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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

Elizabeth C. Dykhouse, PhD

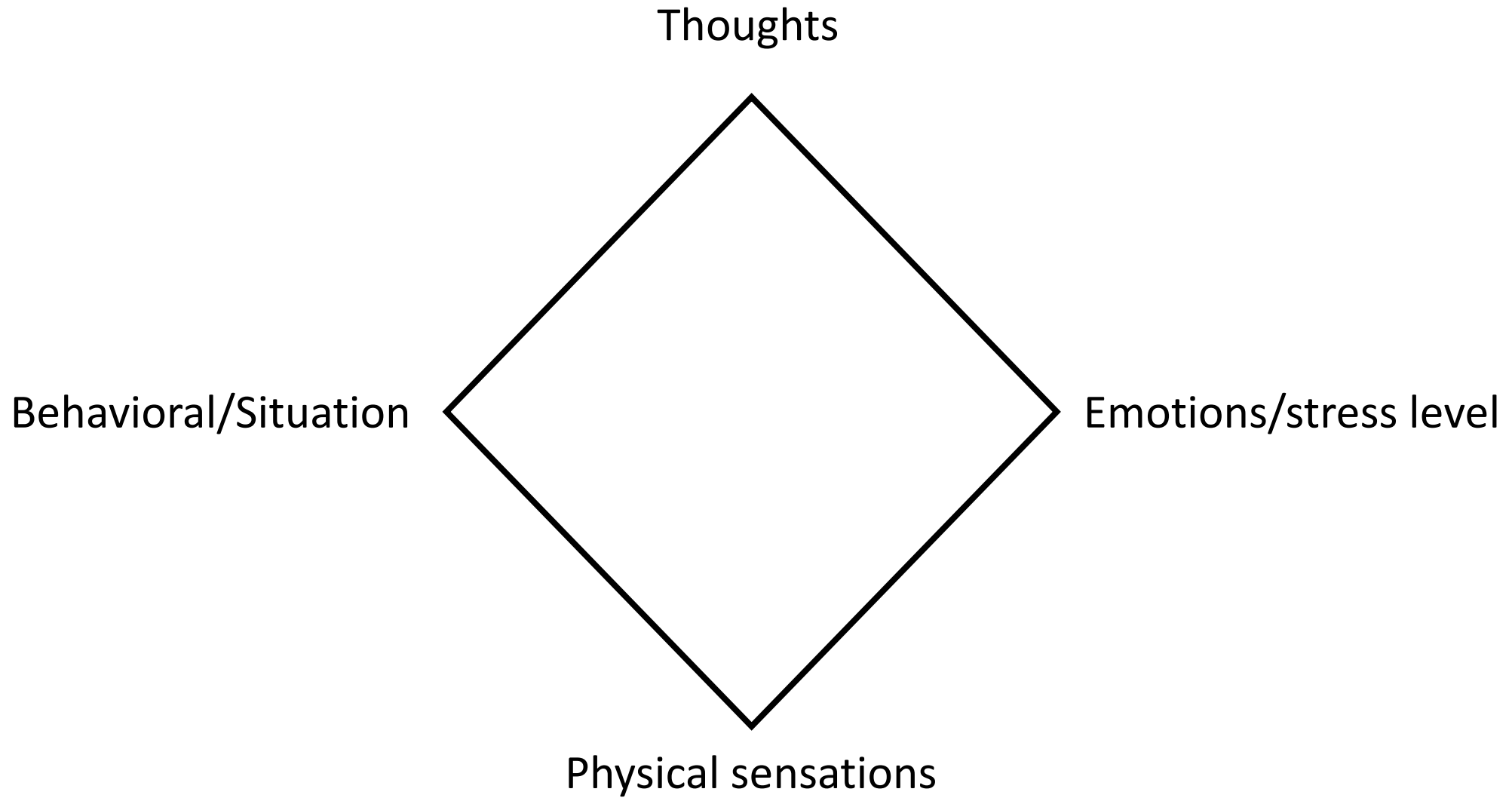
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University of Massachusetts Medical School

Agenda

- Review of CBT
- Return to CBT for chronic pain
- CBT for depression

What is Cognitive Behavioral Therapy?

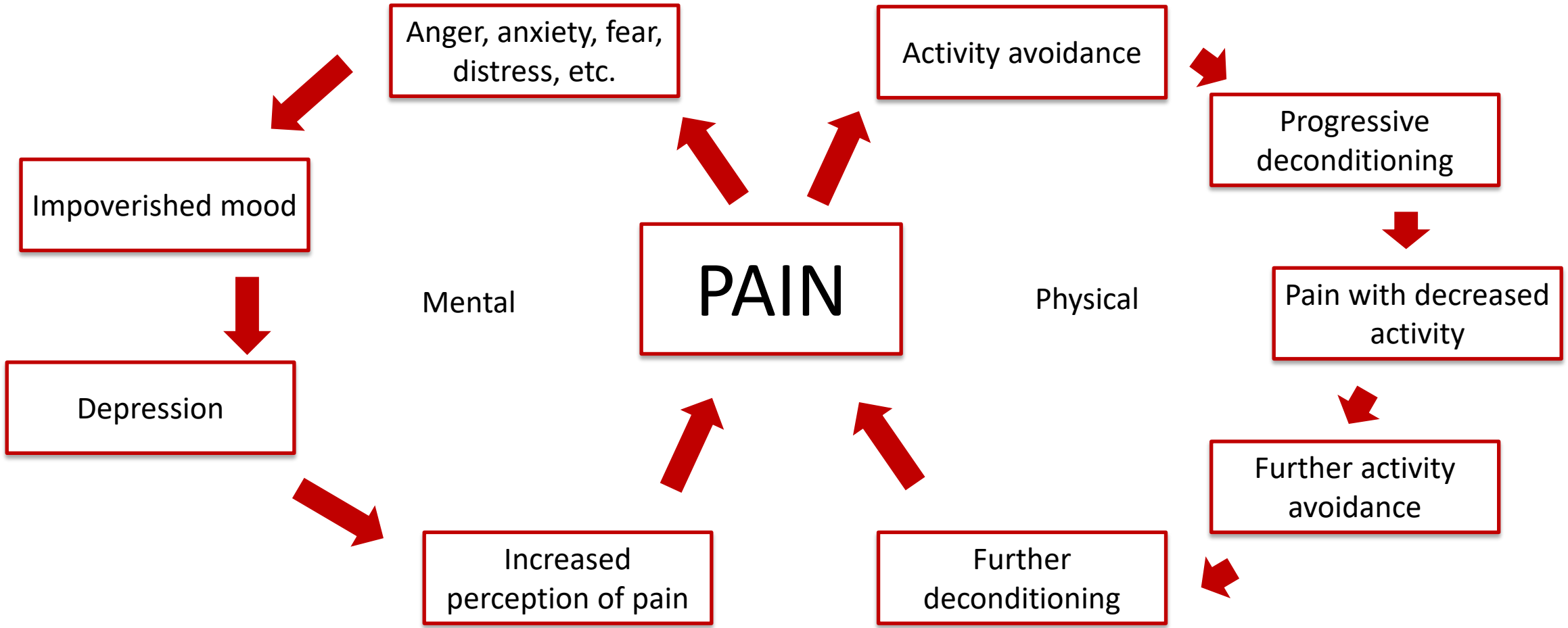
- “CBT”
- Rooted in the idea that how we *think* and *feel* influences our *behavior*
- And that our *behavior* and *thoughts* can influence how we *feel*
- Focus is on functioning and skills building; goal oriented and problem focused
- Typically a skill for trained counselors but some evidence for physician use in practice



