it, she told me that she didn't mean that imply those things (70%)	60%

(1) What is the **evidence** that the automatic thought is true? What is the evidence that it is not true?
(2) Are there **alternative explanations** for that event, or alternative ways to view the situation?
(3) What are the i**mplications** if the thought is true? What's most upsetting about it? What's most realistic? What can I do about it?
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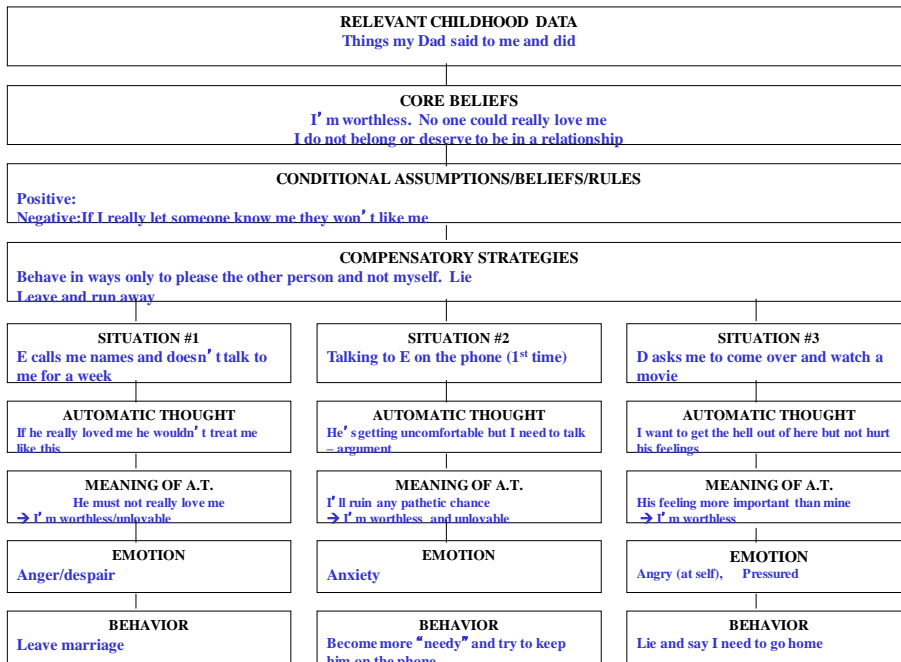
54

Three-Legged Stool (516 CPT2)

Current Life Situation
(E calls me names / does not speak to me for days)

Automatic Thoughts
(he must not love me if he treats me this way)

Physiology
(headaches / cries)

Feelings/ Emotions
(anger / despair)

Behaviors
(leave marriage)

Childhood / Early Life Events
(things my father did to me after mother died)

Core Beliefs / Assumptions
(I am unlovable worthless)

Compensatory Strategies
(lie about past / don't ask for what I want / don't let anyone get close)

Behaviors
(lashes out / withdraws)

Therapeutic Relationship
(easily offended and suspicious)

Automatic Thoughts
(he must think I'm really bad)

Feelings/Emotions
(anger / hurt)

Physiology
(headaches / cries)

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COGNITIVE CONCEPTUALIZATION DIAGRAM

RELEVANT CHILDHOOD DATA
Things my Dad said to me and did

CORE BELIEFS
I'm worthless. No one could really love me
I do not belong or deserve to be in a relationship

CONDITIONAL ASSUMPTIONS/BELIEFS/RULES
Positive:
Negative: If I really let someone know me they won't like me

COMPENSATORY STRATEGIES
Behave in ways only to please the other person and not myself. Lie
Leave and run away

SITUATION #1	SITUATION #2	SITUATION #3
E calls me names and doesn't talk to me for a week	Talking to E on the phone (1st time)	D asks me to come over and watch a movie
AUTOMATIC THOUGHT	**AUTOMATIC THOUGHT**	**AUTOMATIC THOUGHT**
If he really loved me he wouldn't treat me like this	He's getting uncomfortable but I need to talk – argument	I want to get the hell out of here but not hurt his feelings
MEANING OF A.T.	**MEANING OF A.T.**	**MEANING OF A.T.**
He must not really love me → I'm worthless/unlovable	I'll ruin any pathetic chance → I'm worthless and unlovable	His feeling more important than mine → I'm worthless
EMOTION	**EMOTION**	**EMOTION**
Anger/despair	Anxiety	Angry (at self), Pressured
BEHAVIOR	**BEHAVIOR**	**BEHAVIOR**
Leave marriage	Become more "needy" and try to keep him on the phone	Lie and say I need to go home

