

CBTm COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS

Class #4

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Ground Rules

Respect others	Talk to us
<p>Please respect everyone's confidentiality</p> <p>Please do not share with the class personal stories of trauma or suicidal or violent thoughts</p>	<p>If you are distressed, please talk to staff members individually</p>

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Class Outline

- Mindfulness
- Review of Skills Practice
- Anger, Assertiveness, Self-Compassion
- Problem-Solving
- Skills Practice

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Mindfulness Meditation – 5 min

- Observe without judgment
- Helpful for stress reduction
- Apps
 - Mindshift
 - Mindfulness Coach
- Anywhere, anytime
 - Observe breath, object, activity, sounds

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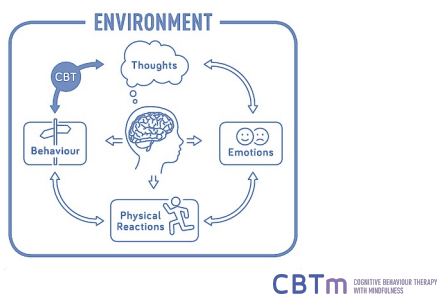
Review of Skills Practice

- Mindfulness 5 min twice a day
- 2 goals for this week
- 90% likelihood of completing the goals
- Include at least one Healthy Living goal
 - Exercise
 - Nutrition
 - Reduce caffeine
 - Reduce alcohol/drugs
 - Sleep

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The CBT Model



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- _____
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Anger

Normal human emotion

- Appropriate response to perceived injustice against oneself or others
- Anger itself not a problem, but how anger is expressed or dealt with can be

Consider: Relaxation strategy and/or a thought record

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TESTING YOUR THOUGHTS (Example)
This worksheet is a version of a Dialectical Thought Record.

What is the situation? _____

What am I thinking or imagining? _____

How much do I believe it? [a little] [medium] [a lot] (for rate 0-100...)

How does that thought make me feel? [angry] [sad] [nervous] other _____

How strong is the feeling? [a little strong] [medium] [very strong] (for rate 0-100...)

What makes me think the thought is true? _____

What makes me think the thought is not true or not completely true? _____

What's another way to look at this? _____

What's the worst that could happen? Would I still live through it? _____

What's the best that could happen? _____

What will probably happen? _____

What will happen if I keep telling myself the same thought? _____

What could happen if I changed my thinking? _____

What would I tell my friend _____ if this happened to him/her? _____

What should I do now? _____

How much do I believe the negative thought now? [a little] [medium] [a lot] (for rate 0-100...)

How strong is my negative feeling now? [a little strong] [medium] [very strong] (for rate 0-100...)

Use a thought record when feeling angry



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		RESPECT FOR SELF		Anger
		+	-	
RESPECT FOR OTHERS	+			
	-	Aggression Selfishness Narcissism		



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		RESPECT FOR SELF		Anger
		+	-	
RESPECT FOR OTHERS	+		Passivity ↓ Depression, Anxiety	
	-	Aggression Selfishness Narcissism		



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		RESPECT FOR SELF		
		+	-	
RESPECT FOR OTHERS	+	Assertiveness	Passivity ↓ Depression, Anxiety	Anger
	-	Aggression Selfishness Narcissism		

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		RESPECT FOR SELF		
		+	-	
RESPECT FOR OTHERS	+	Assertiveness	Passivity ↓ Depression, Anxiety	Anger
	-	Aggression Selfishness Narcissism	Passive Aggression	

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Anger

- Aggression**
 - Overvalue own needs and ignore the needs of others
- Passivity**
 - Overvalue the needs of others and ignore your own needs
- Passive-Aggression**
 - Not express own needs and then get angry with/resent others for not meeting your needs
- Assertiveness**
 - Balance own needs with the needs of others in a way that is consistent with your personal values

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Assertiveness – Basic Skills

- Assertiveness is a skill, not a personality type
- It's about controlling your own behaviour, not others'
- Does not mean always getting your way
- Start small, like with any new skill
- You don't have to be assertive all the time