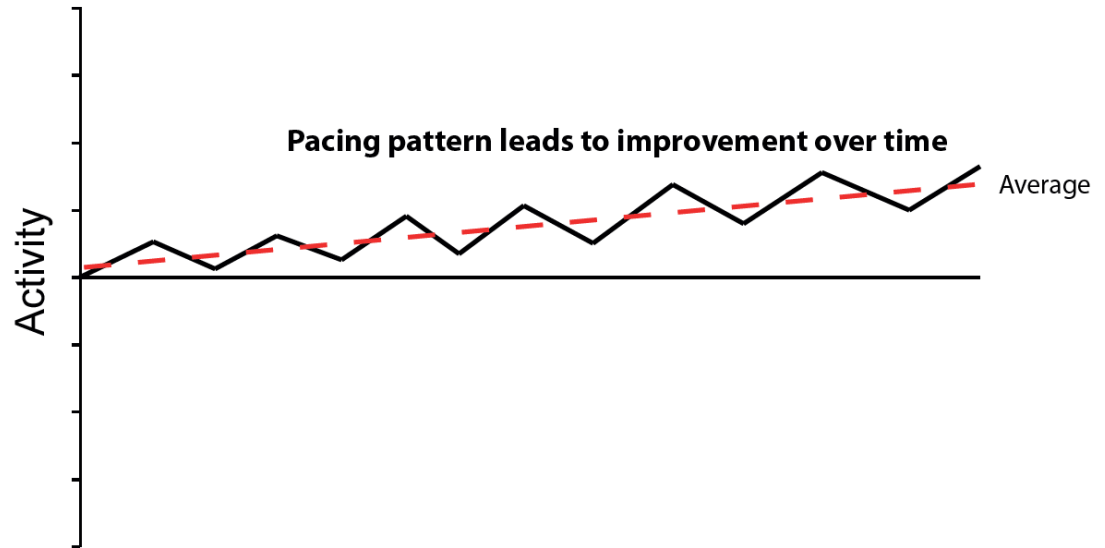
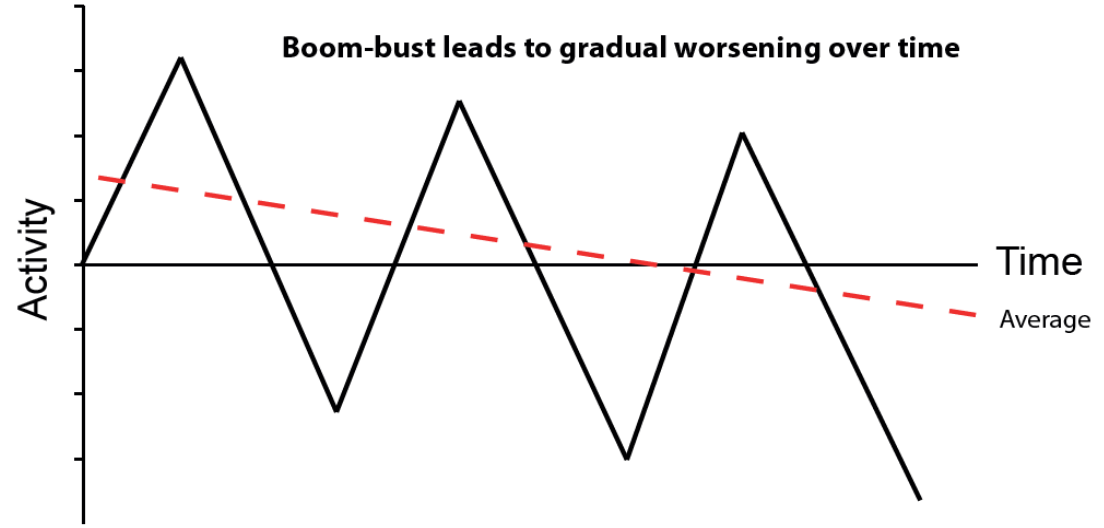
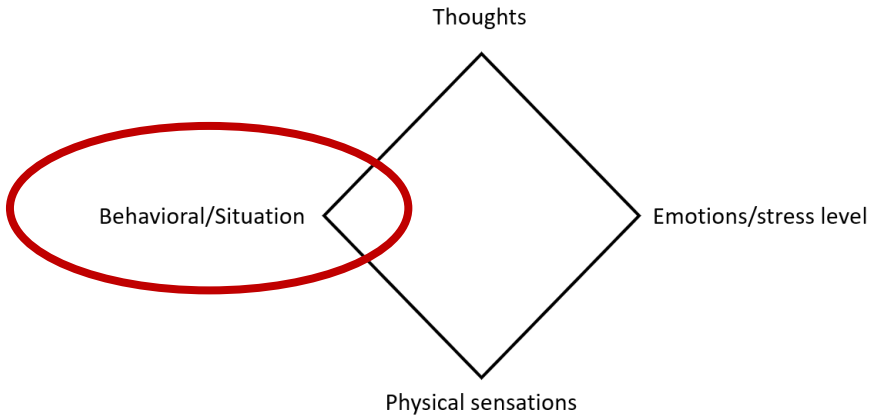
CBT for chronic pain

