

**Cognitive Behavioral
Therapy & Mindfulness**
Integrating the Latest Research
into your Clinical Work

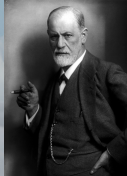
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CBT and Mindfulness

“First Wave”- Behavior Therapy

- Reaction against “heady” and untestable psychodynamic theories
- Only work with observable behaviors

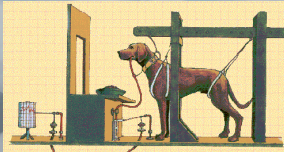


CBT and Mindfulness

“First Wave”- Behavior Therapy

Classical Conditioning (Pavlov)

- Unconditioned stimulus (UCS) produces unconditioned response (UCR)
- Conditioned stimulus (CS) paired w UCS produces conditioned response



CBT and Mindfulness

"First Wave"- Behavior Therapy

Classical Conditioning (Pavlov)


- Extinction
- Spontaneous Recovery
- Old conditioning comes back faster



CBT and Mindfulness

"First Wave"- Behavior Therapy

Operant Conditioning (Skinner)



- Requires action from the organism
- Reinforcement (increased likelihood behavior will be repeated)
- Punishment (increased likelihood behavior will not be repeated)

CBT and Mindfulness

"First Wave"- Behavior Therapy

Operant Conditioning (Skinner)

- Positive Reinforcement
- Negative Reinforcement
- Punishment
- Response Cost



CBT and Mindfulness

“First Wave”- Behavior Therapy

Operant Conditioning (Skinner)

- **Shaping**
- **Schedules of reinforcement (continuous vs. intermittent)**
- **Differential reinforcement**
- **Extinction burst**



CBT and Cluster B

Chain Analysis

- What exactly is the **problem behavior** that you want to analyze?
- What was the prompting or **triggering event**? What was going on around you that got the problem behavior started? When did it get started?

CBT and Cluster B

Chain Analysis

- What made you **vulnerable** to this behavior getting started? What was going on inside you or around you that made you more susceptible to doing the problem behavior?
- What were the **consequences** of engaging in the problem behavior, in the environment as well as in yourself? What harm did this problem behavior cause?

Chain Analysis

In the left-hand column, in as much detail as you can, list the links in the **chain of events** that led from the vulnerability and the situation to the problem behavior. Include actions, body sensations, thoughts, feelings, and events in the environment. Then, go back and fill out the right-hand column with more skillful behaviors you could have used to **break the chain** that led to the problem behavior.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CBT and Cluster B

Chain Analysis

- What steps can you take to **prevent** this problem behavior in the future? What can you do to reduce your vulnerability? What can you do to prevent the prompting or triggering event from happening, or at least from triggering you?
- You cannot go back in time to undo the problem behavior you did, but is there anything you can do now or in the near future to **repair** or correct any harm you did to others or yourself?

CBT and Mindfulness

“Second Wave”- Cognitive Therapy


- **Reaction against implication that humans are mindless animals**
- **Thoughts can be seen as behaviors**



CBT and Mindfulness

“Second Wave”- Cognitive Therapy


- **ABC model**
 - Antecedent/Activating Event
 - Beliefs (Thoughts)
 - Consequence (Emotions)
- **Disputation of irrational thoughts**
 - Mood-state dependent learning & memory
 - Importance of Socratic Dialogue



CBT and Mindfulness

“Second Wave”- Cognitive Therapy

- **Automatic thoughts**
- **Core beliefs**
- **Schemas**



CBT and Cluster B

“Second Wave”- Cognitive Therapy

- **Schemas – 5 categories:**
 - **Disconnection and rejection**
 - **Impaired autonomy & performance**
 - **Impaired limits**
 - **Other-directedness**
 - **Overvigilance & inhibition**

Young, Klosko & Weishaar (2003)

CBT and Mindfulness

"Second Wave"- Cognitive Therapy

Beck's cognitive triad in depression:

- Negative views of:
 - Self
 - World
 - Future



- Hopelessness as a measure of severity
- Behavioral activation

CBT and Cluster B
Thought Record

- What happened? What was the situation?
- What were you feeling at the time?
- What were you thinking at the time?



CBT and Cluster B
Thought Record

- What other ways could you think about the event? If each of those alternative thoughts were true, how would you feel?
- What can you do proactively to check out the truth of the situation, to see if your thoughts are accurate? What can you do to deal with the situation, or other future situations like that, more constructively?

