

COGNITIVE BEHAVIOUR THERAPY

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COGNITIVE BEHAVIOUR THERAPY (CBT)

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Cognitive Behaviour Therapy

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Cognitive Behaviour Therapy (CBT)

Cognitive behaviour therapy is a type of psychotherapy that helps patients achieve understanding of the thoughts and feelings that affect their behavior. Cognitive behaviour therapy is currently used to treat a large number of disorders, including phobias, addiction, depression, and anxiety.

Cognitive behaviour therapy is generally short-term and focuses on helping patients deal with a particular problem. During treatment, a person learns to identify and change destructive or annoying thought patterns that have a negative effect on their behavior.

History of Cognitive behaviour therapy

In order to have a better understanding of Cognitive behaviour therapy and the history of its formation, it is necessary to think about the fifties (nearly seventy years ago), a time when two groups of psychologists - behaviorist psychologists and Freudian psychologists were at the height of their power.

If you had a problem such as depression or anxiety and you went to a behavioral psychol-

ogist, they would assume that there must be stimuli (or triggers) around you which you are accustomed to, and these stimuli provoke undesirable feelings and behaviors in you.

Freudian psychologists would hold long and numerous counseling sessions to look for the roots of depression and anxiety (or any other problem) in the distant past to find out what events and experiences in childhood were able to penetrate your subconscious level and appear today in the form of illness and disorder.

People like **Aaron Beck** and **Albert Ellis** thought about this theme:

- Should the root of any behavior and emotion be sought in distant past?
- Does the way we think at the moment affect our behavior and our emotions?
- After childhood and adolescence, do we become machines in which the unconscious and conditioning forces of the past control our lives and lead us in any direction they want?
- Do the images we have of the world in our minds and the judgments we make about

the world affect our behavior and emotions?

- In short, have we not underestimated the contribution of the “present” to the present day problems?

Albert Ellis and Cognitive Therapy

Albert Ellis knew very well what the answers to the above questions were. He gave different names to his answer at different times. He first coined the term Rational Psychotherapy, and after a while, decided to change the title to Rational Emotional Therapy. The name was later changed again, and Ellis used the term Rational Emotive Behaviour Therapy. Regardless of the different names used, Albert Ellis’s key point remains the same: **It is not the events that make us feel anxious or depressed, but our interpretation of those events that have negative consequences.**

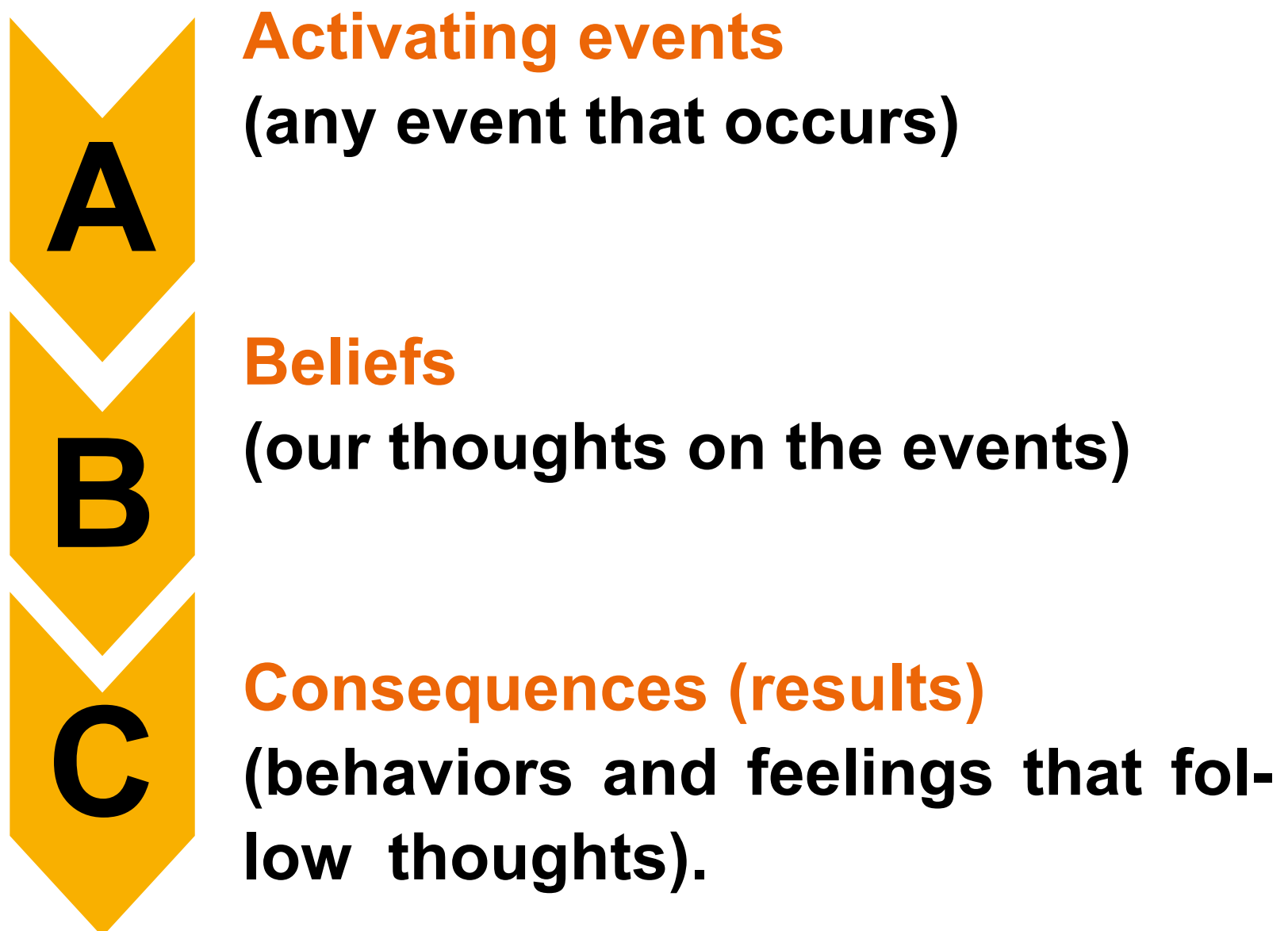
The Ellis model is commonly depicted by the following steps:

A: First an **event** occurs and activates the

analysis and action process

B: We interpret that event based **on our beliefs** about it, about ourselves, and about the world around us

C: Our interpretation ultimately **evokes emotions** and motivates us **to adopt certain behaviors**



This diagram looks very simple and easy to comprehend. But keep in mind that putting

belief (B) in between steps A and B (which we can also refer to as our mentality today) was an important event in its day. When Ellis says that there is something called motive and reaction between **stimulus and response**, it gives us humans the capacity to respond differently to a particular event by changing our mindset and belief. The rest of Albert Ellis' efforts are devoted to extracting these beliefs, analyzing them, and changing and improving them.

