

Using CBT techniques to support patients with depression and anxiety

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Supported self-management (SSM)

- Patient receives a self-help tool e.g. book or guidance to a website **plus** support from a healthcare provider
- Low intensity intervention between a clinical treatment and method of knowledge transfer
 - Stand-alone
 - Adjunct to antidepressant medication
 - Waiting list initiative (getting started)
 - Booster following treatment (review of treatment)
 - Relapse prevention/management (in place of immediate re-referral)

Reasons for using SSM

- Effective
- Low cost
- Potentially feasible in constraints of primary care
- Easily taught/learned
- Helps the patient become the expert on their condition: consistent with chronic disease management model

GP role

- As a coach, not a CBT therapist:
 - Helping patient apply skills of behaviour change
 - Prescribing self-management
 - Teaching self-management
 - Providing access to evidence-informed tools
 - Explaining key concepts
 - Giving encouragement
 - Helping patient set goals

Impact of SSM

- Self-management alone has 50% impact of standard depression treatment, whilst SSM yields a similar effect to standard depression treatment
- Aimed at mild-moderate presentations (can be an adjunct to other treatment in more severe presentations)

Introducing 'antidepressant skills' (Bilsker & Goldner, 2010)

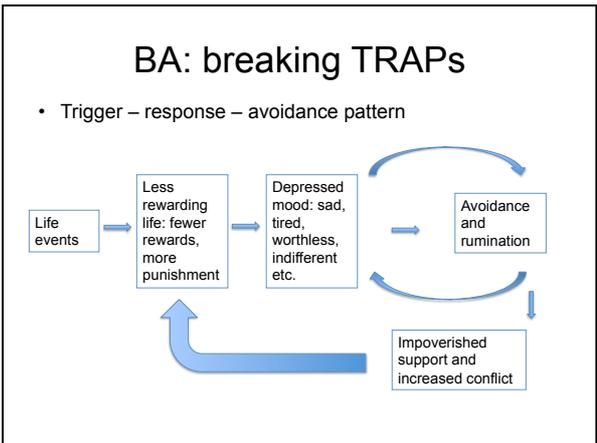
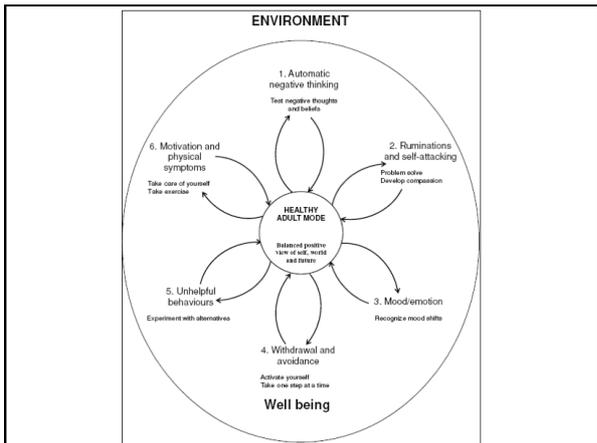
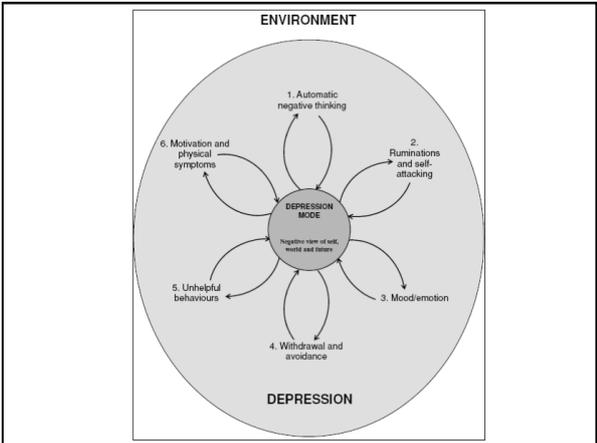
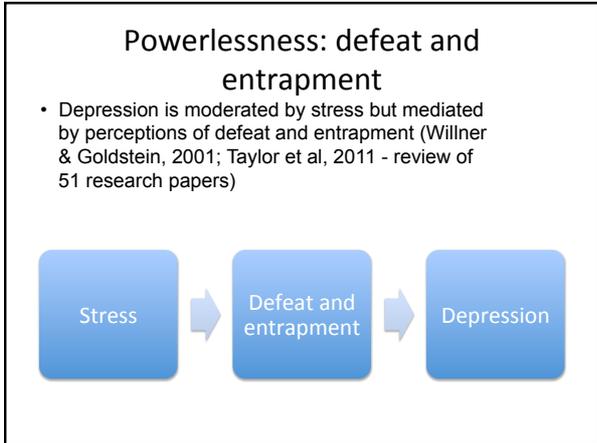
- **Key messages to impart to patients:**
 - We can work together to change how you feel
 - Others have found these ideas very helpful
 - You'll need to do some reading and practice
 - I'm happy to work with you on this -- we'll set some regular visits to check how you're doing and work out problems
- *Does this seem like something you'd like to try?*

