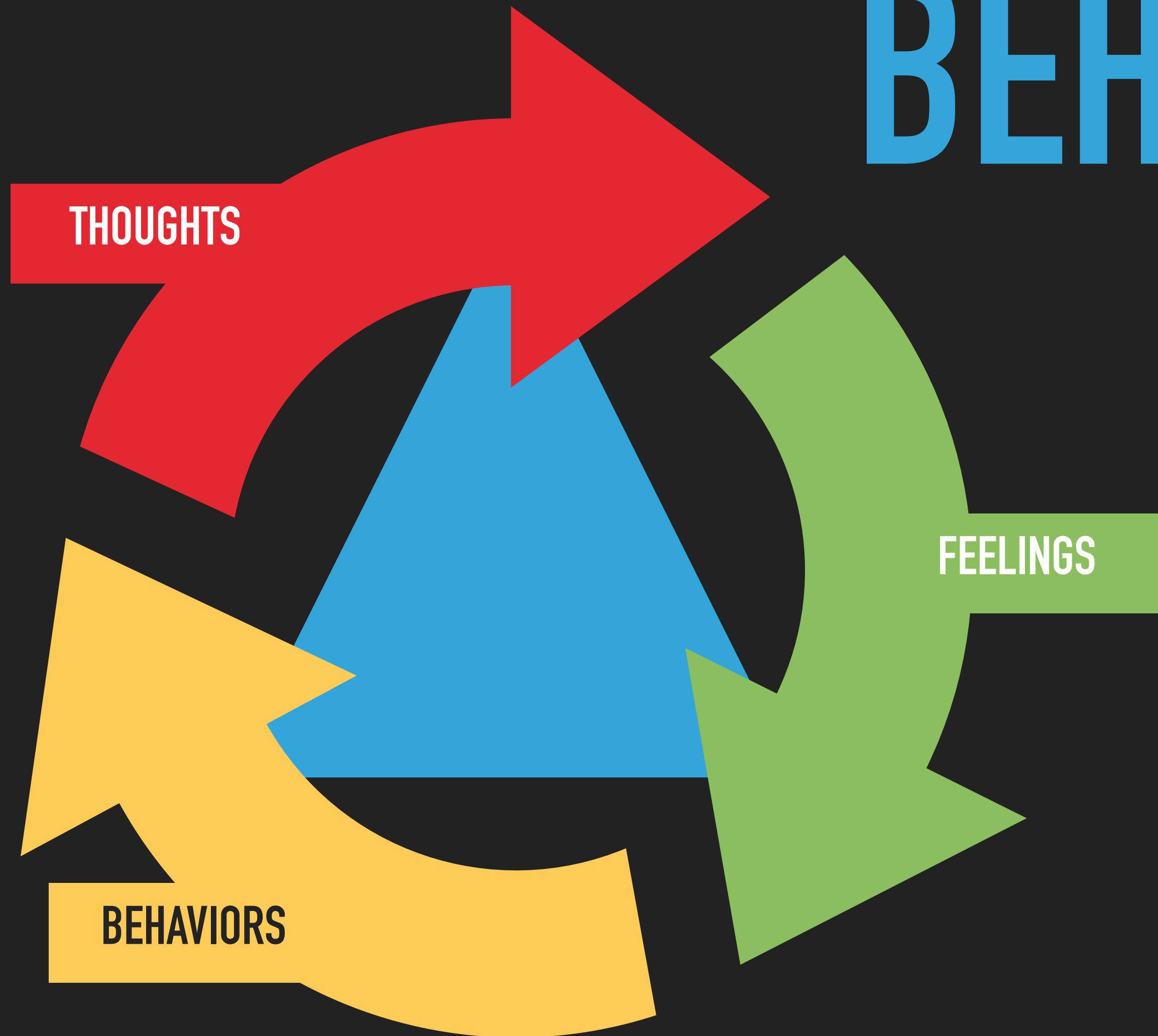


# COGNITIVE BEHAVIORAL THEORY

Fall 2024  
SOWK 581  
Week 11



Jacob Campbell, Ph.D. LICSW  
Heritage University  
Masters of Social Work

## AGENDA

- ▶ Follow up on mid-course feedback
- ▶ Engage in a group activity about feelings
- ▶ Discuss the general structure of CBT
- ▶ Examine and practice with skills in CBT