Thus, from Ellis's point of view, the treatment for depression and anxiety means that the Patient and the Therapist, with the help of each other, explore these beliefs and mentalities and correct them in such a way that the person distances himself from anxiety and depression and other undesirable behaviors and emotions. Ellis does not assume that people are sick, anxious or depressed from the beginning. He sees human beings as healthy people who set goals for themselves and strive to achieve those goals. But while traversing the path towards these goals, difficulties, obstacles, hardships and adverse events inevitably occur, and this is where some of us lose the way.

Those who have irrational beliefs about themselves and the world, or who have put themselves under the pressure of “**do’s and don’ts**”, may not be able to tolerate failures and adverse events, and with a destructive and inefficient interpretation, make the situation even worse than it is: a vicious circle of bad events which activates bad responses.

Examples of rational and irrational beliefs:

Non-logical belief (Irrational belief):

I need the love and approval of important people.

Logical belief (Rational belief):

Love and approval are very pleasant and I will look for it in the right conditions; But they are not obligatory, I can live without them.

Non-logical belief (Irrational belief):

To be valuable as a human being, I must succeed in everything without making any mistakes.

Logical belief (Rational belief):

I always try to be as successful as possible;

But the merit of not failing is unrealistic. It is better to accept myself as a human being, apart from my own performance.

Non-logical belief (Irrational belief):

People must always do the right thing; when they do something harmful, they must be blamed and punished.

Logical belief (Rational belief):

It is unfortunate that sometimes people do wrong things, but human beings are not perfect, and upsetting myself will not really make any changes.

Non-logical belief (Irrational belief):

Events must be what I want them to be, otherwise life will be unbearable.

Logical belief (Rational belief):

There is no law that says everything should happen the way I want it to. It is frustrating, but I can understand that, especially to prevent disaster. My discomfort is caused by events beyond my control and as a result I cannot do much in this situation. There are

not many external factors in control of my reactions, but it is my thoughts (not external factors) that cause my emotions and I can learn to control my thoughts.

Non-logical belief (Irrational belief):

I have to worry about dangerous and unpleasant things, otherwise they might happen.

Logical belief (Rational belief):

Worrying about events that can be unpleasant will not prevent them from happening; It just makes me worried and depressed right now.

Non-logical belief (Irrational belief):

I will be happier in life by avoiding problems, misfortunes and responsibilities.

Logical belief (Rational belief):

Avoiding problems may be easier, but though putting things aside prevents bad things from happening for a longer time, it also gives me more time to worry.

Non-logical belief (Irrational belief):

Everyone has to rely on someone stronger than themselves.

Logical belief (Rational belief):

Relying on another may lead to dependent behaviors. There is nothing wrong with seeking help, but we have to learn to believe in ourselves and our judgment.

Non-logical belief (Irrational belief):

Past events cause me problems, and they still affect my feelings and behaviors.

Logical belief (Rational belief):

The past cannot affect my present. My recent beliefs create reactions. I may have learned these beliefs in the past, but I can analyze and interpret them now.

Non-logical belief (Irrational belief):

With others upset I have to be upset too.

Logical belief (Rational belief):

I cannot change the bad feelings and sorrows of others by being upset myself.

Non-logical belief (Irrational belief):

I should not feel uncomfortable and in pain. I cannot understand these, and I should avoid them at any cost.

Logical belief (Rational belief):

Why should I not feel uncomfortable and in pain? I do not like these, but I understand them. If I always avoid adversity, my life will be very limited.

Non-logical belief (Irrational belief):

Every problem must have an ideal solution, and when one cannot find that solution, life will be unbearable.

Logical belief (Rational belief):

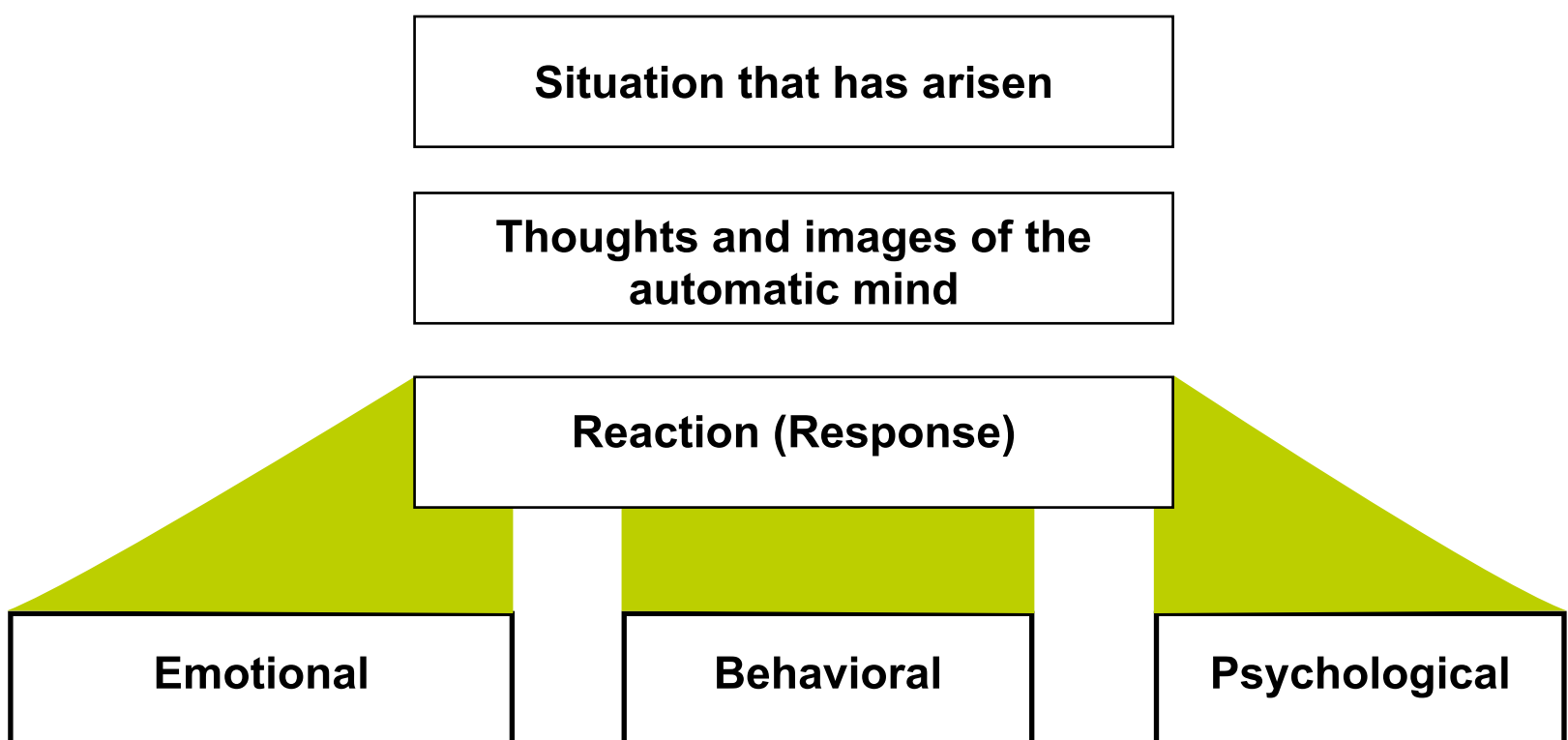
Problems usually have different solutions; It is better not to wait for the ideal solution but better to live with the best solution available. I can live with less ideals.

