Introduction to Cognitive Behavioral Therapy (CBT)

- Definition of CBT
- How CBT works: The theory
  - Origins of CBT
  - Principles of CBT
  - Elements of CBT
  - Uses of CBT
  - Duration of CBT
  - Other therapies using CB principles
- How CBT works: The practice
  - Initial assessment
  - Functional analysis
  - Therapist guidance
  - Homework
  - Analysis of homework
- Exercise: Example of a CBT session
- Learning Check

How the world affects our cognitions

- Internal stimuli
  - Body
  - Mind
- External stimuli
  - People
  - Situations
  - Events
- Synthesis of stimuli
  - Changing thoughts, changing behavior
- Exercise: Applying the theory: The case of Paul an ACOA
- Learning Check

Role of our cognitions in shaping our world

- View of self
  - Looking-glass self
  - Self-fulfilling prophecy
- View of the world
  - Safe or in danger
Welcome or rejecting
- View of the past
  - In control or victim
  - Forgiveness or resentment
- View of the future
  - Hopeful or pessimistic
  - Successful or failure
- Exercise: Applying the theory: The case of Sandy an alcoholic
- Learning Check

Altering client cognitions to produce changes
- In affect state
  - General model for counselor
  - Self-help methods
- In patterns of behavior
  - General model for counselor
  - Self-help methods
- Exercise: Applying the theory: The case of Ronald a codependent
- Learning Check

Cognitive-Behavioral therapy intervention methods
- General Strategies
  - Cognitive rehearsal
  - Validity testing
  - Journal writing
  - Guided discovery
  - Modeling
  - Homework and graded task assignment
  - Aversive conditioning
  - Systematic positive reinforcement

CBT techniques used in treating substance abuse disorder
- Use of CBT with substance abuse disorders
  - Applicability to SUD
    - Alcoholism
    - Cocaine addiction
Relapse prevention

- How living in a SUD family affects cognitions
  - Family systems model
  - Rules in distracted family
  - Roles in distracted family

Treatment Technique: Learning Personal skills

- Managing thought and cravings
- Anger management
- Negative thinking
- Scheduling pleasant activities
- Relaxation skills
- Decision-making skills
- Problem-solving skills
- Emergency Planning

Treatment Technique: Interpersonal skills

- Drink/drug refusal
- Refusing requests
- Handling criticism
- Intimate relationships
- Enhancing support network
- General social skills
- Coping with significant others

Learning Check

Course Closing

- Final thoughts
- Resources for professionals
- Bibliography