## LEARNING OBJECTIVES

- Understand the general structure of interventions in cognitive behavioral theory
- Identify common thinking errors
- Engage in cognitive restructuring



You're invited to  
**GREGORIO OCHOA'S**



HONORING 35 YEARS OF  
DEDICATED SERVICE & THE  
HERITAGE ADJUNCT  
RECOGNITION AND  
APPRECIATION AWARD

**RECOGNITION  
+  
BIRTHDAY  
PARTY**

As Mr. Ochoa approaches his **90th birthday** this November,  
we invite all Social Work alumni, current students, & friends to  
join us in celebrating this remarkable milestone!

NOV  
**9**  
2024

**Smith Family Hall,  
Heritage University**  
3240 FORT RD,  
TOPPENISH, WA 98948

**11 - 2**  
AM PM



Scan QR code to RSVP event + More Info!

PLEASE REGISTER

**CONSIDERING  
COMING**



Fall 2024 SOWK 581

Jacob Campbell, Ph.D. LICSW  
at Heritage University

THANK YOU FOR YOUR FEEDBACK

---

## MID-COURSE FEEDBACK

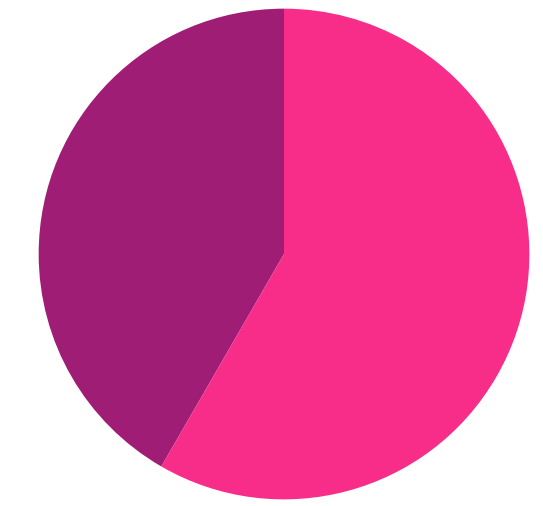
### GOING WELL

- ▶ Classroom Structure (instructions, organization)
- ▶ Class content (class time activities, readings, different forms of media [esp. Podcasts], extra resources, lecture videos)
- ▶ Class participation and engagement

### NOT GOING WELL

- ▶ All of the reading required
- ▶ Being split into two sections
- ▶ Classroom climate (feeling judged)
- ▶ Content provided (wanting direct engagement vs general content)

## Both Sections



- Completed
- Not Completed

### SUGGESTIONS

- ▶ Make changes to quizzes
- ▶ More individual check-ins




## FEELINGS BALL GAME

- |               |                |                    |
|---------------|----------------|--------------------|
| 1. Surprise   | 8. Jealousy    | 15. Contentment    |
| 2. Empathy    | 9. Trust       | 16. Disappointment |
| 3. Confusion  | 10. Loneliness | 17. Fear           |
| 4. Anger      | 11. Joy        | 18. love           |
| 5. Pride      | 12. Amusement  | 19. Nostalgia      |
| 6. Admiration | 13. Awe        | 20. Excitement     |
| 7. Guilt      | 14. Resentment |                    |



Photo by [Rodion Kutsaiev](#) on [Unsplash](#)



A photograph of a small green seedling in a terracotta pot next to a black sign with white text. The sign reads: "DIFFICULT ROADS LEAD TO BEAUTIFUL DESTINATIONS".

