

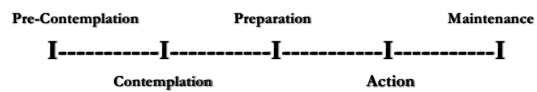
CBT Webinar: Week 6:

The Cognitive Model of Addiction/Anger Management

The Transtheoretical Model

Motivational Enhancement Therapy

Stages of Change



Conceptualization – Essential Components

- Relevant Childhood Data
- Current Life Stressors
- Core beliefs
- Thoughts/beliefs about usage
- Emotions
- behaviors

Case Conceptualization Addresses

- * Why did the pt start using?
- * How did recreational use lead to problem usage?
- * Why has pt not been able to stop on their own?
- * How did key beliefs and coping skills develop?
- * How did the pt function before substance problem?

Cognitive Model of Addiction

Interventions

- **Restructure cognitions related to function of use**
- **ID drug related beliefs**
- **Pros & Cons**
- **Imagery**
- **Flashcards**
- **Letters**

Cognitive Model of Addiction

Case Study

Cognitive Model of Substance Abuse

Cognitive Conceptualization

Cognitive Model of Substance Abuse

CB Chain Analysis

Relapse Prevention Questions

- Did you relapse this week?
- If yes, tell me what happened
- On a scale of 0-10 how close did you get?
- At what point during the week were you most tempted to use? What were you doing?
- On a scale of 0-10 how strong was the craving at that time.
- "What was going through your mind at the time?"

Relapse Prevention Questions

- What kept you from relapsing? Anything else?
- How many times to you think you were tempted to use this week but didn't?
- What skills did you use to resist the urges?
 - Behavioral Skills? (what did you do?)
 - Cognitive (what did you think?)
- What did you do right this week
- What changes do you need to implement this week?

Relapse Prevention cognitive work

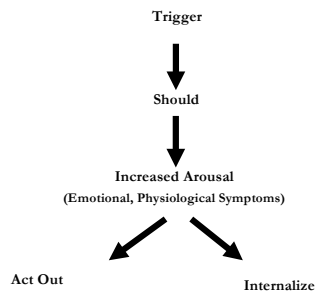
- Permission-Giving Beliefs
- Cons of Using
- Letter to Addict
- Cognitive Cue Cards
- Evidence logs

Smart Recovery 4 Point Program

- Building and Maintaining Motivation
- Coping with Urges
- Managing Thoughts, Feelings, and Behaviors
- Living a Balanced Life

THE ANGRY-VOLATILE PATIENT

Cognitive Model of Anger



Anger – Clinical Manifestations

- **Abusive/Violent Behaviors**
- **Poor Impulse Control**
- **Chronic Irritability**

Strategies for Treating Anger

- Identify Triggers
- Identify Emotions
- Identify Bodily Sensations
- Identify Behaviors
- Pros and Cons of Acting on Anger
- Identify Cognitions
- Develop Coping Statements
- Role Play challenging “hot” cognitions
- Coping Cards
- Schema, Forgiveness Work

Anger Management – Behavioral Strategies

- Assertiveness Exercises
- Express anger in safe environment
- Letter writing
- Journal of triggers and responses
- Exercise
- Develop ability to empathize with person angry with
- Count to 10
- Walk away

Anger – Cognitive Interventions

- Rational Responding Techniques
- Cognitive Awareness Exercises
- Reduce personalization
- Challenge “Shoulds”
- Id and replace “hot” cognitions
- Forgiveness Work
- Pros and Cons

Anger – Forgiveness Interfering Cognitions

- Forgive and Forget
- Forgiveness = Trust
- If I forgive I have to like/love and stay in relationship with them
- Time Heals all Wounds
- If I forgive him I am letting him off the hook
- If I forgive I am saying what she did is ok
- I will not give him the satisfaction of my forgiveness

Anger – Schematic Considerations

- Consideration of Values