Aaron Beck and Cognitive Behavior Therapy

About the same time as Albert Ellis, Aaron

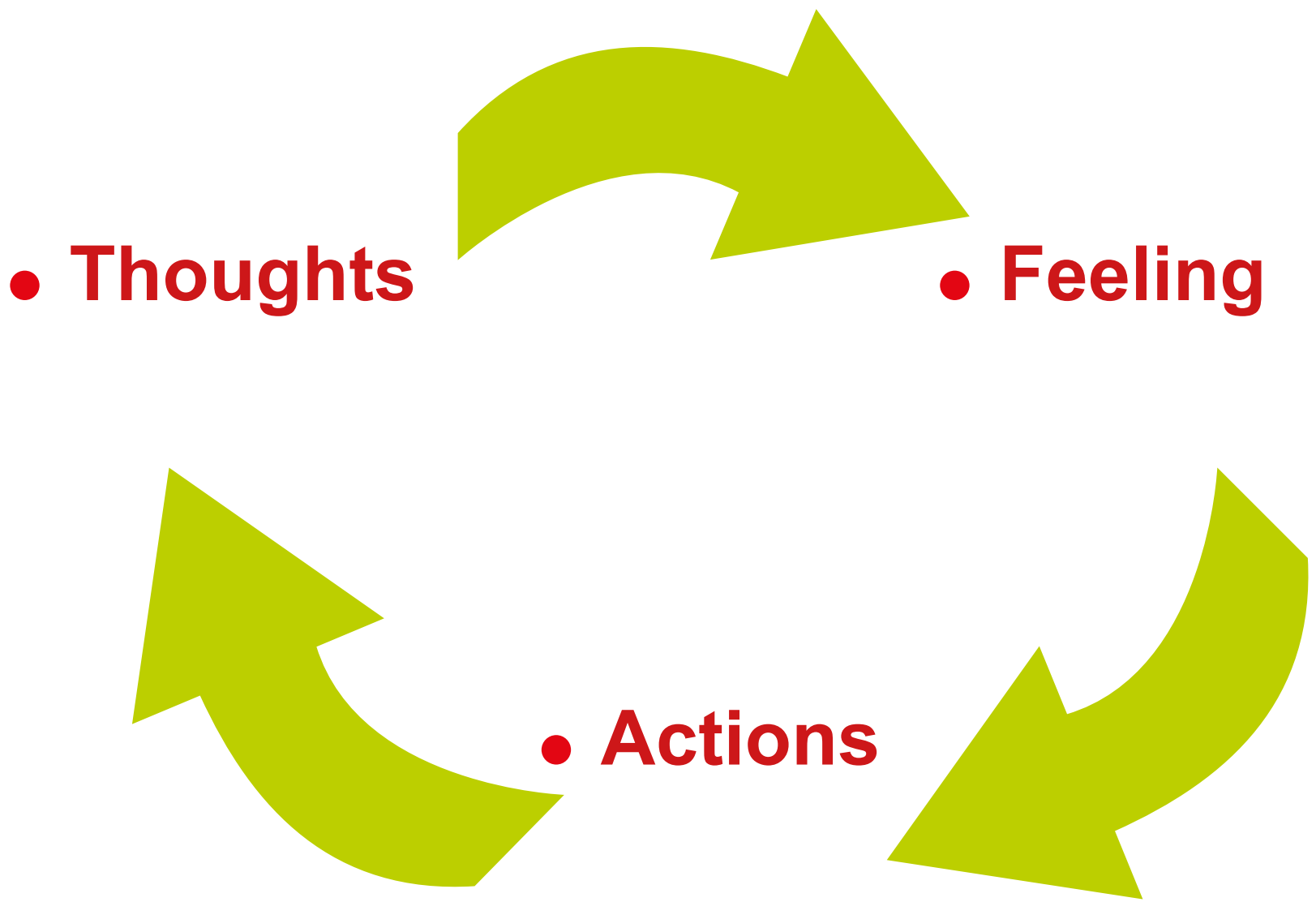
Beck was studying, researching, and writing about cognitive-behavioral therapy. Judith S. Beck, daughter of Aaron Beck and author of 'Cognitive therapy and its fundamentals', emphasizes in "CBT Basics" that dysfunctional thinking patterns are a common feature of all mental disorders, a concept that Beck himself has repeatedly stated in his writings and books in various forms.