DIFFICULT  
ROADS  
LEAD TO  
BEAUTIFUL  
DESTINATIONS

PHOTO BY [NIK](#) ON [UNSPLASH](#)

THE THERAPIST IS A TRUSTED TEACHER, TRAINER, AND COACH WHO ENABLES THE CLIENT TO ACTIVELY PARTICIPATE IN SOLVING PROBLEMS AND MEETING GOALS. COGNITIVE THERAPISTS CAN SPOT THE SUBTLE FLAWS IN SOMEONE'S REASONING AND SKILLFULLY ELICIT A DIFFERENT INTERPRETATION OF THE SAME EVENTS. THEY ARE ACTIVE, DIRECT, AND SUPPORTIVE.

(Cooper & Granucci Lesser, 2022)

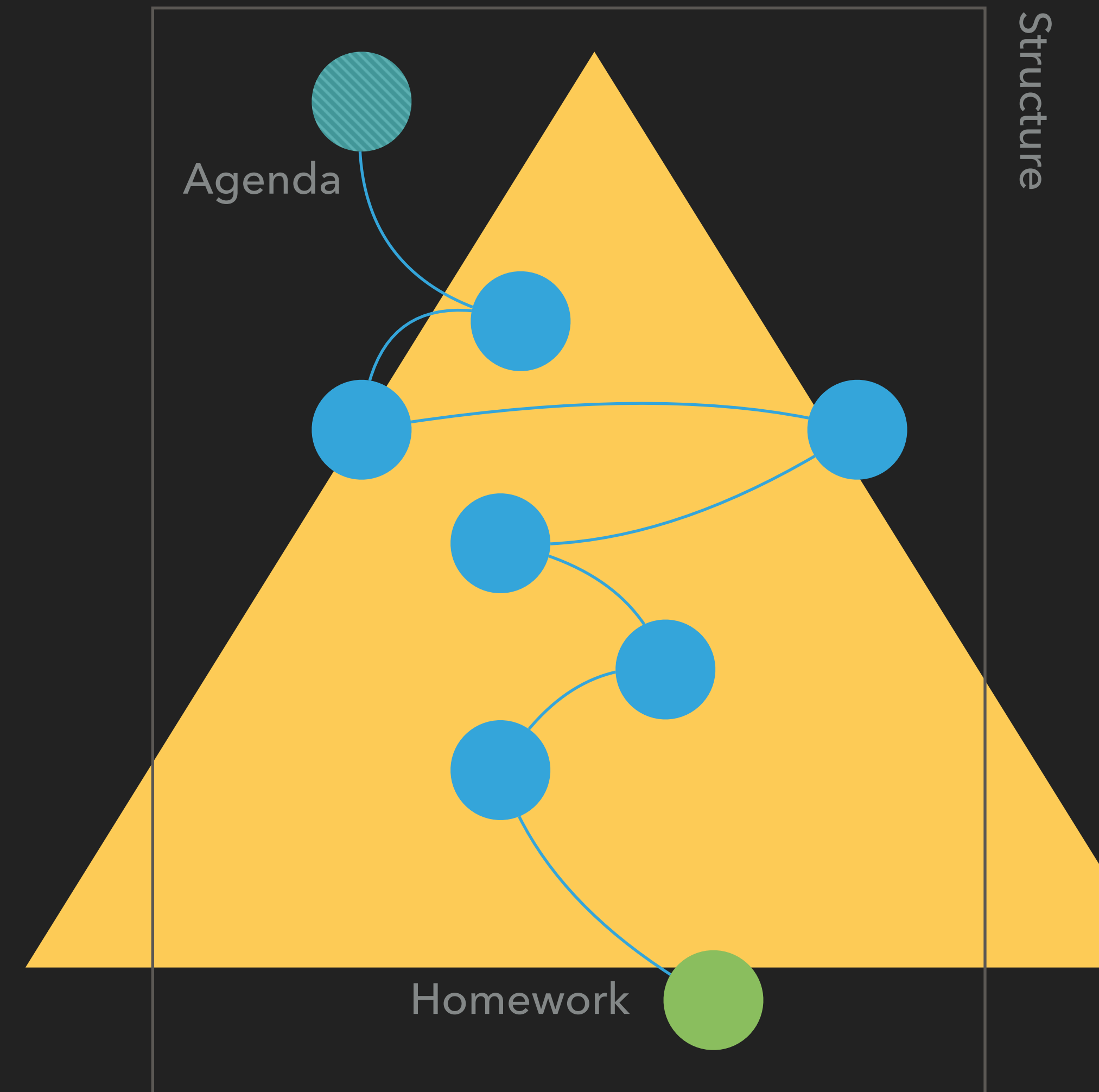


Fall 2024 SOWK 581

Jacob Campbell, Ph.D. LICSW  
at Heritage University

## STRUCTURE OF COGNITIVE THERAPY INTERVIEWS

- ▶ Start with an agenda set with the client
- ▶ Using CBT techniques and strategies
- ▶ Ends with feedback and homework.



