



Cognitive Behavioural Therapy (CBT)

Course Manual

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Module 10:
Treatment protocols

Objectives

Following on from Module 9, the learner will achieve an understanding of Treatment protocols adhered to in CBT, including: Cognitive/Imaginal; Behavioural and Relaxation to name a few. Techniques such as relaxation exercises, although not directly effective in modifying the clients thinking process, aid in the overall pragmatic approach which CBT clinicians strive to promote.

Relaxation training

Multimodal relaxation method (Palmer, 1993)

Often used in 1:1 sessions and group therapy, this therapy presents a wide and varied range of relaxation methods, both imaginal and cognitive, to the client with the aim that they will adopt the method best suited to their needs. The method by which the most effective intervention is determined can either be by verbal feedback to the therapist from the client, or by use of bio-feedback using galvanic skin response to assess physical reaction to each of the methods explored. However, it must be recognised that some relaxation methods such as deep breathing are not suitable for use with this population as it has been found to induce panic attacks (Palmer, 1993). The multimodal relaxation method has been found to be particularly effective for those presenting with anxiety, migraine, colitis, hypertension, insomnia, irritable bowel syndrome and behaviours such as smoking cessation (Curwen et al., 2000).

Progressive relaxation

If methods such as those discussed previously have proved ineffective, it is suggested that progressive relaxation (Jacobson, 1938) may have a greater effect. In brief, this technique involves instructing the client to tense different muscle groups for six seconds, before relaxing them for a longer period. Originally a time consuming process, the method was condensed into four sections by Wolpe and Lazarus (1966), consisting of relaxation of:

- Arms
- Facial area, neck, shoulders and upper back
- Chest, stomach and lower back
- Hips, thighs and back and full body relaxation

This method is recommended for clients presenting with asthma, anxiety, high blood pressure, insomnia, chronic pain and migraine to name a few (Curwen et al., 2007).

Relaxation response

Developed by Benson in the 1970's relaxation response is often promoted as a westernised, mainstream version of meditation (Curwen et al., 2000). The main difference between Benson's method and meditation is that Benson purported the use of the word 'one' in place of traditional mantra thought to aid clients in discarding distracting thoughts or outside events. This method is carried out as follows (Palmer & Dryden, 1995):

1. Find a comfortable position and sit down
2. Close your eyes
3. Relax your muscles, starting with your facial muscles and working down to your toes
4. Breathe through your nose, repeating 'one'
5. Continue to repeat 'one' as distracting negative thoughts occur
6. Continue for 10-20 minutes
7. When finished, keep eyes closed for a few minutes

Multiple choice questions

- 1) *Relaxation exercises are directly effective in modifying the thinking process*
 - a) *False*
 - b) *True*

- 2) *The multimodal relaxation method is most often used*
 - a) *In CCBT*
 - b) *In group therapy*
 - c) *In individual therapy*

- 3) *In the multimodal relaxation method, feedback is obtained*
 - a) *Verbally*
 - b) *Through bio-feedback*
 - c) *Both of the above*

- 4) *Progressive relaxation involves:*
 - a) *Tensing and relaxing of muscles*
 - b) *Breathing exercises*
 - c) *Talking therapy*

- 5) *The Progressive relaxation method was condensed by*
 - a) *Wolpe and Lazaus*
 - b) *Jung*
 - c) *Beck*

- 6) *Relaxation response has been likened to*
 - a) *Meditation*
 - b) *Positive behaviour support*
 - c) *acupressure*