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

The Pain Cycle

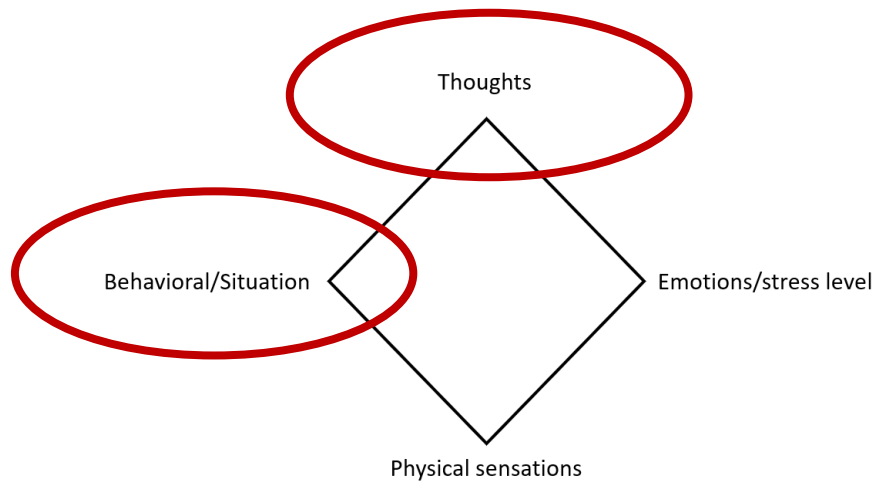


Pacing for chronic pain



Relaxation

- Diaphragmatic breathing
- Progressive muscle relaxation
- Imagery



Deep Breathing



Deep Breathing: a relaxation technique performed by purposefully taking slow, deep breaths. When practiced regularly, deep breathing provides both immediate and long-term relief from stress and anxiety.

How Deep Breathing Works

During periods of anxiety, the body triggers a set of symptoms called the **stress response**. Breathing becomes shallow and rapid, heart rate increases, and muscles become tense. In opposition to the stress response is the **relaxation response**. Breathing becomes deeper and slower, and the symptoms of anxiety fade away. Deep breathing triggers this response.

Instructions

Sit back or lie down in a comfortable position. Close your eyes, if you would like to do so. When you're learning, try placing a hand on your stomach. If you breathe deeply enough, you should notice it rising and falling with each inhalation and exhalation.



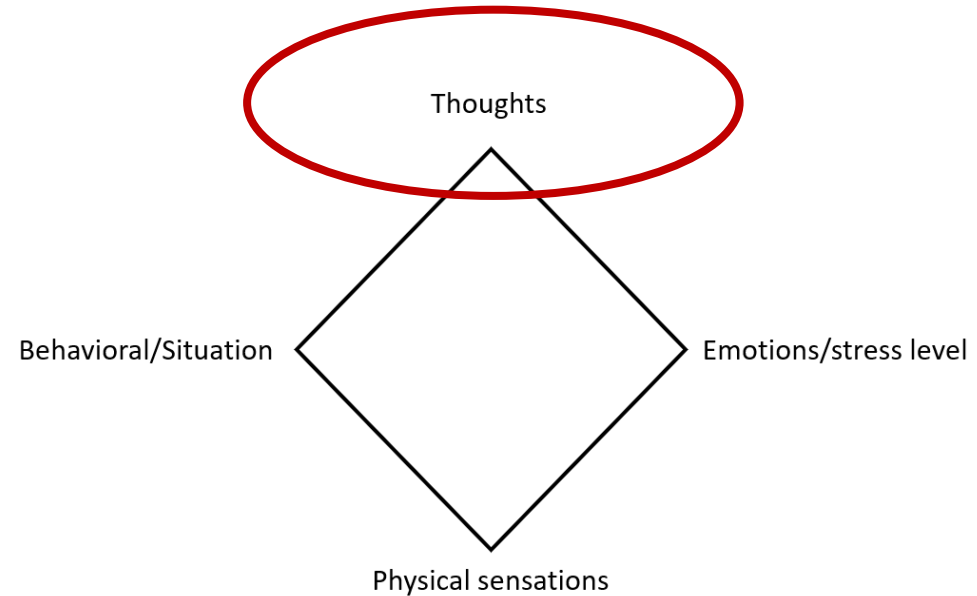
- 1 **Inhale.** Breathe in slowly through your nose for 4 seconds.
- 2 **Pause.** Hold the air in your lungs for 4 seconds.
- 3 **Exhale.** Breathe out slowly through your mouth for 6 seconds.
Tip: Pucker your lips, as if you are blowing through a straw, to slow your exhalation.
- 4 **Repeat.** Practice for at least 2 minutes, but preferably 5 to 10 minutes.

Tips

- If it isn't working, *slow down!* The most common mistake is breathing too fast. Time each step in your head, counting slowly as you do so.
- Counting out your breaths serves a second purpose. It takes your mind off the source of your anxiety. Whenever you catch your mind wandering, simply return your focus to counting.
- The times we use for each step are suggestions, and can be lengthened or decreased. Lengthen the time if it feels natural to do so, or decrease the time if you feel discomfort.

Negative thoughts

- Beliefs about loss of functioning
- Beliefs about prognosis
- Guilt/shame
- Grief

