

Therapy 101: A Brief Overview of Common Therapeutic Approaches Utilized in Modern Psychotherapy

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The Therapeutic Process

- **Intake and Assessment**
 - Informs diagnosis, recommendations, & referrals
 - Therapist determines therapeutic approach
- **Treatment Planning**
 - (Diagnosis & symptoms inform the plan)
 - Important to help clients determine and define what does better mean or look like for them
- **Discharge and Termination**
 - Often includes extending time between sessions as discharge nears
 - Can include a planned "pause" (ex. check-in after three months)

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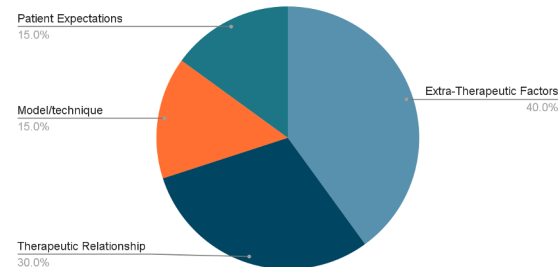
Factors that Impact the Therapeutic Process

*Therapy is an art form in many ways;
it's not an exact science.*

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Factors that Impact the Therapeutic Process

Common Factors (Lambert in Handbook of Eclectic Psychotherapy, 1986)



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A Brief List of Common Therapeutic Approaches

- Behavior Therapy
- Psychodynamic Therapy
- Cognitive Behavioral Therapy (CBT)
- Rational Emotive Behavior Therapy (REBT)
- Acceptance and Commitment Therapy (ACT)
- Dialectical Behavior Therapy (DBT)
- Internal Family Systems (IFS)
- Eye Movement Desensitization & Reprocessing Therapy (EMDR)
- Accelerated Resolution Therapy (ART)
- Motivational Interviewing (MI) & the Stages of Change Model
- Positive Psychology
- Client-Centered/Person-Centered Therapy; Solution-Focused Therapy (Humanistic Treatments)
- Psychodynamic/Psychoanalysis Therapy (Freud)
- Biofeedback
- Hypnotherapy
- Somatic Therapies

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COGNITIVE BEHAVIORAL THERAPY

CBT

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CBT

CBT

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CBT

**CBT INVOLVES PURPOSEFULLY
ARTICULATING THOUGHTS TO
ONESELF IN ORDER TO DIMINISH
PERNICIOUS HABITS OF MIND**

Jerome Groopman, MD

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CBT

CBT: OVERVIEW, BACKGROUND, GENERAL PRINCIPLES

- ▶ A form of treatment for mental illness combining elements of behavior and cognitive therapy.
- ▶ Behavior therapy examines the way your actions affect your mental health
- ▶ Cognitive therapy examines the way your thoughts about yourself, others and the world affect your mental health

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CBT

CBT: OVERVIEW, BACKGROUND, GENERAL PRINCIPLES

- ▶ One of the most common and best-studied forms of psychotherapy
- ▶ Largely developed by Aaron Beck, MD an American psychiatrist in the 1960's and 70's.
- ▶ Beck observed that people often make errors in their thinking, often have very pessimistic views about their lives and underestimate their ability to cope - all of which fuel their depression
- ▶ People also struggle with repetitive automatic thoughts
- ▶ He identified common cognitive distortions

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CBT

CBT: CORE PRINCIPLES

- ▶ Psychological issues are partly based on problematic or unhelpful patterns of thinking.
- ▶ And partly based on learned patterns of unhelpful behavior
- ▶ And are partly based on problematic core beliefs including central ideas about yourself and the world.
- ▶ People experiencing psychological distress can learn better ways of coping

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CBT

CBT

- ▶ Focuses more on the present vs the past.
- ▶ Taking a good, thorough history is still important (of course)!
- ▶ Therapists play an active, directive role (asking questions, giving feedback, problem solving, assigning and reviewing homework)
- ▶ Helping clients re-evaluate thinking errors and automatic negative thoughts (ANTs).
- ▶ Assigning homework (working between sessions)

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CBT

CBT

- ▶ Used to treat vast array of psychiatric diagnoses
- ▶ Anger control problems
- ▶ Anxiety disorders
- ▶ Depression
- ▶ PTSD

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CBT

BETWEEN STIMULUS AND RESPONSE THERE IS A SPACE. IN THAT SPACE IS OUR POWER TO CHOOSE OUR RESPONSE. IN OUR RESPONSE LIES OUR GROWTH AND OUR FREEDOM

Viktor Emil Frankl

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CBT

CBT: TECHNIQUES: THOUGHT RECORD

Automatic Thought Record – Identify and Challenge Automatic Negative Thoughts (ANTs)

As soon as you feel your mood worsening, fill in the chart below by asking yourself, "What am I thinking and feeling right now?"