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CORE BELIEF WORKSHEET

Old core belief: *My life is meaningless*_____

How much do you believe the old core belief right now? (0-100) *90*
        *What's the most you've believed it this week? (0-100) *100*
        *What's the least you've believed it this week? (0-100) *70*

New core belief: *I am worthwhile*_____

How much do you believe the new core belief right now? (0-100) *60*

Evidence that contradicts old belief and supports new one	Evidence that supports old belief with <u>reframe (alt explanation)</u>
I have made great strides over the last few months	*I don't have my degree (yet) – this is reframe)*
I'm in therapy	
I am successful at my <u>new</u> job	*I haven't traveled enough*
I am still exercising	
I am not dependent on anyone	*I'm not working hard enough on my book (but I am working)*
I have made new friends	
I have made strong bonds with several of the children who have been in my classroom over the years (given the children a gift – love of learning)	*I can't maintain a romantic relationship (but I'm doing better)*
	I'm not doing enough to help others (but I am doing a lot for the kids in my classroom)

Adapted from J.S. Beck (1995)

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The Fear Form (Short Version)
(Still faster than a speeding Xanax)

1. What is the worst that can happen?
__He will laugh at me and embarrass me in front of others_____
_____
Calm ---1----2----3----4----5----6----7----8----9---**10** Very Anxious

2. What's the best that can happen?
__He will accept and we will have a great time_____
_____

3. What is the most likely to happen?
__He will turn me down but be nice about it_____
_____

4. Even if the worst happens, what could I do to cope?
__Let him know that I understand if he does not want to go out with
__me but that he did not have to be rude when he turned me down

5. What are some steps I could take to influence the situation?
__Role play with therapist in advance and ask him in private_____
_____
_____
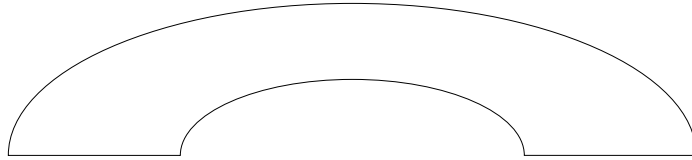Calm ---1----2----3----4---**5**----6----7----8----9---10 Very Anxious

First Rating _10_ minus Second Rating _5_ = __5_ Anxiety Reduction

58

Assertion Training

Assertive

(respects self, respects others)

Passive/ Nonassertive

(Doesn't respect self)

Aggressive

(Doesn't respect others)

Assertive Communication

Describe: (when you…)

Express: (I feel…because I think it means…)

Ask: (what I would like is for you to…)
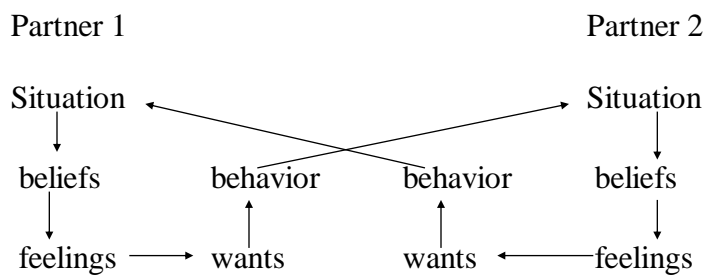
Reinforce: (and if you do, I will…)

A woman without a man
is like a fish without a bicycle

Gloria Steinem

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Cognitive Couples Communication

Partner 1   Partner 2

Situation   Situation

beliefs   behavior   behavior   beliefs

feelings ⟶ wants   wants ⟵ feelings

- **All you see is your partner's behavior (not what they think and feel)**
- **Don't jump to conclusions about why they are doing what they are doing (check it out!)**
- **Come up with new strategies when something doesn't work (don't keep doing more of the same)**
- **Compromise when you want different things (e.g., take turns)**

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And Close Your Talks with Pictures of Babies

Keys to the Kingdom:
Its not what you know
its who you work with
and what they can
teach you about life
along the way
(liebe und arbeit)

Toboggan theory of life:
Get the damn thing
pointed down the hill and
you can figure out how to
steer on the way down and
how to stop when you get
to the bottom

No Matter How Hard the Task Just Keep
Hanging in There

63

World's Greatest Mentor

World class
scientist

World class
clinician

In Memory

64

Recommended Readings

Beck, J.S. (2011). *Cognitive therapy: Basics and beyond (2nd ed.)*. New York: Guilford Press.