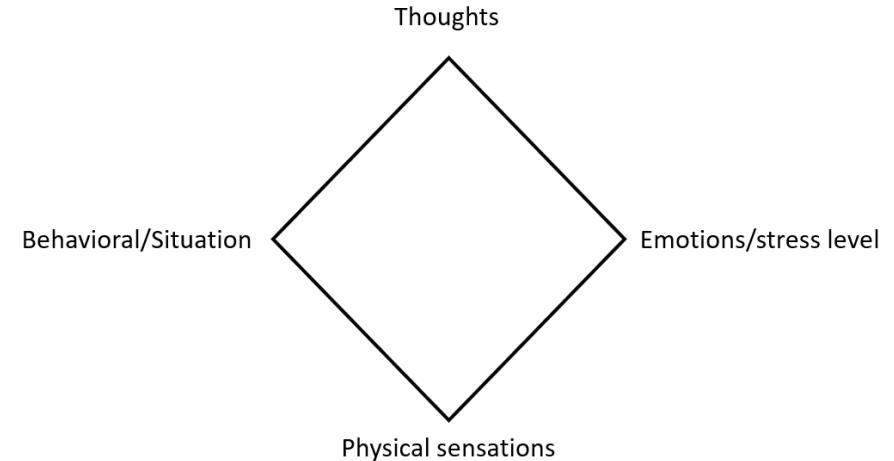


CBT for depression

- 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

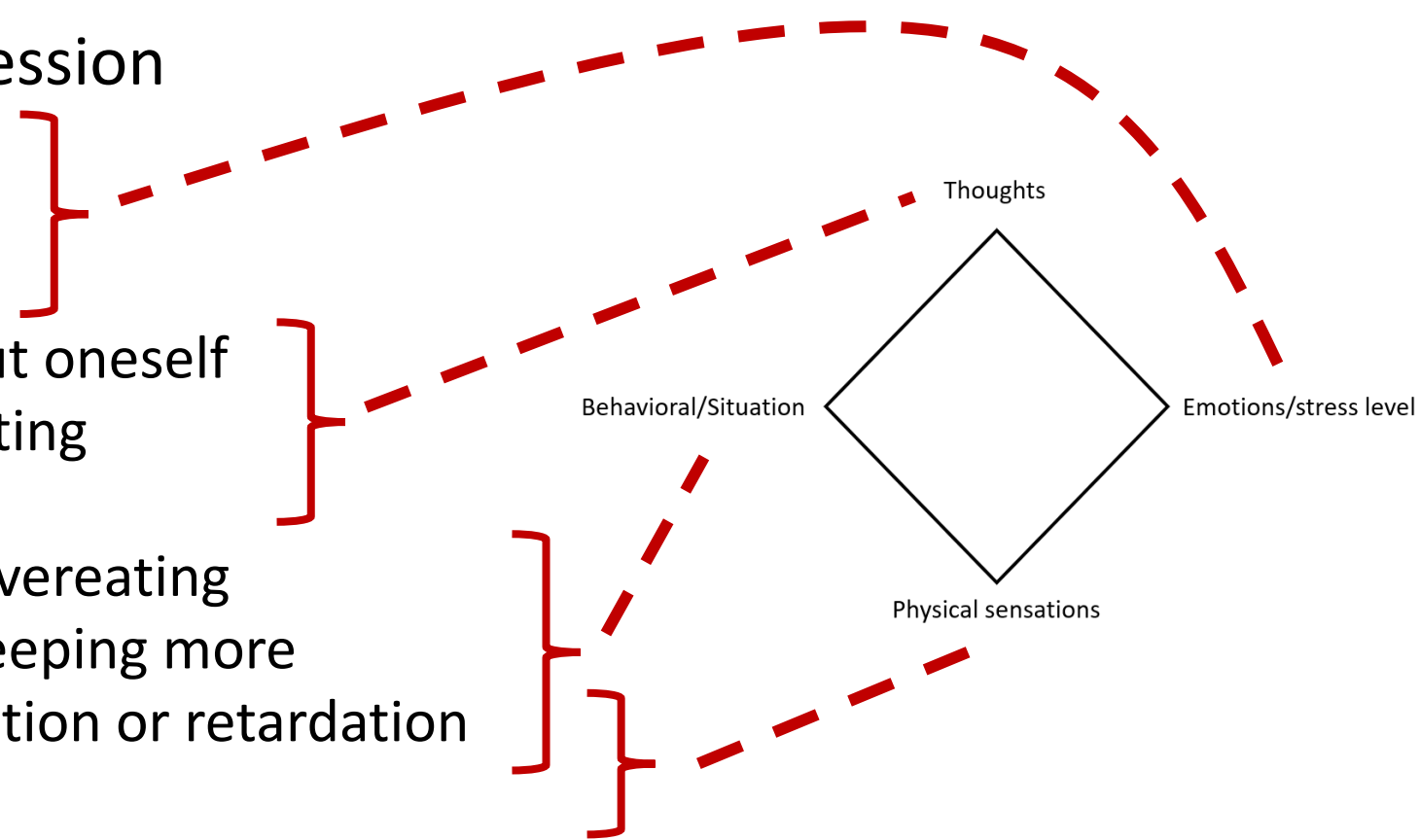
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CBT for depression