Self-help guides

- Books on Prescription: Overcoming series
- Rethink: a recovery programme for depression: Karina Lovell and David Richards
 - http://www.rethink.org/about_mental_illness/mental_illnesses_and_disorders/depression/
- Antidepressant Skills Workbook: Dan Bilsker and Randy Paterson (from British Columbia)
 - <http://www.camha.ca/selfcare/>
- Northumberland, Tyne and Wear NHS Foundation Trust self-help leaflets
 - <http://www.ntw.nhs.uk/pic/selfhelp>
- Camden NHS: Depression and low mood: your self-help guide
 - <http://www.camden.nhs.uk/Downloads/downloads/Depression%20and%20low%20mood.pdf>

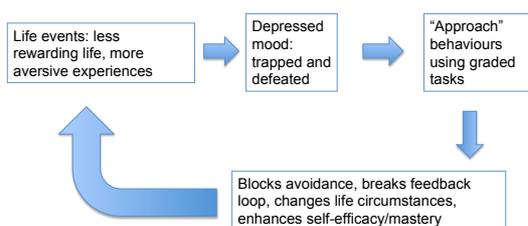
Websites

- Get Self Help: www.get.gg
- Psychology Tools: <http://psychology.tools>
- Living Life to the Full: <http://www.lltff.com>
- Centre for Clinical Interventions: <http://www.cci.health.wa.gov.au>
- Mood Gym: <https://moodgym.anu.edu.au/welcome>
- Online CBT Resources: www.onlinecbtresources.co.uk



BA: making TRACs

- Trigger – response – alternative coping



Activation skills

- Overcoming avoidance and negative reinforcement
- Creating opportunities for positive reinforcement
- Re-sensitizing to pleasure and achievement
- Reinforcing the idea that **action precedes motivation** (not the other way round)
- Increasing self-regulation through improved diet and exercise

Step 1: identify activities to increase

- Personally rewarding activities
- Self-care
- Small duties
- Involvement with families and friends
- Reactivating Your Life: Bilsker & Paterson (2005)

Step 2: choose two of these activities

- Pick two activities from different areas.

Step 3: Set realistic goals

- **Meaningful and manageable:**
 - Specific
 - Realistic
 - Scheduled
 - Small steps

Step 4: Carry out your activities

- “It’s important to realize that you probably won’t feel like doing your planned activities. In depression, your motivation to do things is much less than usual. But if you wait until you feel like it, it’s likely that it won’t happen. Do the activity because you set a goal for yourself and because it will help you get better. After you’ve done and ticked off each activity, you will see what you’ve accomplished.”

Step 5: review your activities

- After two weeks of doing these activities, review the situation.
- Add an extra activity from a third area

Step 6: keeping going

- Decide on your three activities.
- Write them in your schedule.
- Check off each activity as you do it.
- Praise yourself each time.
- Review the activities every two weeks to decide if they need modification and whether you are ready to add a new goal.

Have a go yourself

- In pairs use the worksheet in turn to choose one or two areas of your own life where you'd like to increase your level of activity

Anxiety equation

$$\text{Anxiety} = \frac{\text{Probability} \times \text{Awfulness}}{\text{Coping} + \text{Rescue}}$$

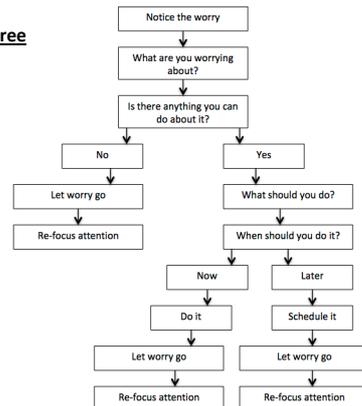
Avoidance
 Excessive precautions
 Worry

Physical sensations
 Perceptual narrowing
 Urge to flee, cling or fight

Tackling worry

- Worry diary
 - Hypothetical problems vs current concerns
- Increasing tolerance of uncertainty
 - Overcoming avoidance/over-control strategies
- Challenging positive beliefs about worry
 - E.g. "I'll be prepared"
- Improving problem-solving
- Imaginal exposure
 - Writing your worry script
- Worry time
 - Challenging the belief that worry is uncontrollable

Worry tree



Worry log

- What are you worrying about?
- What gives you cause to worry?
- Make a specific prediction
- How anxious does that make you: 0-100%?
- How confident are you in your prediction: £0-100?
- ...Later
- What actually happened?
- What have you learned?

Have a go yourself

- In groups of two discuss something that you have been worrying about – use either the worry tree or the worry log to explore what you've been worrying about?

Thank you

- Any questions?