Beck, J.S. (2011). *Cognitive therapy for challenging problems: What to do when the basics don't work (2nd ed.)*. New York: Guilford Press.

Beck, A. T., Freeman, A., Davis, D. D., & Associates (2015). *Cognitive therapy of personality disorders (3rd ed.)*. New York: Guilford Press.

Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, G. (1979). *Cognitive therapy of depression*. New York: Guilford Press. {revision underway}

Beck, A.T., Wright, F.D., Newman, C.F., & Liese, B.S. (1993). *Cognitive therapy of substance abuse*. New York: Guilford Press.

Clark, D. A., & Beck, A.T. (2010). *Cognitive therapy of anxiety disorders: Science and practice.* New York: Guilford Press.

Layden, M.A., Newman, C.F., Freeman, A., & Morse, S.B. (1993). *Cognitive therapy of borderline personality disorder*. Needham Heights, MA: Allyn & Bacon.

 Burns, D.D. (1980). *Feeling good: The new mood therapy*. New York: William Morrow

Greenberger, D., & Padesky, C. A. (2015). *Mind over mood: Change how you feel by changing the way you think (2nd ed.)*. New York: Guilford Press. (Self-help workbook)

65

Cognitive Model Revisited
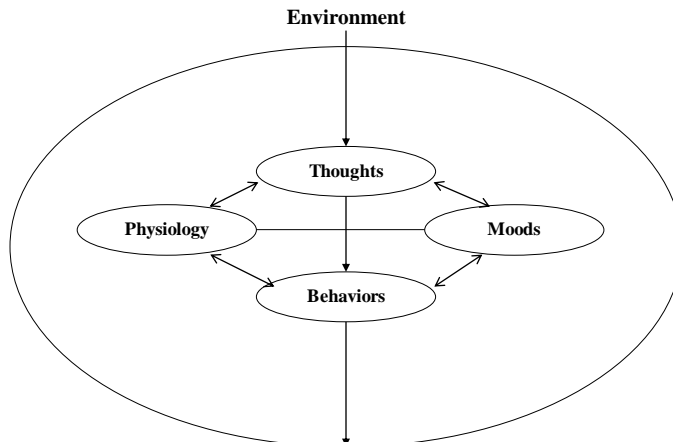
Adapted from Greenberger & Padesky (1995)

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Weekly Activity Schedule
Note: Grade activities M for Mastery and P for Pleasure

	M	T	W	Th	F	St	S
9-10							
10-11							
11-12							
12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-12							

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THOUGHT RECORD

Directions: When you notice your mood getting worse, ask yourself, "What's going through my mind right now?" and as soon as possible jot down the thought or mental image in the Automatic Thoughts column. Then consider how realistic those thoughts are.

Date	Situation	Emotions	Automatic Thoughts	Alternative Responses	Outcome
	Where were you – and what was going on – when you got upset?	What emotions did you feel (sad, anxious, angry, etc.)? Rate intensity (0-100%).	What thoughts and/or images went through your mind? Rate your belief in each (0-100%).	Use the questions at the bottom to compose responses to the automatic thoughts. Rate your belief in each (0-100%). Also, consult the list of possible distortions.	Rerate belief in your automatic thoughts (0-100%) and in the intensity of your emotions (0-100%).

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Possible Distortions: All-or-none Thinking; Overgeneralizing; Discounting the Positives; Jumping to Conclusions; Mind-reading; Fortune-telling; Magnifying/Minimizing; Emotional Reasoning; Making "Should" Statements; Labeling; Inappropriate Blaming
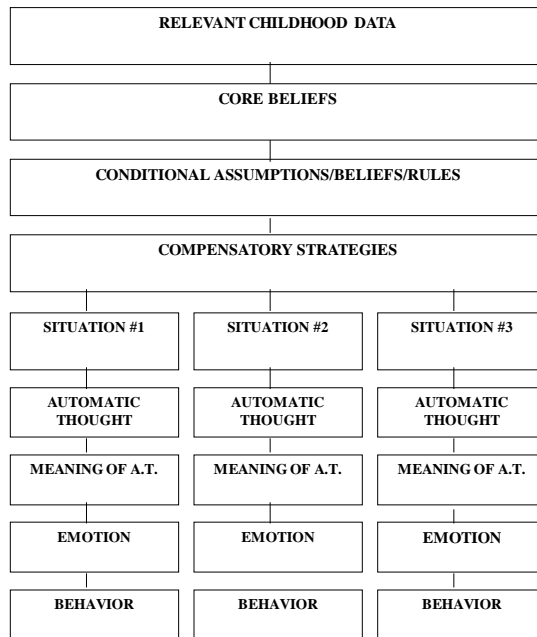
68