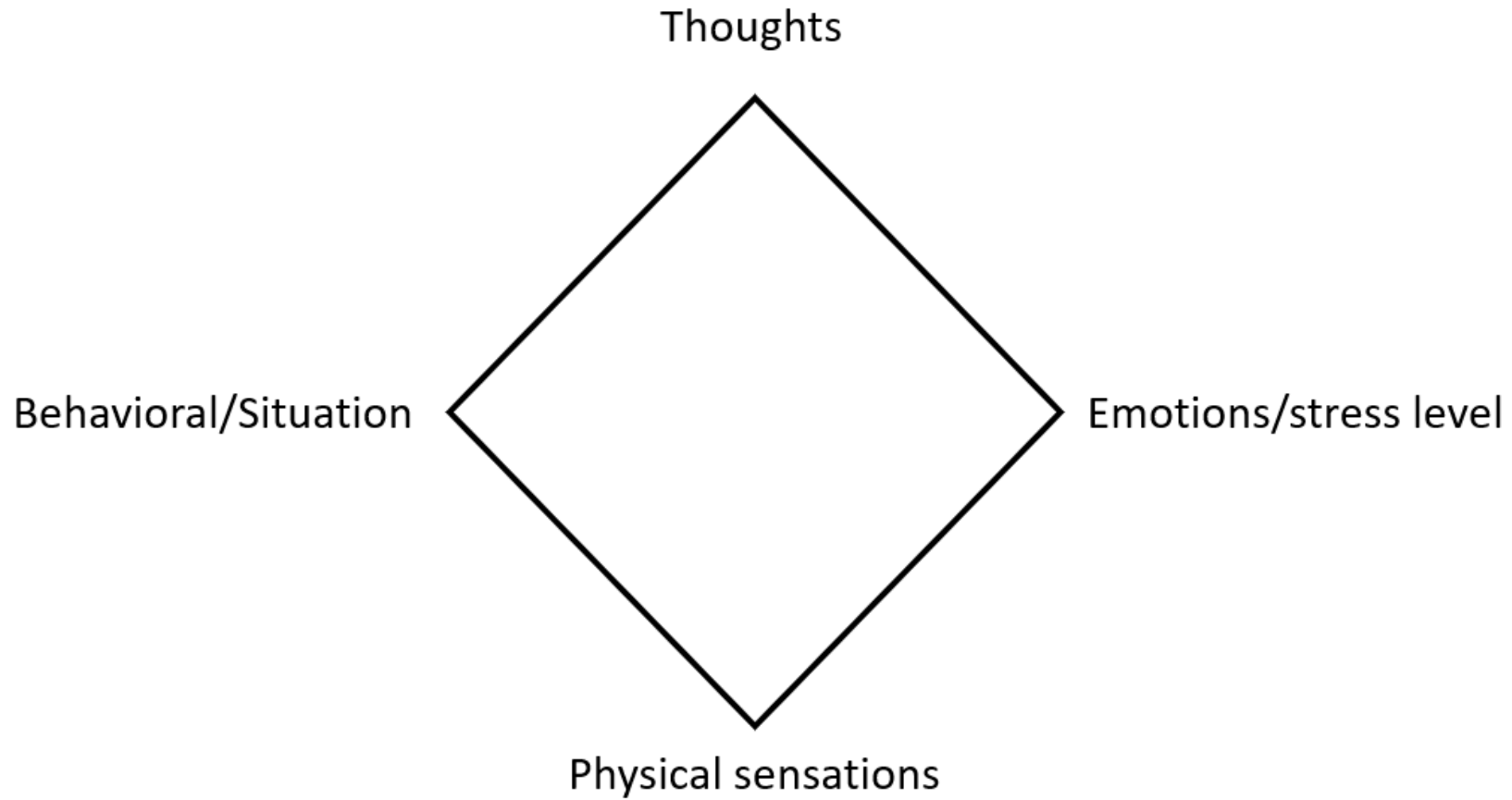
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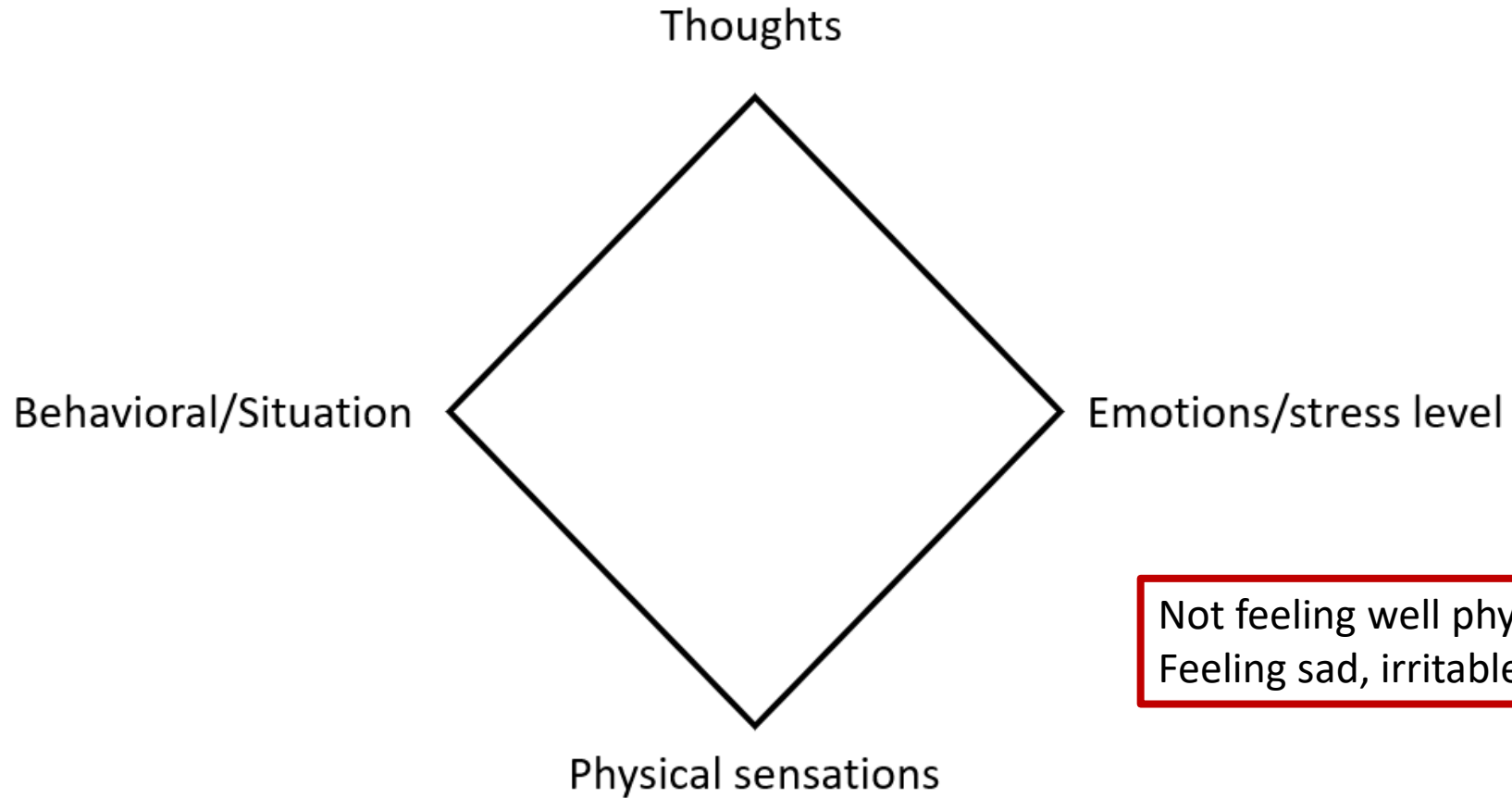


Psychoeducation...