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Assertiveness – Basic Skills

- Body language/non-verbal behaviours
- Get more information
- Check your own distortions/thinking traps
- "I" statements
- Express your wishes clearly
- Try to hear others' wishes
- It's okay to "buy time"

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Assertiveness – Basic Skills

- Brace yourself for resistance from others
- Don't set limits you won't keep
- Start with one relationship, not your most conflicted one
- Don't overcompensate with aggression
- Try not to make it about who wins

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assertive communication

Assertiveness means expressing your point of view in a clear, direct, and honest way, while respecting others. Communicating in an assertive manner helps you to achieve goals, to resolve anger, to have your needs met, and to have better relationships with friends, family and others.

Assertiveness is a type of communication where people are able to put their own views, when necessary, in a way that respects others. Assertive communication is a type of communication where people are able to put their own views, when necessary, in a way that respects others.

Aggressive Communication: Aggression involves a person trying to win an argument. But the loss is usually left to others.

Passive Communication: Passive communication is a person's unwillingness to express their own views, feelings, or needs. They are often afraid of conflict, and they may feel that they are being taken advantage of.

Assertive Communication: Assertive communication is a person's ability to express their own views, feelings, and needs in a way that respects others. It is a type of communication where people are able to put their own views, when necessary, in a way that respects others.

More on assertiveness: Assertive communication can be described as your ability to express your views, feelings, and needs in a way that respects others. It is a type of communication where people are able to put their own views, when necessary, in a way that respects others.

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Self Compassion

Self-kindness vs. Self-judgment

Common humanity vs. Isolation

Mindfulness vs. Over-identification

<https://vimeo.com/65859796>
<http://self-compassion.org/>

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- _____ Mindfulness
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- _____ Problem-Solving
- _____ Skills Practice

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Problem Solving

To read more visit:
<https://www.heretohelp.bc.ca/wellness/module/wellness-module-4-problem-solving>

- 1 HOW DO I KNOW IF I HAVE A PROBLEM?
- 2 WHAT'S THE PROBLEM?
- 3 HOW WILL I KNOW WHEN I GET THERE?
- 4 WHAT ARE SOME POSSIBLE SOLUTIONS?
- 5 WHAT'S THE BEST SOLUTION?
- 6 PUT YOUR SOLUTION INTO ACTION
- 7 CHECK UP ON YOUR PROGRESS

These resources have been modified from the original with permission from the Canadian Mental Health Association BC Division, and the BC Partners for Mental Health and Substance Use Services. CBTm and the BC Partners for Mental Health and Substance Use Services were not involved in the modification process and cannot warrant the quality of the final version. To see the original 2016 English version, visit <https://www.heretohelp.bc.ca/wellness/module/wellness-module-4-problem-solving>

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Step 1: How do I know if I have a problem?

- Pay attention to your feelings
e.g., Are you frustrated? Anxious? Depressed?
- What is happening to make you feel this way?
- Try not to focus on negatives, instead look for opportunities
- Try making a list of problems that come up again and again for you

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Step 2: What's the problem?

Tips:

- Be as specific as possible
- Stick to the facts
- Don't be too narrow

In order to identify the problem, ask yourself these 3 questions:

1. What is the situation right now? What's making me feel upset?
2. What would I like the situation to be?
3. What are the obstacles standing between what I would like the situation to be and what the situation is right now?

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Step 3: How will I know when I get there?

Choose a goal for your problem.
The SMART principle may help you set goals. Goals should be:

- S**pecific
- M**easurable
- A**ttainable
- R**ealistic
- T**ime-limited



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Step 4: What are some possible solutions?

1

Brainstorm solutions

2

Don't judge your ideas, allow yourself the freedom to come up with as many ideas as possible

3

There's no such thing as the "perfect" solution

4

Try to think of as many solutions as possible



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Step 5: What is the best solution?