Three-Legged Stool
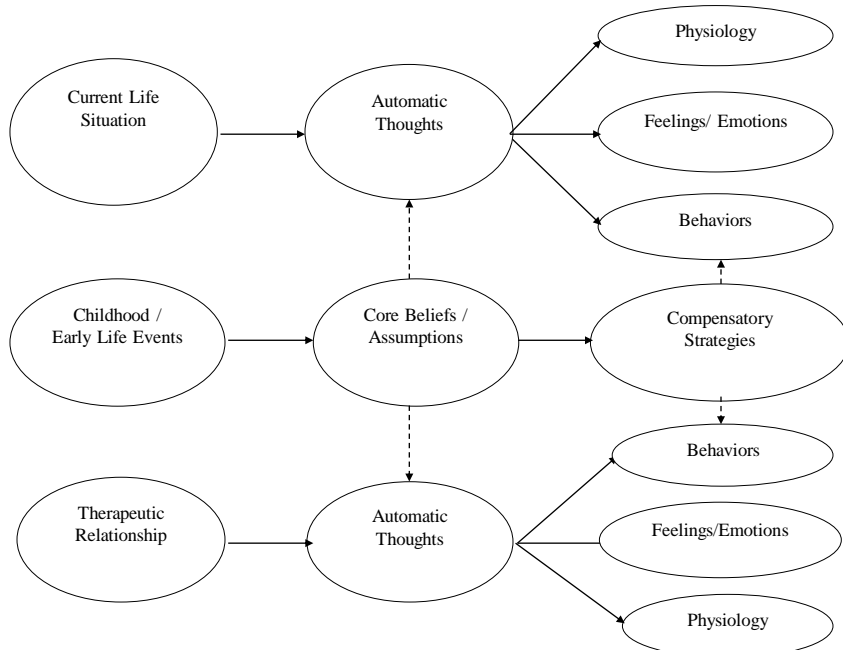
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COGNITIVE CONCEPTUALIZATION DIAGRAM

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CORE BELIEF WORKSHEET

Old core belief: _____

How much do you believe the old core belief right now?   (0-100) ____
        *What's the most you've believed it this week?   (0-100) ____
        *What's the least you've believed it this week?   (0-100) ____

New core belief: _____

How much do you believe the new core belief right now? (0-100) ____

Evidence that contradicts old belief and supports new one	Evidence that supports old belief with reframe (alt explanation)
	Adapted from J.S. Beck (1995)

71

Relapse Prevention Plan

1. The most valuable ideas I've learned in therapy are:
    a. _____
    b. _____
    c. _____

2. The most valuable techniques I've learned in therapy are:
    a. _____
    b. _____
    c. _____

3. My most important goals for the next year are:
    a. _____
    b. _____
    c. _____

4. The events and situations that might trigger a relapse are:
    a. _____
    b. _____
    c. _____

5. The signs that signal that my mood is starting to slip are:
    a. _____
    b. _____
    c. _____

6. If I notice my mood starting to slip, I will help myself by:
    a. _____
    b. _____
    c. _____

7. In to maintain my gains, I'll do the following regularly:
    a. _____
    b. _____

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The Fear Form (Short Version)
(Still faster than a speeding Xanax)

1. What is the worst that can happen?

_____
_____

Calm ---1----2----3----4----5----6----7----8----9---10 Very Anxious

2. What's the best that can happen?

_____
_____
_____

3. What is the most likely to happen?

_____
_____

4. Even if the worst happens, what could I do to cope?

_____
_____

5. What are some steps I could take to influence the situation?

_____
_____
_____

Calm ---1----2----3----4----5----6----7----8----9---10 Very Anxious

First Rating _____ minus Second Rating _____ = _____ Anxiety Reduction

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