The general viewpoints of Ellis' and Beck's concepts are the same; But there are also differences in the details of their models. Beck, for example, pays special attention to automatic negative thoughts. Thoughts we may not notice are present in our minds and if we ignore them, they will have an effect on our behaviors and feelings:



Like Albert Ellis, Aaron Beck examines these thoughts, images, and schemas, and seeks to improve the path connecting the event to the response by modifying them. There is a reciprocal relationship between our thoughts, feelings, and behavior. When something happens, our mind evaluates the event and, based on the evaluation of the situation, experiences a particular feeling, and acts on that feeling. Of course, this relationship is not a linear relationship, the relationship between thought, feeling, and behavior is an interactive one.

When a person is in a difficult situation, a negative perception of that situation can cause severely negative feelings; consequently, negative emotions lead to inappropriate behaviors. And these three factors interact in a vicious cycle and increase each other's intensity. A vicious cycle begins when we have an unrealistic perception and misinterpret an event which results in negative feelings and behavior. Therefore, by changing your attitude and correcting your thinking, you can achieve good feeling and good behavior.



Cognitive errors

Mistakes and irrational beliefs cause us to misunderstand events. Recognizing these misconceptions and correcting them helps us to actively strive to improve our condition. Beck introduces ten cognitive errors and says that when humans interpret phenomena based on these errors, their interpretation will not be realistic. They are:

Mind reading:

You assume that you know what people are thinking, without having enough evidence about their thoughts. For example, “He thinks I’m a loser”.

Prediction:

You predict the future. Do you anticipate that things will get worse or that there will be danger? For example, “I will not pass the exam” or “I will not get this job”.

Catastrophizing:

You believe that what has happened, or will

happen, will be so painful and unbearable that you cannot bear it. For example: “If I fail the exam, it will be terrible.”

Labeling:

You attribute a very general negative trait to yourself and others. For example: “I am not lovable” or “he is unworthy”. The acute form of ‘Labeling’ thinking is all or nothing. Instead of saying “I made a mistake”, you label yourself negatively: “I’m a loser.” Sometimes people label themselves “stupid” or “a failure” and so on. **Labeling is irrational because you are different from what you do.** There are different types of human beings, but there are no “losers” and “idiots”. These labels are useless practices that lead to anger, anxiety, discouragement, and lack of self-esteem. Sometimes the label is directed at others. When someone speaks against your views, you may call them arrogant. Then you feel that the problem is with his “personality” or “character” instead of his behavior or thought. As a result, you consider him completely bad, and in this situation, there is no suitable space for constructive communication.

Underestimate the positive aspects:

You claim that the positive achievements of you or others are insignificant. For example: “This is the duty of a housewife, so when she attends to my needs, she is not doing anything extraordinary.” “These successes, which are not important, were very easy to achieve.”

People who have this kind of irrational thinking do not pay much attention to the positive aspects of their lives and always make the positive points look insignificant to themselves. By devaluing positive experiences, they insist that they are not important. They call their good deeds insignificant, believing that anyone can do it. Ignoring the positive takes away the joy of life and makes you feel unworthy.

Negative filter:

You focus almost exclusively on the negative aspects and rarely focus on the positive aspects. For example: “If you look, you will see how many people do not like me”. **People who have this kind of thought, under the influence of a negative incident, blur the whole reality.** They pay attention to only the negative part of an incident and forget about the rest. With the mind engaged only

with the negative aspects of an event, we are unable to see other important aspects of these events. Like a drop of ink dripping onto a barrel of water.

Extreme generalization:

You only infer a negative general pattern based on a particular event. For example: “It always happens to me, as I fail every time.” People who have this kind of error in their thoughts see the patterns repeating more often than what is occurring in reality. The actual intensity is much less than the intensity in the mind. A person with this cognitive error considers any negative incident, including a job failure, as a complete and inexhaustible failure and describes it in words like never and always.

Bipolar thinking:

Persons suffering from this condition, see people or events as all or nothing. For example: “Everyone left me” or “It was a waste of time”. In this kind of thought, the law governs all or none. A person sees a behavior, thought, success, phenomenon or issue as completely white or black. Anything less than perfect

is an undisputed failure. Dissatisfaction with the amount or part of a job, an activity, or a privilege deprives them of the benefits.

For example, some people have this kind of thinking that they either have to have a car or they do not want a car at all. This kind of thinking is seen in many parts of life. In another example, a university lecturer states that if this were the number of students, and with these conditions, for example, I would teach this course. In another example, a woman on a weight loss diet said after eating a spoonful of ice cream: “My weight loss program went up in smoke”. He was so upset with this attitude that he finished a large bowl of ice cream to the last drop.

Musts:

You interpret events based on how they should be, not on how they really are. For example, “I have to do well, and if I do not do well, it means I have failed.” You expect things to be the way you want them to be. This expectation is not always met or met with a lower percentage. For example, a great musician said to himself after playing a difficult piece of piano, “I should not have made so many mistakes.” He was so

impacted by this phrase that he had several bad days in a row. The variety of words that somehow evoke “should” creates the same effect. Those “necessary” phrases that are used against you can lead to feelings of guilt and frustration. But the same beliefs, if directed at others or the world at large, lead to anger and frustration “should not be so stubborn.”

Many people want to motivate themselves with “shoulds” and “should nots”. “I should not eat that sweet.” This kind of thinking is often ineffective because “shoulds” and “should nots” instigate rebellion and people are encouraged to do just the opposite.

Personalization:

Because of the unpleasant negative events, you blame yourself unfairly and do not pay attention to the fact that others can also have a role in causing those negative events, such as, “My marriage came to a standstill, because I failed.”

Blame:

You see the other person as the main source of your negative feelings and you do not accept responsibility for your change. For ex-

ample, “It’s his fault that I feel this way now” or “All my problems are my parents’ fault.”

Unfair comparisons:

You interpret events according to standards that are not realistic. In this way, you pay attention to people who do better than you, and as a result, you find yourself inferior to others. For example: “He is more successful than me” or “Others tried harder than me”.

Always regret:

This stance is related to concentration and mental engagement with what could have been done better in the past instead of focusing on what I can do better now. For example: “If I had tried I could have had a better job” or “I should not have said that”.

What if:

A series of questions asked related to “What if” something special happens? And of course, you are never satisfied with the answer you give yourself. For example: “True, but what if I get anxious?” Or “What if I cannot breathe properly?”

