

## **Cognitive Behavioural Therapy: Specialized Evidence-Based Strategies for Multiple Symptoms Sets**

**Jeff Rigenbach PhD, LPC**

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### **Overview of Webinar**

- Week 1: Introduction/Overview of the Model
- Week 2: Cognitive Conceptualization
- Week 3: Cognitive Model of Depression
- Week 4: Cognitive Model of Anxiety
- Week 5: Cognitive Model of Addiction/Anger Management
- Week 6: Treatment of PTSD/OCD
- Week 7: Borderline Personality Disorder
- Week 8: Special Topics: Psychosis, Narcissism, Cross-Cutting Symptoms, Relapse Prevention

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### **Introduction to the Cognitive Model**

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## The Cognitive Model: CBT

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### CBT

- Aaron Beck, 1960, Univ. of Pennsylvania
- Based upon principle that thoughts influence feelings

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### CBT - Tenets

- Thoughts Influence feelings

Event → Thoughts → Feelings → Actions → Results

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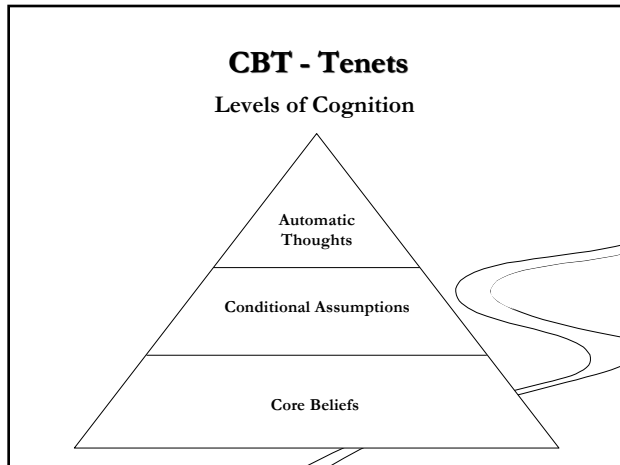
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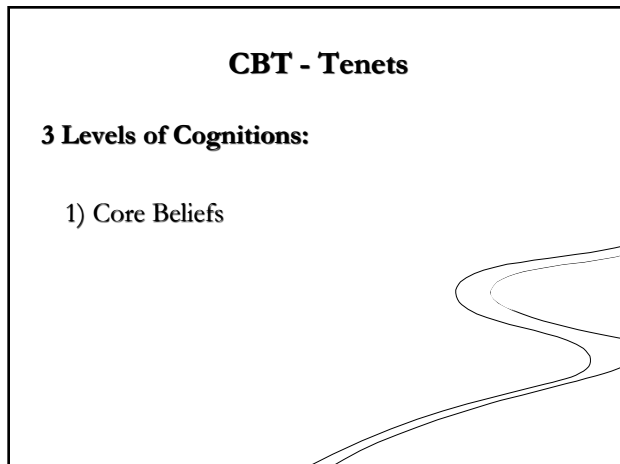
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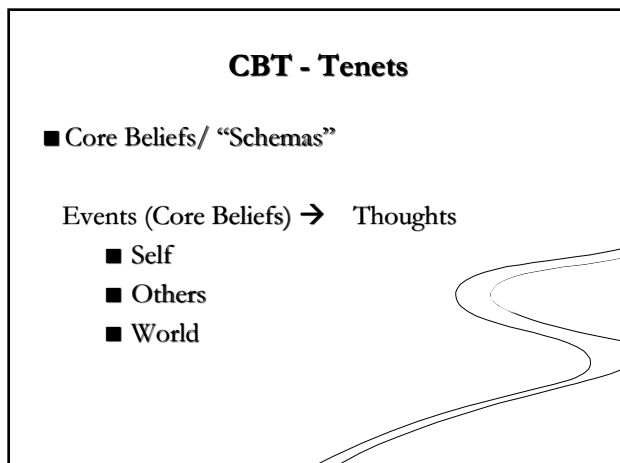
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### CBT - Tenets

- Term “Schema” originally coined by Piaget in 1926 – “structures that integrate meaning into events”

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### CBT - Tenets

#### Core beliefs/Schemas

Beck – “Cognitive structures that organize experience and behavior”

Landau and Goldfried -- a mental filter that guides processing of information

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### CBT - Tenets

#### Core beliefs/Schemas

Beck –

- Unlovable
- Helpless
- Defective
- Failure
- Undeserving
- Toxic

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## CBT - Tenets

### Beliefs About Others

- Others are superior to me
- Others are inferior to me
- Others are untrustworthy
- Others are Out to get me
- Others are nurturing/necessary

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## CBT - Tenets

### Beliefs About the World

- The World is Dangerous
- The World is Safe
- The World is unjust/Just
- The World is Exciting

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## Schema Focused Therapy

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## CBT - Tenets

Young – “Early Maladaptive Schema”

- 18 Schemas grouped into 5 schema domains

### Domain # 1: Disconnection & Rejection

- Abandonment
- Mistrust
- Defectiveness
- Emotional Deprivation
- Social Isolation

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## CBT - Tenets

Young – “Early Maladaptive Schema”

### Domain # 2: Impaired autonomy and Performance

- Dependence
- Vulnerability
- Enmeshment
- Failure

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## CBT - Tenets

Young – “Early Maladaptive Schema”

### Domain # 3: Impaired Limits

- Entitlement/Grandiosity
- Insufficient Self-Control

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## CBT - Tenets

Young – “Early Maladaptive Schema”

Domain # 4: Others Directedness

- Subjugation
- Self-Sacrifice
- Approval-Seeking

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## CBT - Tenets

Young – “Early Maladaptive Schema”

Domain # 5: Overvigilance

- Negativity/Pessimism
- Emotional Inhibition
- Unrelenting standards
- Punitiveness

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## CBT - Tenets

Characteristics of Schemas

- Active vs. Dormant
- Compelling
- Pervasive vs. discrete

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**CBT - Tenets**

## Schema Reinforcement

- 1) Schema Maintenance
- 2) Schema avoidance
- 3) Schema Compensation

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**Schema Analysis Coping Styles**

- Abandonment
- Subjugation
- Dependence
- Failure
- Outsider
- Insufficient Self-Control

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