Harborview Abuse & Trauma Center

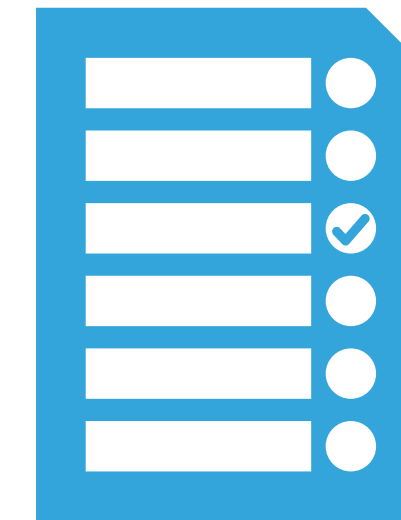
**CBT + NOTEBOOK**



# COGNITIVE THERAPY TECHNIQUES AND STRATEGIES



Identifying and Testing Automatic Thoughts

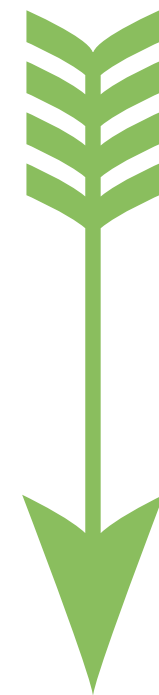


Behavioral Activation

Examining the Evidence

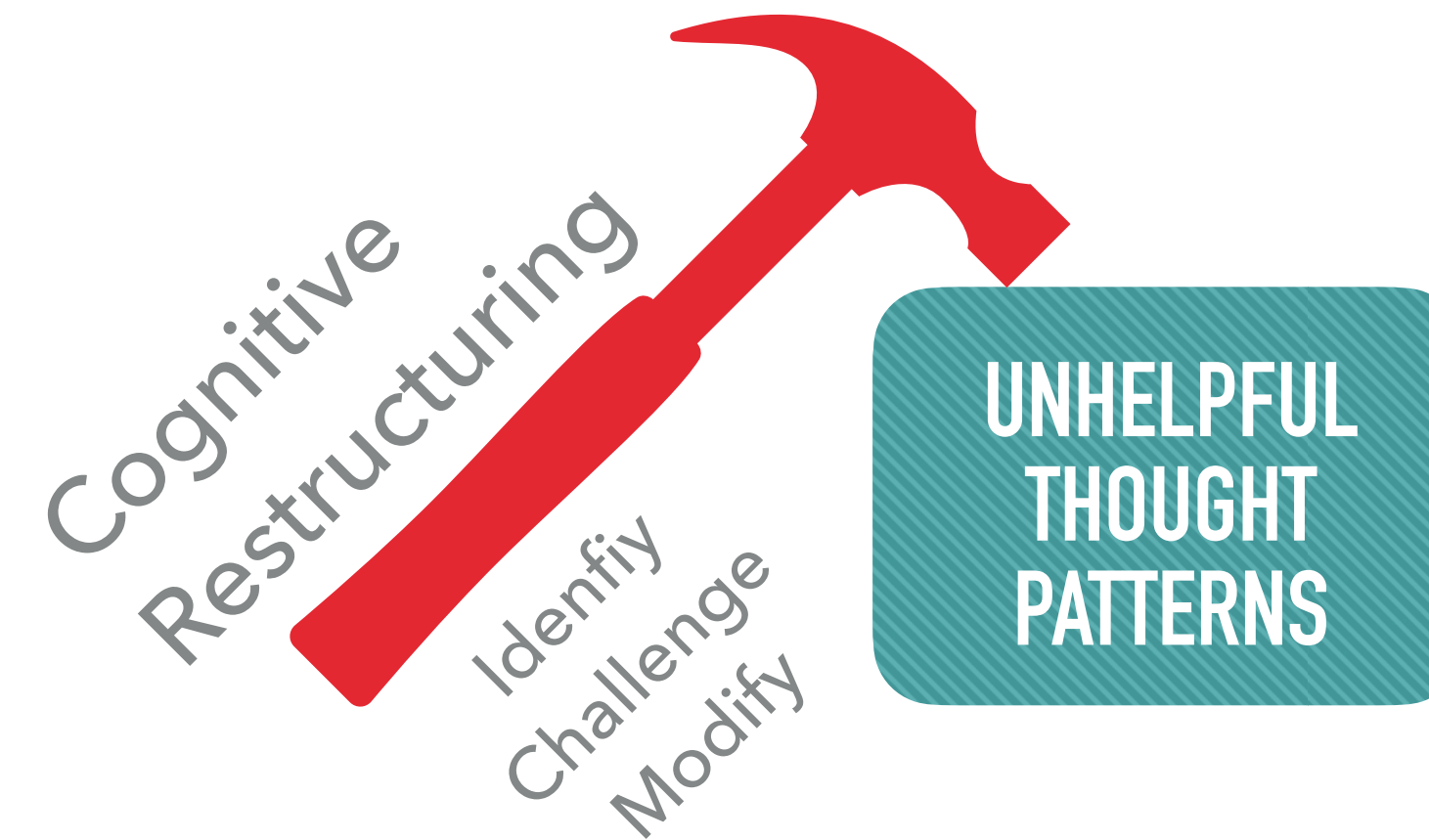


Automatic Thoughts



Downward Arrow Technique

Core Belief



## EXAMPLES OF DISTORTED THINKING

- ▶ All-or-None Thinking
- ▶ Jumping to Conclusions and Negative Non Sequiturs
- ▶ Fortune Telling
- ▶ Focusing on the Negative
- ▶ Disqualifying the Positive
- ▶ Allness and Neverness
- ▶ Minimization
- ▶ Emotional Reasoning
- ▶ Labeling and Overgeneralization
- ▶ Personalizing
- ▶ Phonyism
- ▶ Perfectionism
- ▶ Arbitrary Inferences
- ▶ Selective Abstraction
- ▶ Overgeneralization
- ▶ Magnification and Minimization
- ▶ Personalization
- ▶ Dichotomous Thinking



## Identifying The Situation

Think about a situation that put you in a bad mood. What happened?

## Thought Patterns

What were you thinking in response to the situation that was happening?

## Is this thought True?

Were the thoughts above true?