Emotional reasoning:

You let your emotions guide your interpretation of reality. For example: “I feel depressed, and that means my marriage is deadlocked”. **People with emotional reasoning think that our negative emotions do not necessarily reflect the facts.** This kind of emotional reasoning keeps us away from the reality. For example: “I am afraid of getting on a plane, because flying a plane is very dangerous.” “Or I feel guilty, so I must be a bad person.” Or “I’m angry, so it turns out I was not treated fairly.” Or “Because I feel inferior, it means I am a second-class person.” Or “I feel frustrated, so I must be frustrated”.

Inability to verify evidence:

You reject all evidence or proof against your negative thoughts. For example, when you think that “I am not lovable”, you reject any evidence that people love you. As a result, your thoughts cannot be rejected.

Judgmental approach:

Instead of just describing, accepting, or perceiving yourself, you evaluate yourself, others, and events in black and white (good and

bad or superior and inferior). You judge yourself and others based on arbitrary criteria and feelings, and you come to the conclusion that you or others have failed. You value the judgment of others or the harsh judgment you make about yourself. For example, “I did not study well at university” or “If I play tennis, I will not do well in that sport” or “Look how successful he or she is, while I am not”.

Cognition levels

- **Automatic thoughts (spontaneous)**
- **Mediating beliefs (rules of life)**
- **Fundamental beliefs**

First Level: Automatic thoughts (spontaneous)

Automatic thoughts are thoughts that run parallel to conscious and obvious thoughts in our minds. Keep in mind that these thoughts are not specific to people with mental illness. We all have these thoughts. These thoughts are fast, suddenly come to mind, fast and short, and you are less aware of them. But you are well aware of the excitement they produce, because after this thought comes to your mind, depending on whether it is negative or positive, it creates good or bad emotion in you. Because we are unaware of our automatic thoughts, we are therefore more likely to accept them as facts without evaluation. But we can learn to recognize our automatic thoughts

according to our emotional changes. For example, whenever we feel uneasy about ourselves, we can ask ourselves, “What is going through my mind right now?”

Example: Suppose you call home and no one answers your phone. You call again after a few minutes and still no one answers. As a result, you call several times in a row. Well, in this case, people’s reaction is divided into several categories. Most people are worried, some postpone the call without worry, and some do not call again after the same unanswered initial call, some get upset ... What are the reasons for these different reactions?

If we ask those who are worried what has crossed their minds that worries them, they will probably answer that they are worried that something bad has happened (or they will express another negative thought). Others may think that family members must have left home to do something, some may think that they must be asleep and... These kinds of thoughts that come to mind quickly in certain situations are called spontaneous or automatic thoughts.

Keep in mind that in addition to being quick, they evaluate the situation in a certain way:

that something bad has happened; that the other person is busy. From this example we can conclude that spontaneous thoughts can be negative or positive. Spontaneous negative thoughts create negative emotions and spontaneous positive thoughts create positive emotions.

Cognitive Behavior Therapy tries to examine two aspects of negative spontaneous thoughts: The first is whether these thoughts are correct. The second is whether these thoughts are useful and beneficial.

Regarding spontaneous thoughts, we have to answer another question: Where do spontaneous thoughts come from? What makes different people react differently in the same situation? Why does the same person interpret the same situation in two different ways on two different days? We must first know that spontaneous thoughts are the most superficial of the three cognitive levels (spontaneous thoughts, mediating thoughts, and core beliefs). Thus, the origin of spontaneous thoughts lies at deeper levels, at the level of the core beliefs, which we will discuss later in this section.

Second level: Mediating thoughts or rules of life

The second level of cognition broadly includes dysfunctional assumptions. In recent years, dysfunctional assumptions or rules of life have also been called conditional beliefs. There are two types of rules of life in CBT:

- The first category is conditional expressions (if... then):

If I study very well and work hard, then others will love me.

- The second type is expected phrases (musts and rules):

I must be perfect. These rules are associated with a strong sense of conscientiousness and ethics and are often difficult to treat. Musts are beliefs that a person has about how he or she or others should behave, think, or feel.

The rules of life are directly related to what we do to maintain self-esteem and a sense of security and health. So, for whatever reason our ability to comply with conditional and expected rules is compromised, we will be prone to anxiety and depression.

There are two major differences between spon-

taneous negative thoughts and rules of life:

- Spontaneous negative thoughts are a person's assessment of a particular event or situation while the rules of life are present in all situations, in other words, they are pervasive and not merely related to a particular situation.
- While spontaneous negative thoughts are biased in content and process, the rules of life are value judgments.

Third level: Fundamental or Core Beliefs

The third level of cognition is the underlying assumptions about oneself, others, and the world, which are called core beliefs. In recent years, nuclear beliefs have also been referred to as unconditional beliefs and schemas. Nuclear beliefs are mechanisms that process information and activate the laws of life and spontaneous thoughts.

From early childhood, specific beliefs about oneself, others, and the world are formed in people. Core beliefs in childhood and adolescence are formed as a result of life experiences.

When a fundamental belief is activated, one interprets situations from the perspective of that belief, even if it is based on reason and

logic. When a fundamental belief is activated, the individual selectively pays attention to information that is in support of his or her fundamental belief and ignores or does not take into account opposing or contradictory information. In this way he maintains his faith.