CBT and Cluster B

Cognitive Processing Therapy (CPT)

- Founded by Resick, Monson, & Chard
- CBT applied to PTSD
- 12-session manualized program
- Details of trauma are not important
- “Top down” processing
- Assimilated & overaccommodated beliefs

CBT and Mindfulness

“Third Wave”- Mindfulness

“In summary, we see mindfulness as a process of regulating attention in order to bring a quality of nonlaborative awareness to current experience and a quality of relating to one’s experience within an orientation of curiosity, experiential openness, and acceptance. We further see mindfulness as a process of gaining insight into the nature of one’s mind and the adoption of a de-centered perspective (Safran & Segal, 1990) on thoughts and feelings so that they can be experienced in terms of their subjectivity (versus their necessary validity) and transient nature (versus their permanence).”

(Bishop et al, 2004, p. 233)

CBT and Mindfulness

“Third Wave”- Mindfulness

“the awareness that emerges through paying attention, in a particular way, on purpose, in the present moment, and nonjudgmentally, to the unfolding of experience moment to moment”



(Kabat-Zinn, 2003, p. 145)

What is Mindfulness?

“the awareness that emerges”

- Waking up from automatic pilot mode
- Enriching our moments
- Noticing automatic thoughts, emotional reactions, and behaviors

What is Mindfulness?

“through paying attention”

- Exercising our attentional capacity
- Increases brain volume in certain areas

CBT and Mindfulness

Types of Attention

Posner & Rafal (1986)

- arousal
- vigilance
- selective attention

Sohlberg & Mateer (1989)

- focused attention
- sustained attention
- selective attention
- alternating attention
- divided attention



What is Mindfulness?

“in a particular way”

Fostering an attitude of curiosity, interest, and kindness toward our thoughts, emotions, and sensations

What is Mindfulness?

“on purpose”

Intentionally choosing where to place your attention

What is Mindfulness?

“in the present moment”

- **Guiding the attention to this moment**
- **Feeling of busyness results from thinking about what you are NOT doing**

What is Mindfulness?

“and nonjudgmentally”

Temporarily suspending, or setting aside, the constant, habitual, compulsive tendency to judge or compare this moment to some other time and place

What is Mindfulness?

“to the unfolding of experience moment to moment”

Mindfulness is an active, dynamic process, not just sitting still

CBT and Mindfulness

“Third Wave”- Mindfulness

Being vs. Doing

Being: Present focused

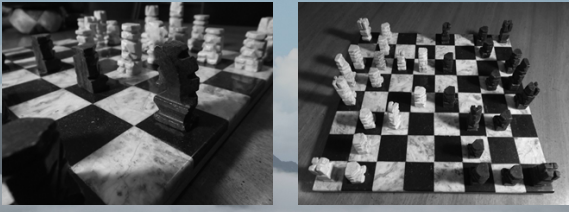
Doing: Future focused



CBT and Mindfulness
“Third Wave”- Mindfulness
Cognitive and Behavioral Mechanisms
 Worry/rumination is negatively reinforced
 Exposure therapy – Swimming pool analogy



CBT and Mindfulness
“Third Wave”- Mindfulness
Cognitive and Behavioral Mechanisms
 Decentering/Defusion – “I *have* thoughts”



CBT and Mindfulness
“Third Wave”- Mindfulness
Cognitive and Behavioral Mechanisms
 Filling attentional channels vs. avoidance
 Self-compassion – attitude of kindness toward
 one’s own thoughts, emotions, & body sensations
Need for Systematic Training
 “Exercising the Brain” - Homework Practice

CBT and Mindfulness


“Third Wave”- Mindfulness

How Mindfulness is Different

Transcendental/Absorption Meditation

Hypnosis

Relaxation Methods



CBT and Mindfulness

Top 5 Misconceptions about Mindfulness

- It's the same as relaxation
- It's about feeling good
- It's about changing consciousness
- You can only do it with eyes closed
- You can only do it sitting still

CBT and Mindfulness

3-Minute Breathing Space

Essence of MBCT program:

- Body scan
- Mindfulness of breath
- Mindfulness of body as a whole
- Mindfulness of thoughts

CBT and Mindfulness

3-Minute Breathing Space

Minute 1- Notice what is here:

- Body sensations
- Feelings/emotions
- Thoughts

**Suspending judgments
Give yourself permission
to feel what you feel**

CBT and Mindfulness

3-Minute Breathing Space

Minute 2 – Focusing on the breath

- Pay attention to one spot –
 rising and falling of belly, nostrils, etc
- Mind wanders, just gently bring it back,
 again and again

“Collecting/gathering attention”

CBT and Mindfulness

3-Minute Breathing Space

Minute 3 – Expand awareness

**Expand from breath to
body-as-a-whole (entire body)**

“Embodied presence”

CBT and Mindfulness

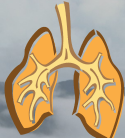
Mindful Inquiry

- 1. Noticing**
"What did you notice?"
- 2. Exploring thru discussion**
"How is this different from the way you might normally..."
- 3. Linking to daily life**
"What does this exercise have to do with why you are here?"