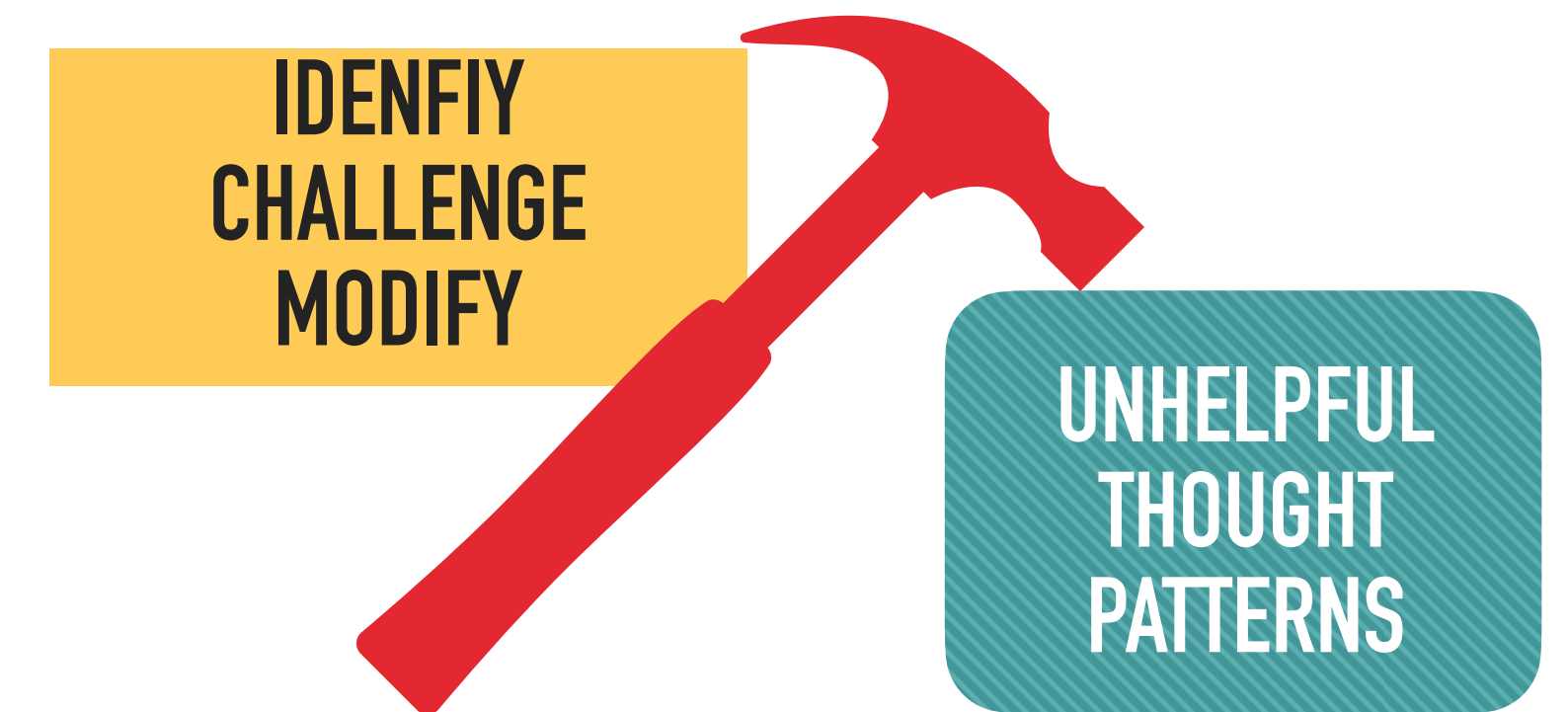
## This thought Makes Me Feel:

What were you feeling in response to your thoughts about the situation that was happening?

## Modify or Replace Automatic Thoughts

What is a thought that we could replace this with when we start to think it?

# COGNITIVE RESTRUCTURING



# WHAT IS THE COGNITIVE DISTORTION?

---

- ▶ “Everyone congratulated me on my project, but all I can think about is the one small mistake I made.”
- ▶ “It must be my fault that the meeting went poorly, even though I wasn’t the one leading it.”
- ▶ “I missed my workout today—I’m so lazy and undisciplined.”
- ▶ “They didn’t respond to my message immediately; they must be mad at me.”
- ▶ “Even though I’ve been praised for my work, I’m focused only on the minor critique my boss gave.”
- ▶ “If I can’t handle every problem on my own, then I must be a failure.”
- ▶ “I just know that the presentation tomorrow will go terribly.”
- ▶ “She looked at me in a weird way—she must think I’m doing a terrible job.”
- ▶ “I feel anxious about this meeting, so it must mean that something bad is going to happen.”
- ▶ “Sure, I got an award, but it’s not a big deal. Anyone could have done it.”
- ▶ “This relationship didn’t work out; all my relationships will probably end badly.”
- ▶ “If I don’t get this promotion, I’m a complete failure.”