Date and Time	Situation	Automatic Thoughts	Your Response	Challenges
	What were you responding to (a comment, a look, a song, a thought, an image?)	Record the thoughts or images that went through your mind.	1. How did you feel? 2. What did you do?	Look at the 6 questions below and challenge the negative thoughts.

1. What is the evidence that your thought is true? Not True?
 2. Would others agree that your thought is true?
 3. What are some alternative explanations for your thought?

4. What is the worst thing that could possibly happen? The best? The most realistic?
 5. If a friend in this situation had this thought, how would you respond?
 6. What are the benefits of having this thought? The costs?

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CBT

CBT: TECHNIQUES

- ▶ 6 Key Question
- ▶ What is the evidence that your thought is true? Untrue?
- ▶ Would others agree that your thought is true?
- ▶ What are some alternative explanations for your thought
- ▶ What is the worst thing that could possibly happen? The best? The most realistic?
- ▶ If a friend in this situation had this thought, how would you respond?
- ▶ What are the benefits of having this thought? The costs?

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CBT

CBT: TECHNIQUES

- ▶ Cognitive Distortions
- ▶ Catastrophizing
- ▶ Black or white (all or none) thinking
- ▶ Personalizing
- ▶ Mind reading ("We suffer more in imagination than in reality" - Seneca)
- ▶ Emotional Reasoning

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CBT

CBT: TECHNIQUES

- ▶ Cognitive reframing
- ▶ Finding a benefit or upside to a difficult situation that you had not considered
- ▶ Identifying a lesson to be learned from a difficult situation
- ▶ Finding something to be grateful about in a challenging situation.

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CBT

CBT: TECHNIQUES

- ▶ Teaching and practicing coping skills
- ▶ C.A.R.E.S.S
- ▶ Nature Bathing
- ▶ Exercise

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Dialectical Behavioral Therapy

DBT

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Dialectical Behavioral Therapy:

- ▶ A type of Cognitive Behavioral Therapy, developed by Marsha Linehan in the 1980s for the treatment of Borderline Personality Disorder to help people “create a life worth living”
- ▶ Dialectics is the core – two seemingly opposing things can co-exist (exs. You forgot about our coffee date and you love me, I want to be with you and I need time alone)
- ▶ Skills-based, structured program that utilizes individual therapy and a skills group simultaneously with available phone consultation between sessions and use of diary cards

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The 4 Modules of DBT

- ▶ CORE Mindfulness
- ▶ Distress Tolerance
- ▶ Interpersonal Effectiveness
- ▶ Emotion Regulation

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Core Mindfulness	Distress Tolerance	Interpersonal Effectiveness	Emotional Regulation
<ul style="list-style-type: none"> Based on Eastern meditation, Focus on present moment, focus on one thing at a time, WISE Mind 	<ul style="list-style-type: none"> Skills to get unstuck from repetitive negative thought (ex. This isn't fair) In-the-moment skills to reduce self-harm 	<ul style="list-style-type: none"> Skills for healthy relationships including boundaries, Asking for what you need, Listening well, Working through conflict 	<ul style="list-style-type: none"> Learn to label emotions, How emotions influence behavior (positively and negatively), Avoidance of triggers, Initiating activity that boosts emotional experience

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Example of an Interpersonal Effectiveness Tool

DEAR MAN

Describe the current situation. Stick to the facts. Tell the person what you are reacting to.

Express your feelings about the situation, do not assume they know.

Assert yourself by describing what you want/need or by saying "no" clearly.

Reinforce (reward) the other person ahead of time by sharing the positive impact of you getting what you want/need.

Mindfully keep your focus on the topic. Do not get distracted. Ignore attacks or distractions.

Appear confident, effective, and competent. Awareness of voice tone and physical stance.

Negotiate to get what you want/need. Be ready with alternative ideas. Say no but offer to do something else.

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Acceptance & Commitment Therapy

ACT

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Acceptance & Commitment Therapy:

- Developed by Psychologist, Steven Hayes in 1990 (relatively newer form of therapy)
- A processed based form of therapy; Pronounced: ACT (not A-C-T // faux paus)
- Based on the principle that:
 - Many psychological problems are caused by "our efforts to control, avoid, or get rid of undesirable emotions and thoughts" (Wood and Wood, 2008)

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Thoughts:

ACT is based on the premise that thoughts cannot be controlled.

Carl Jung "What you resist, persists."