CBT and Mindfulness

Breathing

- Breathing is conscious and unconscious
- Balances oxygen and carbon dioxide
- Connected with sympathetic/parasympathetic
- Importance of deep, diaphragmatic breathing



CBT and Mindfulness

Thoughts

- Thoughts try to fix or distract - can be a mechanism for avoidance
- Thru negative reinforcement- increase in stress/anxiety
- In mindfulness, just notice thoughts
- Investigating vs. letting go

CBT and Mindfulness
Neurological Findings

Brain Changes After 8 Weeks
(Sara Lazar, PhD)


“Participating in an 8-week mindfulness meditation program appears to make measurable changes in brain regions associated with memory, sense of self, empathy and stress”

www.sciencedaily.com

CBT and Mindfulness
Neurological Findings

The Nine Middle Prefrontal Functions
(The Mindful Brain, Dan Siegel MD)

- Body Regulation
- Attuned Communication
- Emotional Balance
- Response Flexibility
- Empathy
- Insight, or self-knowing awareness
- Fear modulation
- Intuition
- Morality



CBT and Mindfulness
Neurological Findings

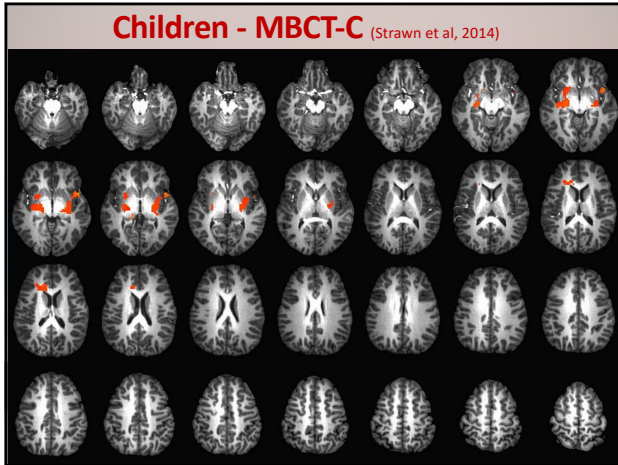
Children - MBCT-C (12 wks)

Increased activation of structures that subserve interoception and processing of internal stimuli

Increased mindfulness predicts decreased amygdala activity during fear processing

- Increases in bilateral insula, lentiform nucleus, thalamus, & left anterior cingulate while viewing emotional stimuli.
- Increased mindfulness associated with increased activation in bilateral anterior cingulate & insula during emotional stimuli.
- Post-tx decreases in right amygdala activation

(Strawn, Cotton, Luberto, Patino, Stahl, Weber, Eliassen, Sears, & DelBello, 2014)



CBT and Mindfulness

Mindfulness-Based Stress Reduction (MBSR)

- Pioneered by Jon Kabat-Zinn (Full Catastrophe Living)
- 8-week program
- Large groups
- Daily homework
- Incorporates yoga
- Initially used for stress and chronic pain

CBT and Mindfulness

Mindfulness-Based Cognitive Therapy (MBCT)

- Pioneered by Segal, Teasdale, & Williams
- 8-week program, based on MBSR
- Smaller groups
- Daily homework, CBT assignments
- Incorporates CBT elements (recognizing cognitive distortions, relapse prevention plan, etc)
- Initially used for prevention of depressive relapse

CBT and Mindfulness

The Problem of Depressive Relapse

- First and second episodes tend to be preceded by significant negative events
- For third and subsequent episodes, stressful events play a less important role, with increased relapse rates
- MBCT trials cut relapse rates in half for those with 3 or more episodes

CBT and Mindfulness

Triggers for Depressive Relapse

- Sad moods reawaken negative thoughts
- Sad moods reactivate vulnerable attitudes and beliefs
- Withdrawal behaviors/reduced activity
- Ruminations/worries