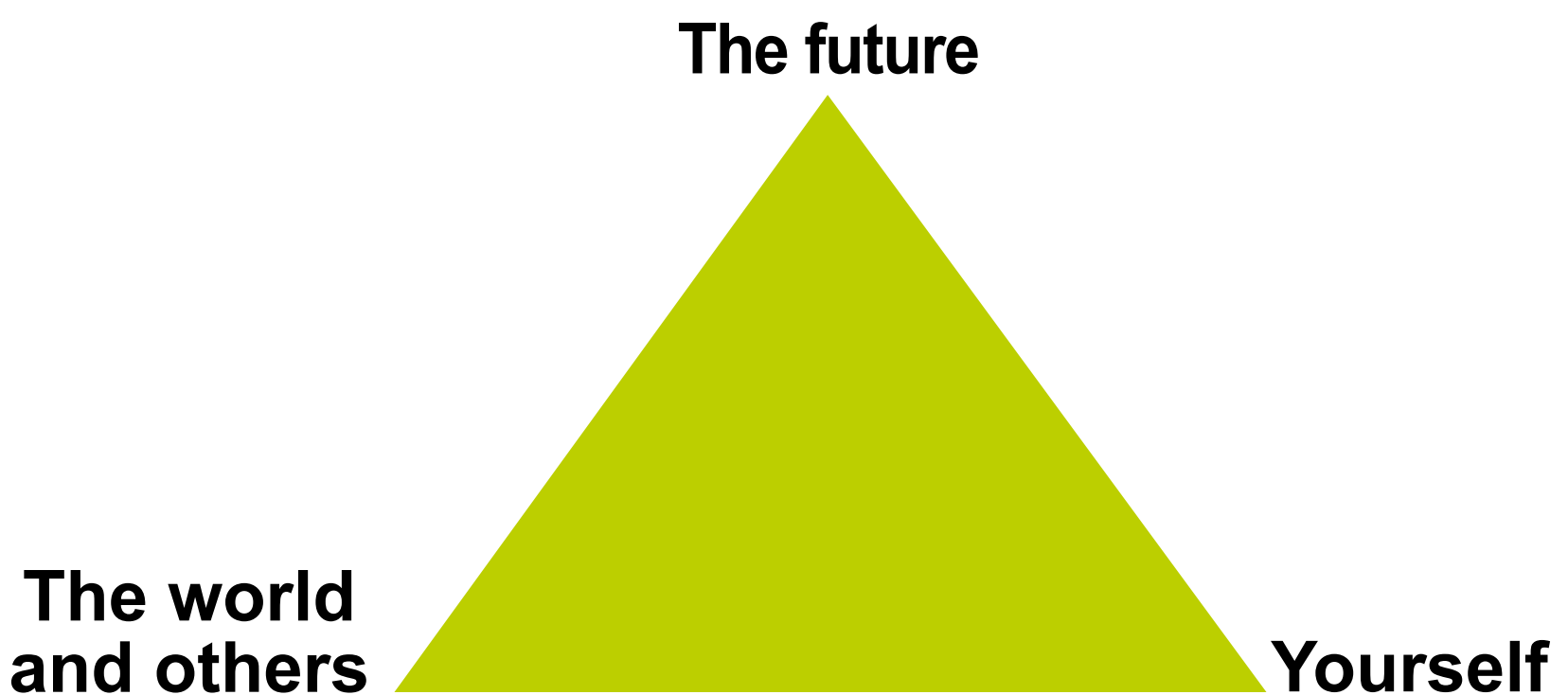
Fundamental beliefs are the deepest cognitive level. They are pervasive, general, inflexible, and overly generalized. Spontaneous thoughts are real words or mental images that actually pass through a person's mind, they are related to a particular situation and can be considered the most superficial cognitions. When parents mistreat their child, such as punishing him or her, the child may conclude that he or she does not deserve to be loved: "I am not lovable." This is a core belief. People who have had many negative experiences as children organize them into negative nucleus loads.

These beliefs are so deep that we may not even be aware of them, but they do affect the lives and behavior of the persons harbouring those beliefs, and the more negative they are, the more likely they are to be depressed, anxious, or otherwise ill.

The three levels are theoretically related to

each other and can be explained most beautifully with a metaphor. If we consider these three levels as a fountain of water, the water reservoir represents the core beliefs; the fountain, which directs the water out is the law of life (mediating thoughts). And finally, the spontaneous negative thoughts are the water droplets that come out of each of the fountains. Core beliefs represent a fundamental sense of self and the key to how we view ourselves, others, and the world, and are associated with high levels of emotion. Laws of life (mediating thoughts) act as principles that guide one's behavior and how we behave and how we relate to others and the world. Spontaneous negative thoughts are the direct product of beliefs and laws.

Negative spontaneous thoughts, mediating thoughts, and core beliefs interacting with each other form a particular way of thinking, such as thinking in black and white. This type of thought process is called cognitive error. In the next article, we will discuss how to perform Cognitive Behavior Therapy.



Beck introduced three types of cognition as depicted in the “Cognitive Triangle.” Accordingly, people’s fundamental beliefs include beliefs about themselves, the world and others, and about the future. Examples of fundamental maladaptive beliefs that may be found in your field are: I am weak, I am powerless, I am not lovable, I am not desirable, I am bad, I deserve the way people treat me, I am at risk, I believe incompatible fundamentals in the world and in others can include things like: danger lurks in every corner, others must be used, times are cowardly, people will hurt me. The underlying hurtful belief about the future can include things like: I will always be miserable; nothing will get better.

The fundamental beliefs that are in their domain are also called schemas. Beck believes that schemas are of three categories. These

three categories are:

First. The domain of lack of value: I am worthless.

Second. The domain of helplessness: I am helpless.

Third. The domain of not being lovable: I am not lovable.

Treatment steps in CBT

First. Testing:

Interview, observation and questionnaire

Explore thoughts, feelings and behaviors

Identify detective factors

Identify the underlying factors (mood, family atmosphere, attachment style, parenting style)

Identify persistent factors

Identify positive influencing factors

Identify negative influencing factors

Second. Formulation

Whenever the causes of a client's problems can be identified with their help, we reach the formulation step. Formulation means linking the factors to each other and reaching an understanding of the vicious cycles of the clients' lives.

The answers to the following questions the client asks himself can help in this stage of

formulation.

Client's question: Why am I in trouble?

Answer will reveal Underlying factors

Client's question: Why have I been in trouble since then?

Answer will reveal Detective factors

Client's question: Why is my problem not solving?

Answer will reveal Persistent factors

Client's question: How can I solve my problem?

Third. Treatment plan

Providing scientific information to clients, in simple language.

Treatment in CBT has the following characteristics:

- Participative
- Transparent
- Targeted
- Based on practice
- Follows rules

Treatment techniques

Cognitive reconstruction is a useful way to understand frustrating emotions and moods, and sometimes to challenge misconceptions that may have a false basis. And cognitive reconstruction challenges and changes negative thinking.

Cognitive reconstruction at the level of spontaneous thoughts:

FIRST. Recording thoughts

Exercise: Fill in this table for each day during the next week.