Exercise: The Pink Elephant

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Emotions:

Many people are taught to label or judge emotions as “bad” or “negative”

These beliefs become rules that we live by; causing people to try and suppress or avoid uncomfortable emotions

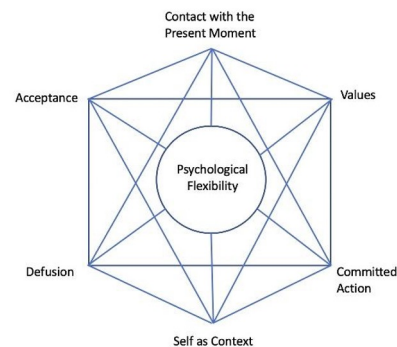
Exercise: Finger Trap

ACT Helps to redefine your life according to what you value and what is most meaningful to you.

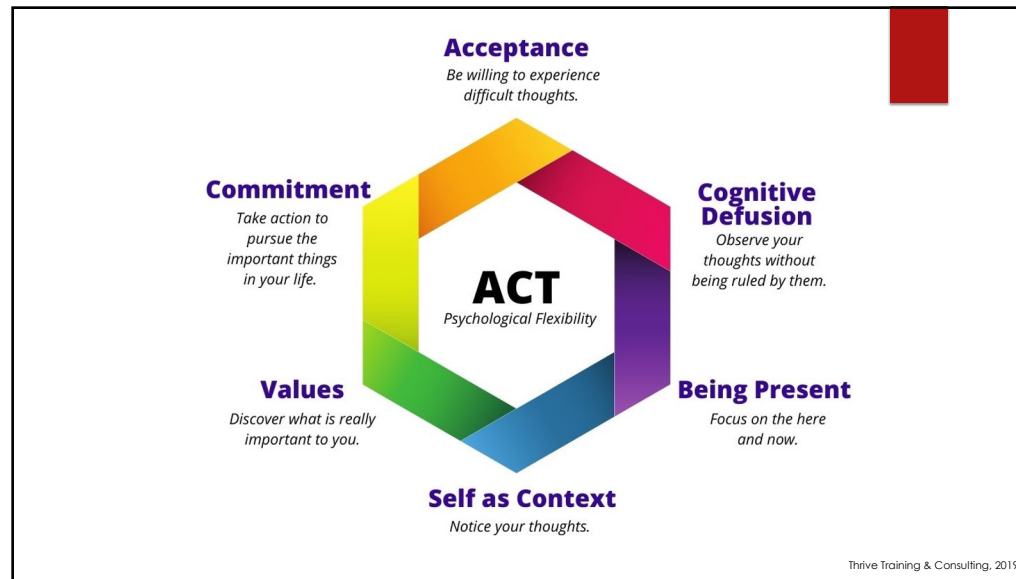
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Various domains of ACT

- CREATIVE HOPELESSNESS
- HEXAFLEX (Psychological Flexibility):
 - MINDFULNESS
 - VALUES
 - COMMITTED VALUE ACTION
 - DEFUSION
 - SELF AS CONTEXT
 - ACCEPTANCE



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Additional ACT Resources

Books:

- "90 Seconds to a Life You Love" by Joan Rosenberg, PhD
- "Things May Go Terribly, Horribly Wrong" by Kelly G. Wilson, PhD
- "The Happiness Trap" by Russ Harris

Website:

- Russ Harris's Act Site: www.actmindfully.com.au

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Eye Movement Desensitization & Reprocessing Therapy(EMDR)

- Developed in 1987 by Francine Shapiro, PhD
- A method of treating trauma through a process which does not require verbalizing and reliving the trauma experience through extended exposure to memories (ex. writing the trauma narrative)

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Eye Movement Desensitization & Reprocessing Therapy(EMDR)

- Originally used bilateral (side to side) eye movements as a person recalls distressing memories, other methods are sometimes used including bilateral tapping on the hands or use of tones (audio)
- Premise of the treatment is that the brain processes and stores traumatic memories differently than normal memories and that this technique allows the brain to heal by re-processing memories in a way so that they do not cause distress when recalled

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Eye Movement Desensitization & Reprocessing Therapy (EMDR)

- Structured eight-phase process (history/treatment plan, preparation, assessment, desensitization, installation, body scan, closure, re-evaluation)
- Typically weekly sessions for a total of 6-12 sessions
- Can be used as a “stand-alone” or in conjunction with other therapy

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Solution-Focused Brief Therapy (SFBT)

- Often used in short-term settings such as Employee Assistance Programs (typically 3-8 sessions) or in settings such as medical clinics with embedded clinicians
- Focus is on solutions to the identified current problem by identifying the exceptions to the problem
- Can be used in conjunction with other therapy to address a specific problem

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Solution-Focused Brief Therapy

- Sessions are not centered on past events/experiences nor are they focused on underlying causes
- Based in positive psychology (focus on what is going well)
- Assumption is that the client has sufficient resources (emotional, physical) to solve the problem

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Grief Therapy

- . David Kessler
- . 6 stages of grief
- . Question: "How long will I grieve?"
 - . Answer: "How long will you be alive?" or "How long will your loved one be dead?"
- . Groups are helpful

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