



Professor Richard Brown

Module:

Psychological Foundation of Mental Health

Week 5:

Psychological Therapies: From Behaviour
Modification to Behaviour Therapy

Topic 3

**Cognitive therapy in principle
and in practice**

Part 2 of 3

Finding the evidence



5-column thought record

Situation (who/what/where/when)	Feeling or emotion (0-100)	Automatic thoughts	Evidence that supports the hot thought
Tuesday evening, waiting for friend to call about going out	Tense (50%) Upset (70%) Lonely (90%)	She's got better things to do, she doesn't want to meet, she's dumping me	Evidence that does not support the hot thought

'She's dumping me' (1)

Evidence that supports the hot thought

- I am always the one to have to contact her to do things – she never contacts me anymore
- Last time we planned to go out she cancelled at the last minute saying she was too busy
- She hardly ever 'likes' my posts on Facebook
- Real friends are there for each other whenever – if they don't want to see me it means she doesn't really like me

Click **Next** to continue

'She's dumping me' (2)

Evidence that supports the hot thought

- I am always the one to have to contact her to do things – she never contacts me anymore
- Last time we planned to go out she cancelled at the last minute saying she was too busy
- She hardly ever 'likes' my posts on facebook
- Real friends are there for each other whenever – if they don't want to see me it means she doesn't really like me

Evidence that does **not** support the hot thought

- We've been friends for years – nothing has really changed
- We still see each other quite a lot – but not so much as we are both busy
- She gave me a really nice present on my last birthday
- She spent ages with me last time I was upset
- We are planning a holiday together

Click **Next** to continue

'She's dumping me' (3)

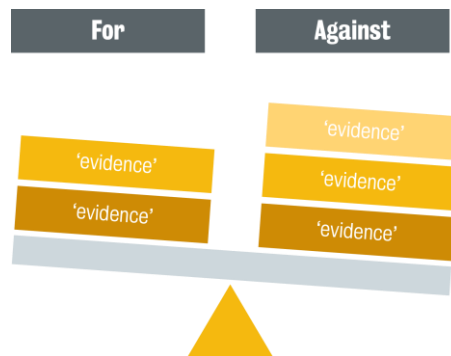
Evidence that supports the hot thought

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Evidence that does **not** support the hot thought

- We've been friends for years – nothing has really changed
- We still see each other quite a lot – but not so much as we are both busy
- She gave me a really nice present on my last birthday
- She spent ages with me last time I was upset
- We are planning a holiday together
- Thought catching

Using the evidence



It is easy to dismiss alternative explanations
that do not match our beliefs and assumptions

Yes, but ...

Alternative thinking (1)

ORIGINAL THOUGHT: *She's dumping me*

Write some alternative or more balanced thoughts



Click **Next** to continue

Alternative thinking (2)



ORIGINAL THOUGHT: *She's dumping me*

Write some alternative or more balanced thoughts

We don't see each other as much as we used to because we are both busy
Nothing has really changed - she still cares about me and we have fun together

Click **Next** to continue

Alternative thinking (3)



ORIGINAL THOUGHT: *She's dumping me*

Write some alternative or more balanced thoughts

How much do you believe the alternative thought?

We don't see each other as much as we used to because we are both busy (100%)
Nothing has really changed - she still cares about me and we have fun together (80%)

Click **Next** to continue

Alternative thinking (4)



ORIGINAL THOUGHT: *She's dumping me*

Write some alternative or more balanced thoughts

How much do you believe the alternative thought?

We don't see each other as much as we used to because we are both busy (100%)
Nothing has really changed - she still cares about me and we have fun together (80%)

How do you feel after this thought compared to your original mood?

Originally: Tense (50%), upset (70%), lonely (90%)

Now: Tense (20%), upset (10%), lonely (50%), relieved (70%)

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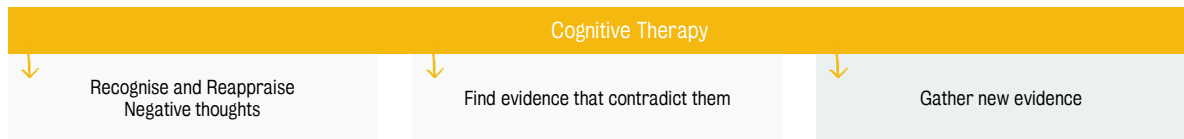
Working with Thought records - Summary



- Record details of the situation where negative emotion was experienced
- Describe emotion and rate its intensity
- Describe NATs
- Identify 'hot thought'
- Suggest evidence that supports the hot-thought
- Suggest evidence that does not support the hot-thought
- Find alternative or balancing thought
- Rate belief in alternative thought
- Re-rate mood or emotion

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Testing hypotheses with new evidence



Proactive approach is useful when...