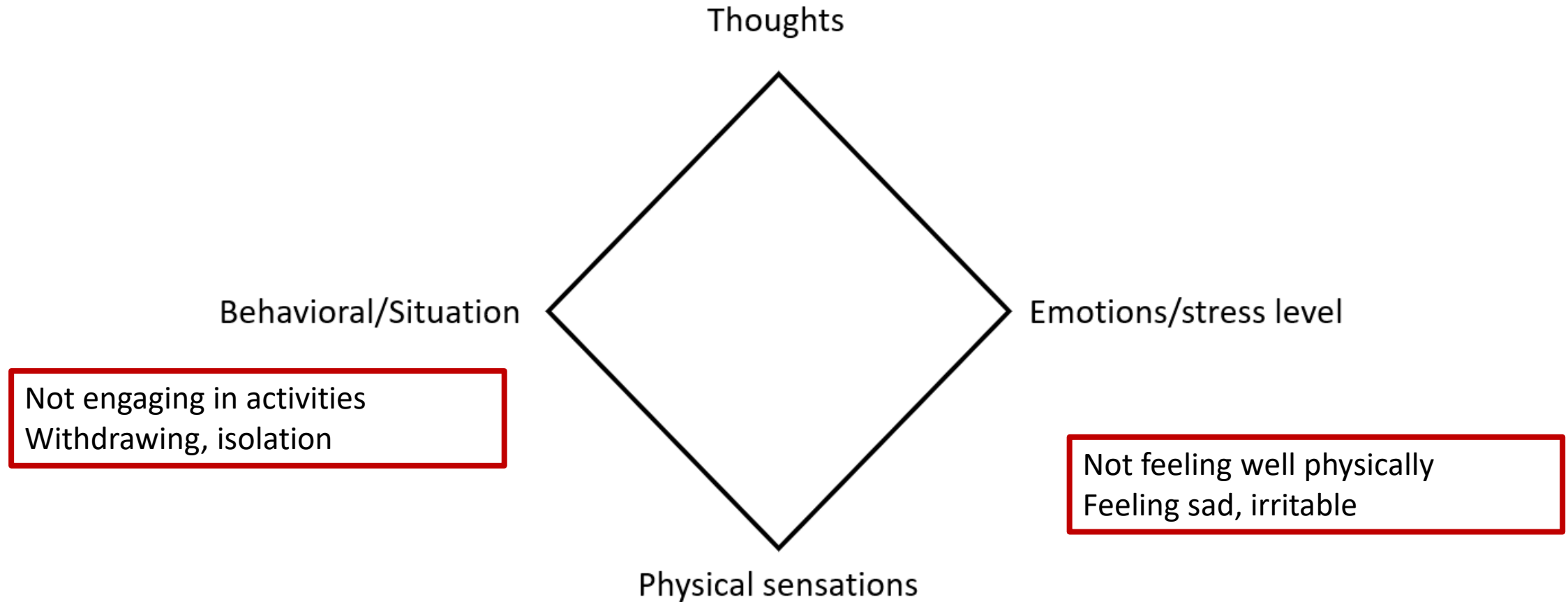
CBT for depression



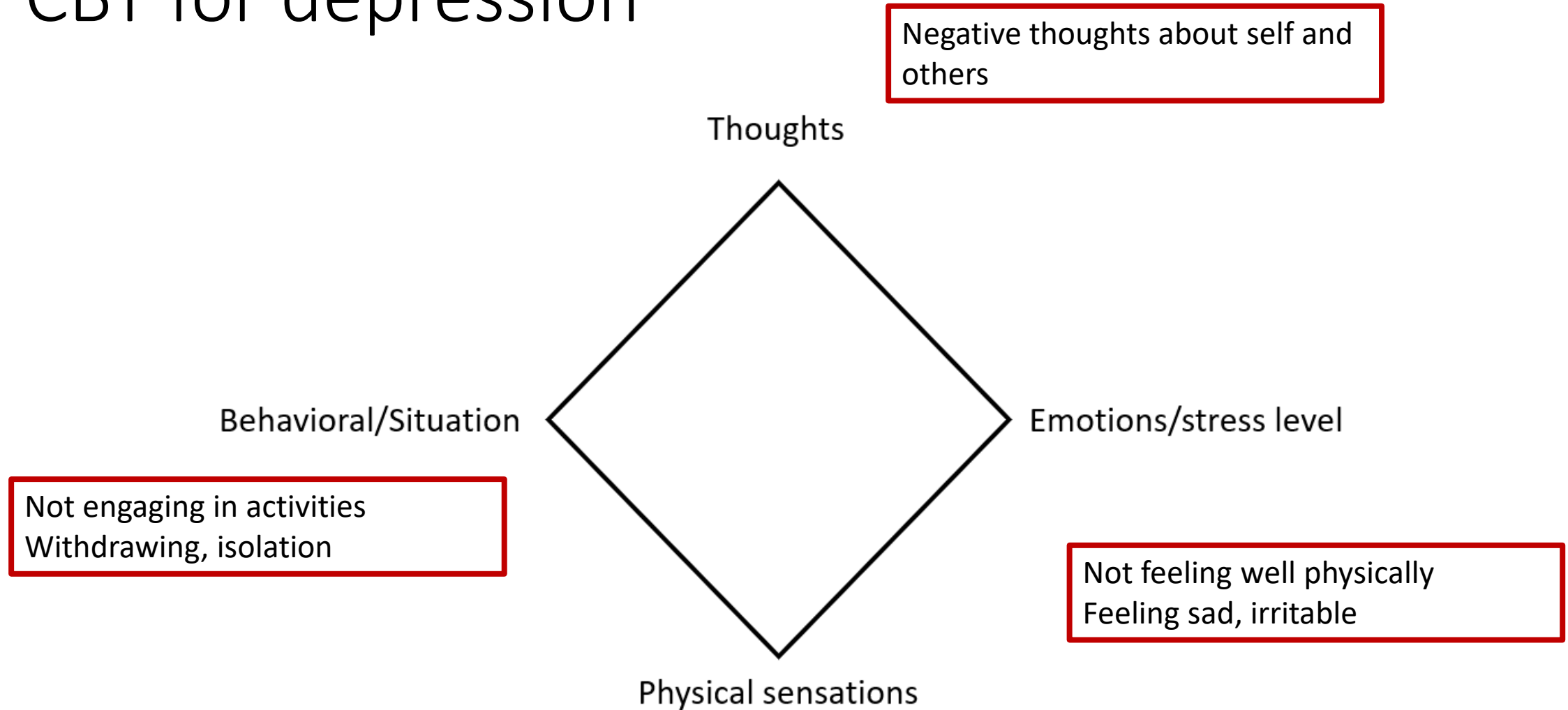