Situation	Feeling	Thought	Behavior (response)	Consequences	Cognitive error

SECOND. Think aloud

THIRD. Finding the meaning of words

FOURTH. Identify the disadvantages and advantages of thoughts

FIFTH. Fluctuation of thought

Belief in Thought (0-100)	Activity	Time

SIXTH. Alternative thinking

Cognitive reconstruction at the level of spontaneous thoughts (rules of life)

- Record the rules of life
- Meaning of words
- Distinguish efficient rules from inefficient ones
- Editing an efficient rule
- Breaking the rule

Cognitive reconstruction at the level of central beliefs

- Definition of words
- The origin of the definition and the origin of the definition of belief
- Confirmatory evidence

For example: Belief: I am an unlucky person.

Age	Evidence (events)

- Rejecting evidence
- Continuity
- Reconstruct memories related to central beliefs

CBT Treatment

Why are people depressed?

Because depression is like a psychological cold, everyone is susceptible to it.

Similar to how persons with a strong immune system catch fewer colds and get better sooner, people with stronger psychological immune systems have lesser occurrences of depression than others.

What is the difference between depression and sadness?

SADNESS

1. Sadness is short lived.
2. We know that what is the cause of sadness. (For example, I had conflict, I heard bad news, or I'm sick).
3. Even when we are sad, we can experience joy in other matters.

DEPRESSION

1. Depression lasts longer.

2. We do not know the cause of depression.
3. We do not enjoy anything while we are depressed.

What are the symptoms of depression?

1. Less activity
2. Less communication
3. Staying longer in bed

But some people even when experiencing depression can be:

1. Active
2. Have a lot of social communications
3. Have smiling faces.

Example: Mothers with their children. They are active because there is no one else to do their jobs. They are active and smiling, but depressed.

► So, the most important symptom of depression is lack of joy.

What are the other symptoms of depression?

1. Feeling hopeless

2. Feeling worthless
3. Spending a lot of time in their mental world
4. Being mentally slow
5. Most of their thoughts are negative
6. Thinking about death or suicide
7. Reduced energy levels.

We have two kinds of people:

INTROVERTED people: They get their mental energy from within themselves. They are quiet, loners and do not relate to other people.

EXTROVERTED people: They get their mental energy from outside. They need company and to relate to other persons.

Beck's questionnaire of depression

To know whether you have depression or not and to assess the level of depression, please choose the statement which best describes you. Your score for each question is the number of the option you have chosen. Then calculate the total score for all your answers and compare the total score with the interpretation model given at the end of this document.

1	1- I am so sad or miserable that I can no longer bear it. 2- I am always sad or upset and I can not get rid of this situation. 3- I am sad or anxious. 4- I am not sad.
2	1- I feel that there is no hope for the future and the situation will not get better. 2- I feel I have no hope for the future. 3- I am disappointed with the future. 4- I am not pessimistic or disappointed about the future.
3	1- I feel like a failed person. 2- I look at my failure in the past. 3- I feel like more than one average person in life has failed. 4- I do not consider myself a failure.
4	1- I am dissatisfied with everything. 2- Nothing satisfies me anymore. 3- I no longer enjoy the things I used to enjoy. 4- I have a particular dissatisfaction.

5	<p>1- It seems that I feel very bad and worthless.</p> <p>2- I feel that I am completely guilty.</p> <p>3- I often feel bad and worthless.</p> <p>4- I do not feel particularly guilty.</p>
6	<p>1- I hate myself.</p> <p>2- I am useless.</p> <p>3- I am disappointed in myself.</p> <p>4- I am not disappointed.</p>
7	<p>1- If it were possible, I would kill myself.</p> <p>2- I have specific plans for suicide.</p> <p>3- I feel it is better to die.</p> <p>4- I do not think of harming myself in any way.</p>
8	<p>1- I have lost my interest in people and I do not pay attention to them.</p> <p>2- I have lost a lot of interest in people and I have only a little feeling for them.</p> <p>3- I am less interested in people now than in the past.</p> <p>4- I have not lost my interest in people</p>
9	<p>1- I can no longer make any decisions.</p> <p>2- It is difficult for me to make a decision any decision.</p> <p>3- I try to delay my decision.</p> <p>4. I can make good decisions as always.</p>
10	<p>1- I feel ugly or disgusting.</p> <p>2- I feel that my appearance is constantly changing and makes me unattractive to others.</p> <p>3. I'm worried about looking old or unattractive.</p> <p>4- I do not feel that others think I am worse than before.</p>
11	<p>1- I can not work at all.</p> <p>2- I have to put a lot of pressure on myself to do anything.</p> <p>3- For me, starting a business requires a lot of effort.</p> <p>4. I can work like I used to.</p>
12	<p>1- I am too tired to do anything.</p> <p>2- I get tired of doing anything.</p> <p>3- I get tired much sooner than before.</p> <p>4. I do not get too bored.</p>
13	<p>1- I have no appetite at all anymore.</p> <p>2- Now my appetite is much worse.</p> <p>3- My appetite is no longer well past.</p> <p>4- My appetite is not worse than usual.</p>

We all experience the symptoms of depression sometime or other in our lives, but not all experience it too much and not too frequently.

It is a matter of quantity.

We all experience a little bit of depression and anxiety and delusion, but when we should worry about it? When our activity slows down.

When we go to CBT therapist, what are the steps of treatment?

1- Diagnostic Testing.

To know what kind of disease you have and how sick you are.

2- Formulation

- Life experiences
- Beliefs
- Thought errors
- Feelings in situations
- Behaviours

3- Educating the client

- How to diagnose
- How to formulate.

With this knowledge, the client learns to be an observer of his own mental problems.

It is important to have just one goal:

The patient may have many problems, but we have to choose only one of them and work on it.

- Some clients want all their problems solved at once.

- We need to teach them that treatment is a collaborative effort.

Patients will not take treatment seriously if they do not pay for it. They should sign a contract.

If he does not come to the session, then remind him. If he does not do the tasks, remind him. If the client does not attend three sessions, then you need to stop the treatment.

- All instructions should be clear and transparent. The therapist should make the methods followed clear to the client.

- Therapist will diagnose, formulate and educate the client.

- Client should do the homework set out for him.

CBT is based on learning. But you will not be forever be a student. Soon you will learn enough to become an expert in the techniques and the theory of CBT yourself.