CBT and Mindfulness

MBCT vs. CBT

- Therapist takes a “noticing” vs. “fix-it” approach
- First step is just to notice what is, then responding rather than reacting
- De-centering vs. thought disputation & suppression
- Paying attention to signs of oncoming stress or depression (instead of avoidance) allows one to take action

CBT and Mindfulness

MBCT vs. CBT

Important to start each session with a mindfulness exercise, rather than questions or check-ins, to model starting with this moment

Prevents falling into automatic "problem-solving" ruminations

CBT and Mindfulness

Dialectical Behavior Therapy (DBT)

- Pioneered by Marsha Linehan
- > 6 months
- Team Approach
Indiv Th, Skills Group, Support Group, Crisis Line
- Four major modules:
Mindfulness (Wise Mind)
Interpersonal Effectiveness
Emotion Regulation
Distress Tolerance
- Mindfulness exercises tend to be brief
- Radically Open DBT for disorders of over-control



CBT and Mindfulness

Acceptance and Commitment Therapy (ACT)

- Pioneered by Steven C. Hayes
- Relational Frame Theory /
Cognitive Fusion / Psychological Flexibility
- Acceptance/Mindfulness
Formal exercises are less emphasized
- Commitment
Move toward values
Behavioral activation



CBT and Mindfulness

Mindfulness in Daily Life

- Mindful of routine activities
- Mindful eating

- Noticing tension in your body
- Noticing feelings
- Noticing thoughts

“how interesting,
there you are again”

CBT and Mindfulness

**Bringing mindfulness
into the therapy room**

Between sessions for therapist self care
 Therapist as instrument
 Self-monitoring
 Take a breath



Asking client to become aware of
thoughts/feelings/sensations

**Mindfulness for
Therapists in Training**

- Significant declines in stress,
negative affect, rumination,
state and trait anxiety

- Significant increases in positive
affect and self-compassion.

(Shapiro, Brown, & Biegel, 2007)

Mindfulness for Providers

➤ **Training in mindfulness increases provider effectiveness and patient mental health, even if providers do not explicitly use it with patients**

(Grepmaier et al. 2007)

CBT and Mindfulness

Diversity and Social Justice Issues

- **Important competency areas**
- **Cultural humility**
- **Clinician self-awareness**
- **Microaggressions**
- **Awareness of power and resources**
- **More research needed**

Mindfulness- and acceptance-based therapies appear to be helpful for diverse populations, though it is important for the clinician to be sensitive to diversity issues in the delivery of these interventions (Fuchs, Lee, Roemer, & Orsillo, 2013).

Mindfulness for Trauma

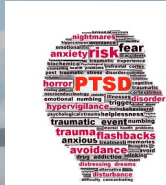
➤ **Emotional processing more important than details of trauma**

➤ **Avoidance cycle maintains symptoms**

➤ **Be careful not to use mindfulness to reinforce avoidance**

Trauma

- Conscious mind/cortex does not want to recall trauma
- Emotions/limbic system does not want to forget
- Battle to control/avoid thoughts, feelings, & triggers
- Memory reconsolidation



Anxiety

- The Cycle of Avoidance
- Ruminations and Worries as Avoidance
- Moving directly into body sensations

Anxiety

- **Phobias**
In vivo or imaginal exposure
- **Panic Attacks**
Moving into body sensations
- **Generalized Anxiety**
Anxiety about feeling anxiety leads to avoidance and restricted life
- **Health Anxiety**
Feeling body is not the problem, but thoughts and emotions about what is felt

Mood Disorders

- Beck's Cognitive Triad
 - Negative views of self, world, and future
- Early Warning System
- Behavioral Activation
 - Get moving
 - Small steps



CBT and Mindfulness

Mindfulness-Based Relapse Prevention (MBRP)

- Pioneered by Alan Marlatt & Sarah Bowen
- 8-week program, based on MBSR/MBCT
- Person-Centered / Rogerian Approach
- Motivational Interviewing style
- "Urge surfing"
- Chain Analysis



Chronic Pain

- Don't take away what works, add more tools
- Pain x resistance = suffering
- Moving into pain to separate out thoughts, feelings, and sensations
- Creating a life worth living even with the pain



CBT and Mindfulness

Compassion and Loving-kindness

- Compassion toward
 - oneself
 - loved ones
 - strangers
 - enemies
 - the world
- May I/she/he/the world
 - Be happy
 - Be healthy
 - Be free from suffering



CBT and Mindfulness

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CBT and Mindfulness: Readings and References

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Books for clients

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