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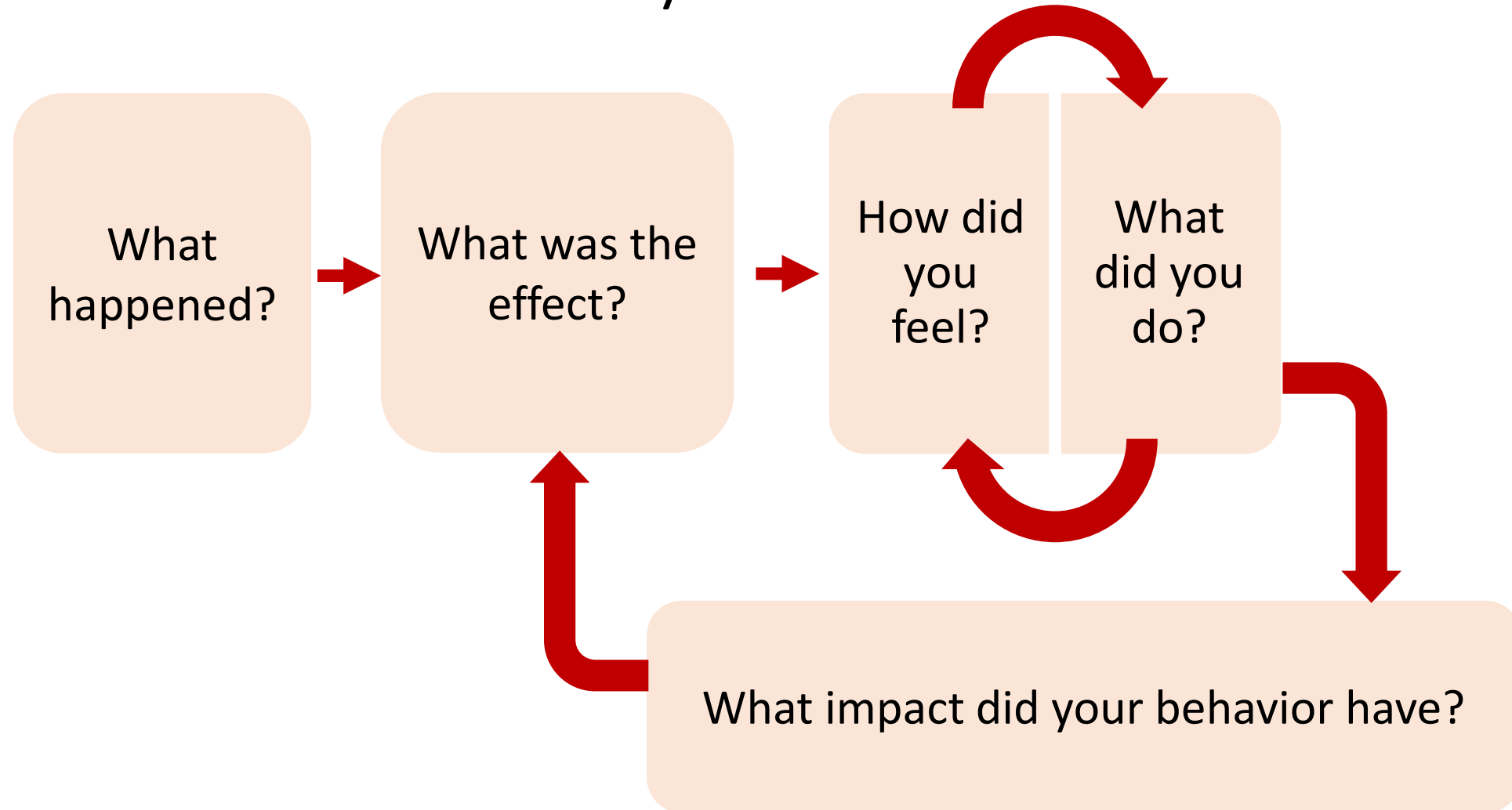
CBT for depression