Why do we get depressed?

Some of the reasons for depression are:

- Annoying environment
- Low mood
- Person does not have enough skills
- Avoidance

What is an annoying situation?

1- Comparison environment

(Father says: When I was your age, I paid my family's expenses.)

2- Competitive environment

(You should achieve money, fame and beauty.)

3- Stressful environment

(Too much noise, smoke, inflation, hard job, night shift work.)

4- Controlling environment

(You have to do this; you should not do that.)

5- Positive and negative changes in life

(New relationship, marriage, childbearing, new job, new lessons...)

EXAMPLE:

1. Person in annoying situation.
2. Her mood is low. Why? Because the situation does not give her joy?
3. She does not have enough skills. So, she cannot solve the problems and she cannot experience joy from the situation.
4. She avoids the situation and she isolates herself.

What is the meaning of she does not have enough skills?

1. Lack of time management.
2. Inability to have healthy communication.
3. She does not know how to keep a diary.
4. She does not know how to say, NO.

So, a combination of annoying situations and lack of skills lead us to low moods as a result

of which we isolate ourselves, or we move towards avoidance and the result would be depression.

What is avoidance?

- Drinking alcohol
- Too much sleeping
- Avoiding work
- Having fun with mobile or watching TV instead of making relationships

And because these behaviours temporarily reduce negative feeling and low mood, these behaviours will continue. For example, they give me a lot of work, I do not know how to say NO; instead of that, I distance myself from work and colleagues and then I feel hopeless and worthless.

The method of treatment in CBT is to **change this cycle**:

- Instead of avoidance, you should engage in some activities.
- You should learn necessary skills.

What are mental skills?

1. Self-awareness
2. Effective communication
3. Conflict resolution
4. Problem solving
5. Courage
6. Compassion
7. Creative thinking
8. Critical thinking
9. Dealing with anger
10. Dealing with stress
11. Adjusting time
12. Taking risks
13. Enjoying life
14. Enjoying loneliness.

What are avoidance activities?

- Negligence (postponement of work)
 - I do not feel like doing that.
 - I do not have time.

- I did, but what was the benefit of that?

- Reflective thoughts

- Why do I have this problem? (hoping to find the cause)

- And every time she finds a new cause: myself, my family, my society.

- Sometimes they are talking about their problems with others, even with therapist, not for treatment, but only for to reflect on past experiences.

3- Seeking short term pleasure

- Mobile phone usage

- Internet wandering

- Shopping

- Sleeping

- Sexual relationship

- Changing the car

- Changing mobile

- Smoking cigarettes

- Drinking alcohol

Treatment steps

1. Diagnosis
2. Formulation
3. Training:
 - Annoying environment
 - Skills
 - Avoidance
- 4- Changing behaviours

Way to change the feeling, is by changing behaviour.

Treatment should follow the programs set out by the therapist, and not according to the moods and feelings of the clients. The hormones dopamine and serotonin, which are happiness hormones, are released after completion of the exercises.

How can we change behaviour?

- 1- Small steps:
 - A depressed person who has not worked for several months cannot hope to make a revolution and change everything right away.
 - Do not write your big wish on the wall, it

could make your mood bad.

- We should not tell the depressed person that she did not come out of the home for a few months; instead, tell her to go to the gym tomorrow.

- Do the same using small steps, to change yourself.

2- Action, not words:

- Depressed people just think.

- Do not just solve the problem in your mind.

Table of daily hours and activities.

#	Issue	Thought	Emotion	Behav- iour	Result
1	My daughter is not studying.	How miserable I am.	Sadness and grief	I shout.	First, I calm down and then I regret shouting and become sadder.
2					
3					

Clients are sometimes so deeply lost in their thoughts and they do not have the power to observe. These lessons help them to be the observer while they are in a

state of thinking. The harder it is for them to observe and write about daily activities, the more depressed they are.

Alternate technique:

Identify enjoyable activity which the client has engaged in now or in the past. Gradually, the therapist encourages the client to introduce enjoyable activities into the daily routine.

Alternate technique:

Therapist: What was your wish before you went into depression?

Client: To be happy, to experience love, to be successful.

Therapist: What do you mean by successful?

Client: Financial independence.

Therapist: What small steps can you take to achieve financial independence?

Alternate technique:

Measurement

On a scale of 1 to 10 where 1 is the lowest and 10 is the highest, how do you measure your daily happiness? Try to gradually im-

prove your happiness index.

Alternate technique:

Recalling past good experiences

- Write about your good experiences in the past and share with the therapist.
- The therapist will add these good experiences of the past to the client's daily programs.
- If the program somehow faces problems, the program can be modified.

If clients are active and have skills, but their joy is low, then, he/she is in 'smiling depression'¹.

Reasons: Defect and shame, perfectionism, mother with children. We teach the perfectionists to be less active and experience more joy.

Teaching skills:

1. If the person is not brave, we teach her bravery.
2. If she has no self-awareness, we teach her how to be aware of one's self.

1. Smiling depression describes someone living with depression on the inside while appearing happy or content on the outside.

3. If she does not know emotion regulation, we teach her emotion regulation.

The difference between man and woman

Example: Man and woman are quarrelling

- Man goes out to forget the quarrel and to be distracted from the experience.

- Woman stays in and starts reflecting on what happened. Why did he tell me that? Why has my life reached this point?

- When people are unable to solve problems, they indulge in more mental reflection and thinking.

- They need to learn to solve problems.

What is the method of solving problems?

1. Acceptance: We should accept that there is a problem.

2. Definition of problem

3. Make the problem a priority.

4. Brainstorming solutions.

5. Assessing the cost and benefit of each

solution.

6. Taking action

7. Reviewing

Thought technique

- Acceptance of annoying situations
- Acceptance lack of skills
- Interpretation of problem and beliefs

The goal of thought techniques:

- Observing our thought, not observing the world with our thoughts.
- Advantages and disadvantages of thinking.
- The source of thoughts

Women are twice as depressed than men. Why?

- Hormones
- Family and social pressure
- More abuse in childhood
- Women value relationships more than men

Interpretation of questionnaire scores

Level of scores	Degree of depression
More than 40	You are not depress
Between 27 to 40	Less depression
Between 14 and 26	Mild depression
Below 13	High depression

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