Use the following 4 questions as a guide:

1. Will this solution help me reach my goals and solve my problem?

2. If I choose this solution how good or bad am I likely to feel?

3. How much time and effort does this solution involve?

4. Does this solution have more benefits than costs?



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Step 5: Example

The problem is "I don't spend enough time on myself"

Solution	Pros	Cons
Example - "I could take a class at the community centre"	Example - "it'd be great to learn something new."	Example - "it could become just another thing on my to-do list."
	Example - "I might meet some nice new people."	Example - "I might not be able to afford it."
	Example - "the community centre's really close to my house so it's convenient."	

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Step 6: Put your solution into action

Step-by-step approach

Tasks are more easily managed when they are broken up into smaller steps

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Step 6: Example

In this example, Mandy wants to become more confident about saying "no"

Solution Step	Action
1	Mandy borrows a book on confidence from the library
2	Mandy reads the book
3	Mandy starts practicing saying "no" in the mirror every day
4	Mandy decided to say "no" for the first time when her sister asked her to pick up an order for her
5	Mandy rewards herself for saying no by treating herself to a coffee from her favourite cafe

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Step 7: Check up on your progress

If your solution isn't working, be kind to yourself!

Remember, even the best plans don't always work as expected

You may need go through these steps more than once until you reach a satisfactory solution



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Problem-Solving

What is Problem-Solving?

Problem-solving is an important skill for our mental health. Problems that don't go away can take a big toll on our overall well-being. If left unsolved, a small problem can become a much larger problem. This can leave us feeling frustrated, stressed, hopeless, and even depressed. When we choose to solve our problems, it allows us to deal more effectively with the stresses in our lives and we are able to continue moving forward.

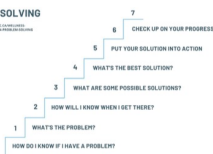
Problem-Solving has other benefits, including:

- Increased functioning at school and/or work
- More positive relationships with friends, family members and co-workers
- Build our self-esteem
- Increases life satisfaction

Some problems are bigger than others and are not as easily solved. These problems can create stress and impact our well-being. The initial response may be to cope with these problems the way we would other problems we've faced in the past. However, until we come up with the correct solution, the problem won't go away and will continue to impact our lives.

For difficult problems, there are 7 steps we can follow in order to try to best solve them. In the following pages, you will come to learn the 7 steps involved in effective problem-solving. If you want to learn more, visit www.basethoughts.ca and look at their problem solving module.

PROBLEM-SOLVING



- 1 WHAT'S THE PROBLEM?
HOW DO I KNOW IF I HAVE A PROBLEM?
- 2
- 3 WHAT ARE SOME POSSIBLE SOLUTIONS?
- 4 WHAT'S THE BEST SOLUTION?
- 5 PUT YOUR SOLUTION INTO ACTION
- 6 CHECK UP ON YOUR PROGRESS
- 7

These resources have been modified from the original work developed from the Canadian Mental Health Association (CMHA) and the BC Centre for Mental Health and Substance Use Research. With the permission of the Canadian Mental Health Association and the BC Centre for Mental Health and Substance Use Research, the information on this website is for educational purposes and cannot be used for the purpose of a paid service. To see the original CMHA original version, visit <https://www.basethoughts.ca/resources/module/problem-solving>

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Skills Practice

Mindfulness 5 min twice a day

One thought records in the week
(Testing Your Thoughts worksheet)

Visit problem-solving website for 15 min

Fill out problem-solving sheet

Work on 1 SMART goals

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Resources

Self-compassion.org [<https://self-compassion.org/>]

Self-Compassion video [<https://vimeo.com/65859796>]

Problem Solving Module [www.heretohelp.bc.ca/wellness-module/wellness-module-4-problem-solving]



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Resources

Adult Mobile Crisis Unit (24/7) - (204-940-1781)

Klinik Crisis Line - (204-786-8686) OR (1-888-322-3019)

Crisis Response Centre - (204-940-1781)

→ Community Intake - (204-788-8330)

Manitoba Suicide Prevention & Support Line (24/7) - (1-877-435-7170)

→ <https://www.reasontolive.ca>

Addictions Foundation of Manitoba - (204-944-6200) OR (1-855-662-6605)

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



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