The client is **avoiding situations**

- Reinforce maladaptive behaviour
- Reinforce negative emotions
- Prevent gathering of new information to challenge the client's beliefs

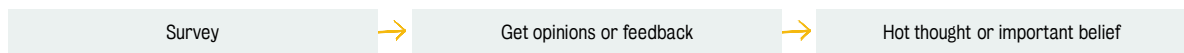
Surveys

Straight forward

Behavioural experiments

Complex but potentially more powerful

Testing hypotheses with survey evidence

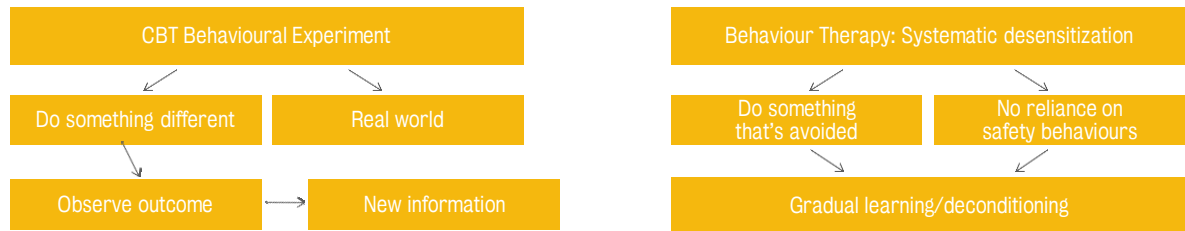


Belief: *When a group of people are together and one of them doesn't join in the fun, the other people will think she is rude or boring*

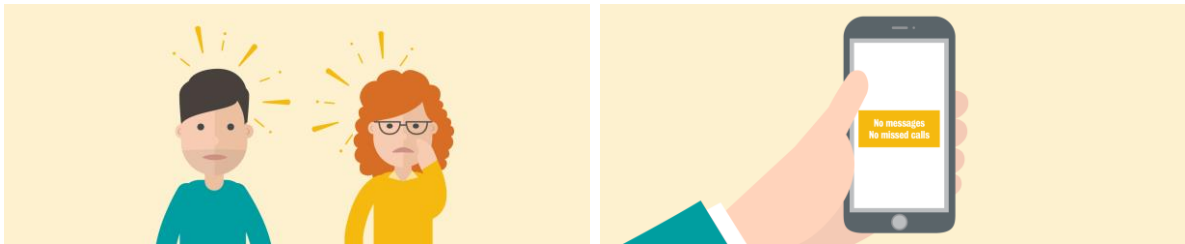
Hypothetical situation: *Helen is out with a group of friends. She is sitting quietly but not saying much. What might her friends think? (tick as many as you want)*

- | | | | |
|----|--|-----|--|
| A. | That she may be tired | 6/8 | |
| B. | That she has other things on her mind | 7/8 | |
| C. | That she is boring | 1/8 | |
| D. | That she just wants to listen | 5/8 | |
| E. | That she is rude | 0/8 | |
| F. | That she is not interested | 2/8 | |
| G. | Worry that she is not feeling well | 4/8 | |
| H. | Probably would not notice if there was lots going on | 6/8 | |

Behavioural Experiment (1)



Test predictions against actual outcomes



Week 5 Psychological therapies: from behaviour modification to behaviour therapy

Topic 3: Cognitive therapy in principle and in practice

15 of 18

Behavioural Experiment (2)

PREDICTION

What do I predict? What do I think will happen? How will I know if am right?

EXPERIMENT

How can I test my prediction? What can I do differently? How can I test if my prediction is true?

Week 5 Psychological therapies: from behaviour modification to behaviour therapy

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16 of 18

Behavioural Experiment (3)

PREDICTION

What do I predict? What do I think will happen? How will I know if am right?

He will not want to hear from me – if I email or text him, he will not reply.
If I phone he will hang up or say something really hurtful and upsetting

How much do
you think your
prediction is
correct?

80%

**EXPERIMENT**

How can I test my prediction? What can I do differently? How can I test if my prediction is true?

I can text him anyway so I can work out exactly what to say. I can say that it has been ages since we have spoken and I would really like to see him. I can suggest that we do something near his birthday which is in a couple of weeks time.

If he ignores the text or says he doesn't want to meet me, it will confirm my prediction. However, if he replies in an OK way my prediction may be incorrect

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Behavioural Experiment (4)

OUTCOME

What happened? How accurate was your prediction?

He replied almost straight away with a phone call. He apologised for being stupid and making so much out of the silly misunderstanding. We are meeting up for a drink and a catch-up

LEARNING

What did you learn from the experiment? What would predict in a similar future situation

We both overreacted after a simple argument. I was taking things personally – I didn't think that he would be feeling bad about it as well. It is unlikely that I would have found out if I had kept avoiding making contact.

Next time might not work out as well but it is better to take a risk than avoid finding out.

How much do
you agree with
your original
predictions?

30%