CBT for depression

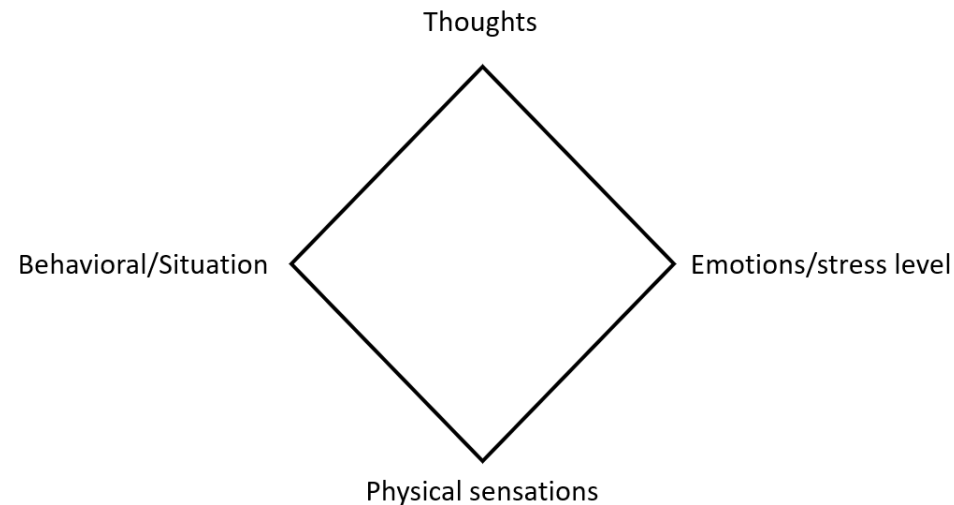


Behavior chain analysis



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



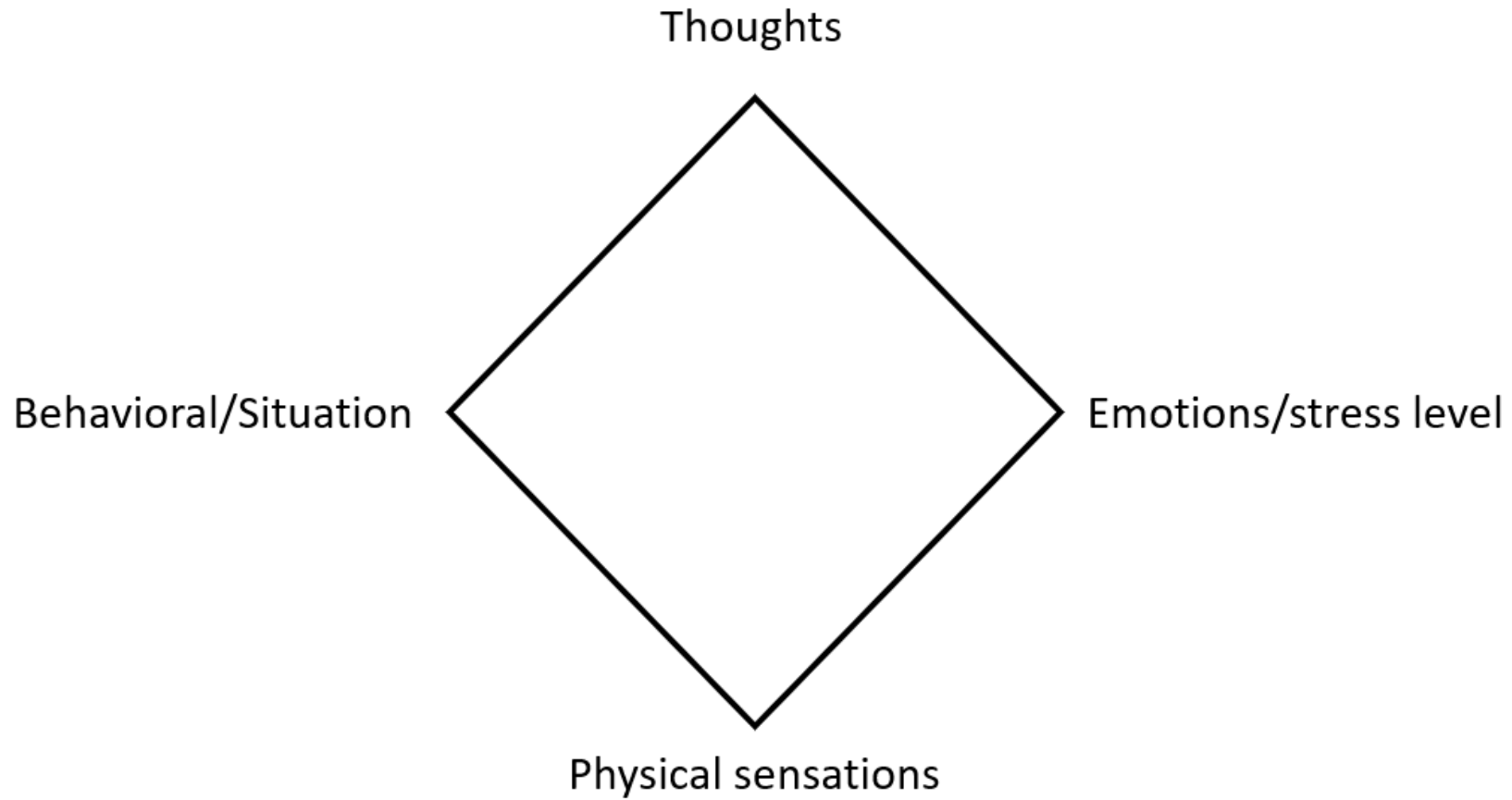
Behavioral Activation

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

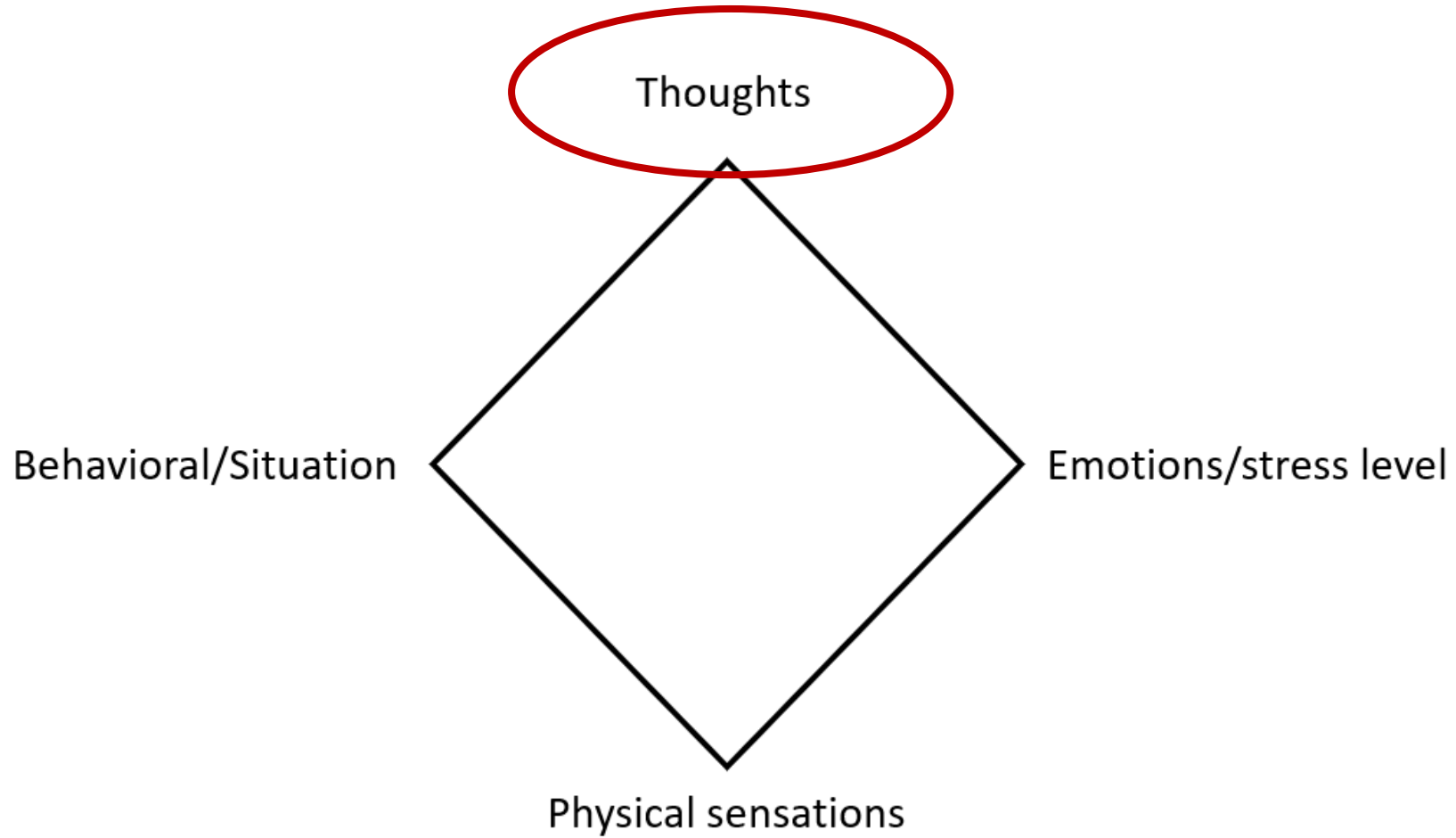
Behavioral Activation

- 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



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