Cognitive Behavioral Therapy part 2: focus on chronic pain and depression

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Cognitive Behavioral Therapy
part 2: focus on chronic pain and depression

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Agenda

• Review of CBT
• Return to CBT for chronic pain
• CBT for depression
What is Cognitive Behavioral Therapy?

• “CBT”

• Rooted in the idea that how we think and feel influences our behavior

• And that our behavior and thoughts can influence how we feel

• Focus is on functioning and skills building; goal oriented and problem focused

• Typically a skill for trained counselors but some evidence for physician use in practice
Thoughts

Behavioral/Situation

Emotions/stress level

Physical sensations
CBT for chronic pain

• Review...
  • The Pain Cycle
  • Behavioral interventions
    • Pacing
    • Relaxation
  • Cognitive interventions
    • Thoughts about prognosis
The Pain Cycle

- Depression
- Impoverished mood
- Anger, anxiety, fear, distress, etc.
- Increased perception of pain
- Activity avoidance
- Progressive deconditioning
- Pain with decreased activity
- Further activity avoidance
- Further deconditioning
- Pain with decreased activity
- Physical
- Mental
Pacing for chronic pain

![Graph showing the effects of pacing on activity over time. The graph illustrates that pacing pattern leads to improvement over time, while a boom-bust pattern leads to gradual worsening over time.](www.psychologytools.com)
Relaxation

• Diaphragmatic breathing
• Progressive muscle relaxation
• Imagery
Negative thoughts

• Beliefs about loss of functioning
• Beliefs about prognosis
• Guilt/shame
• Grief
CBT for depression

- Symptoms of depression
  - Depressed mood
  - Anhedonia
  - Anger/irritability
  - Feeling badly about oneself
  - Trouble concentrating
  - Suicidal ideation
  - Poor appetite or overeating
  - Sleeping less or sleeping more
  - Psychomotor agitation or retardation
  - Fatigue
CBT for depression

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  • Fatigue
Psychoeducation...
CBT for depression

Thoughts

Behavioral/Situation

Emotions/stress level

Physical sensations
CBT for depression

Thoughts

Behavioral/Situation

Emotions/stress level

Physical sensations

Not feeling well physically
Feeling sad, irritable
CBT for depression

Thoughts

Behavioral/Situation
- Not engaging in activities
- Withdrawing, isolation

Emotions/stress level
- Not feeling well physically
- Feeling sad, irritable

Physical sensations
CBT for depression

Thoughts

Behavioral/Situation

Emotions/stress level

Physical sensations

Not engaging in activities
Withdrawing, isolation

Negative thoughts about self and others

Not feeling well physically
Feeling sad, irritable
Behavior chain analysis

What happened? → What was the effect? → How did you feel? → What did you do? → What impact did your behavior have?

(Martell, Dimidjian, & Herman-Dunn, 2013, p. 41)
Behavioral Activation

• Hardest to change *feelings* or *physical sensations*
  - (Although this is often where medication comes in)
• Less hard but still hard to change *thoughts*
• *Behaviors* are sometimes easiest to change
Behavioral Activation

1. Expressing empathy
2. Normalization and psychoeducation
   • Tailored to patient’s medical literacy
3. Discussion about previous enjoyed activities
4. Problem solving/idea generating for activities
   • Both tasks and enjoyable activities
5. Planning and scheduling activities
Behavioral Activation

• Keys for success...
  • Reasonable goal setting (important to avoid failure)
  • A mix of task-orientated activities and pleasurable activities
  • Social supports
  • Normalizing of patient’s experience/empathy
CBT for depression
CBT for depression
References


Possemato et al. (2018) Patient outcomes associated with primary care behavioral health services: A systematic review. General Hospital Psychiatry,