

COGNITIVE BEHAVIORAL THERAPY

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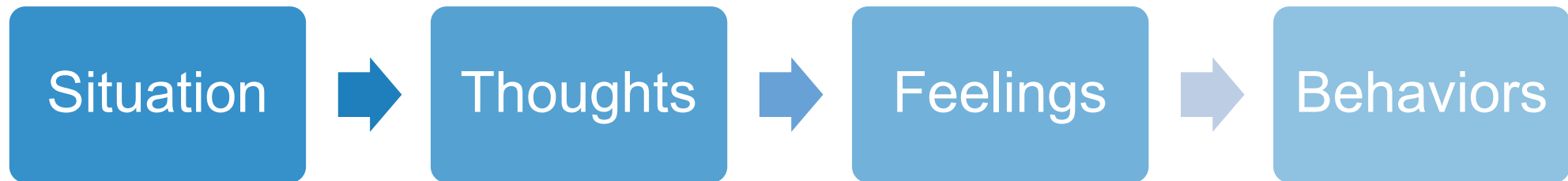
OVERVIEW

- CBT General Description and Rationale
- Empirical evidence
- Theoretical Basis
- Treating Co-Occurring concerns

1.

Introducing CBT

GENERAL DESCRIPTION



GENERAL DESCRIPTION

- Basic premise:
 - Modifying dysfunctional thoughts, emotions, and behaviors
 - Focus on solutions
 - Identifying patterns
 - Development of new skills

GENERAL DESCRIPTION

Mental health and substance use

- Mood concerns
- Anxiety
- Eating concerns
- PTSD
- Addictions
- Psychosis

Physical health concerns

- Coping with chemotherapy
- Chronic pain
- Chronic fatigue
- Sleep concerns

Lifestyle concerns

- Assertiveness
- Diet
- Exercise
- Social isolation
- Grief and loss
- Anger concerns

2.

Empirical Evidence

EMPIRICAL EVIDENCE

- Most empirically validated psychological treatment
- Superiority over other psychotherapy has been challenged
- CBT more efficacious at post treatment for mood concerns
- CBT more effective in the longer term

EMPIRICAL EVIDENCE

- CBT is considered the gold-standard
- Most researched form of psychotherapy
- Systematic difference typically favor CBT
- Room for improvement

EMPIRICAL EVIDENCE

- CBT meets the stringent criteria of an empirically supported treatment
- Comparison studies have found CBT to be most effective for mood and anxiety concerns
- Most effective across conditions

EMPIRICAL EVIDENCE

- Caution must be used when generalizing CBT effects to Black and Latinx populations
- CBT impact was significantly stronger in non-Hispanic White studies
- T-test comparisons indicated reduced retention/engagement in Black and Latinx studies

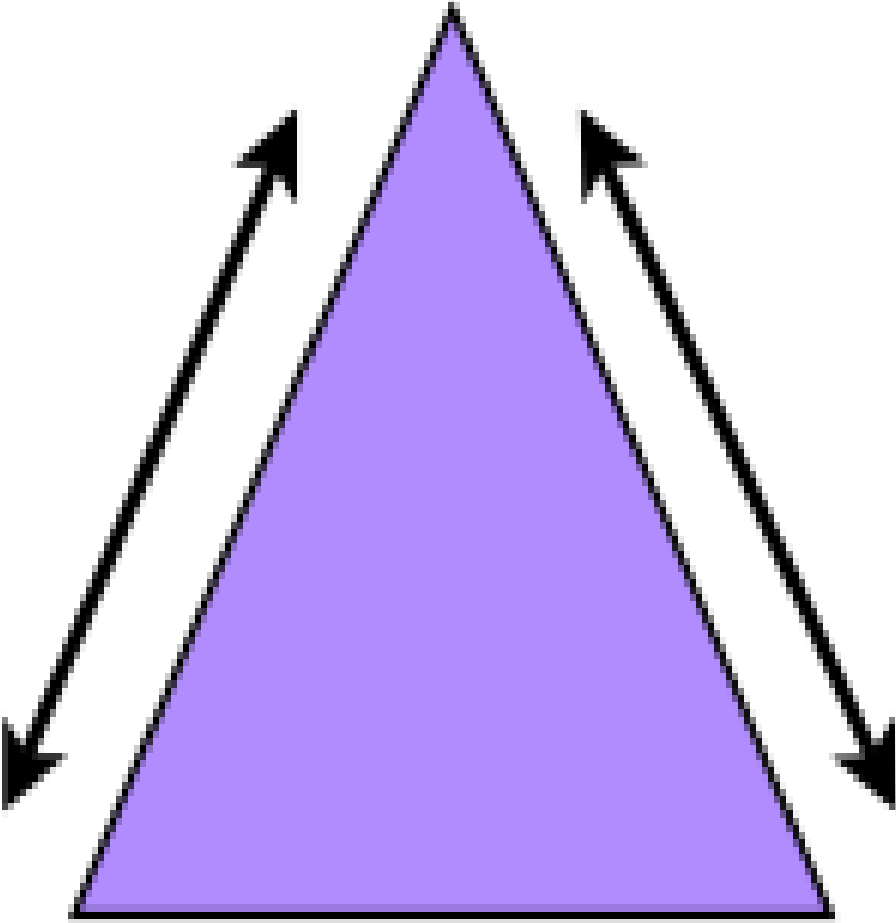
3.

Theoretical Basis

THEORETICAL BASIS

- CBT is based on social learning theory
- CBT is based on cognitive theories
- Has roots in classical behavioral theory
 - Operant conditioning
 - Classical conditioning
 - Modeling

THOUGHTS



BEHAVIOR

FEELINGS

4.

Treating Co-Occurring Using CBT

USING CBT

- Flexible, empathic, collaborative and tailored to the individual
- The provider's role is to teach the person new skills for behavioral change
- Specific techniques vary widely with the type of CBT used, but typically includes focus on functional analysis and skills training

USING CBT

- Recognizing unhelpful thoughts related to either mood/anxiety or substance use
- Thought monitoring
- Cognitive restructuring
- Imagery
- Behavior activation

**COGNITIVE
DISTORTIONS**

blaming/denying

overgeneralizing

double
standard

mind
reading

catastrophizing

fallacy of fairness

all or nothing thinking

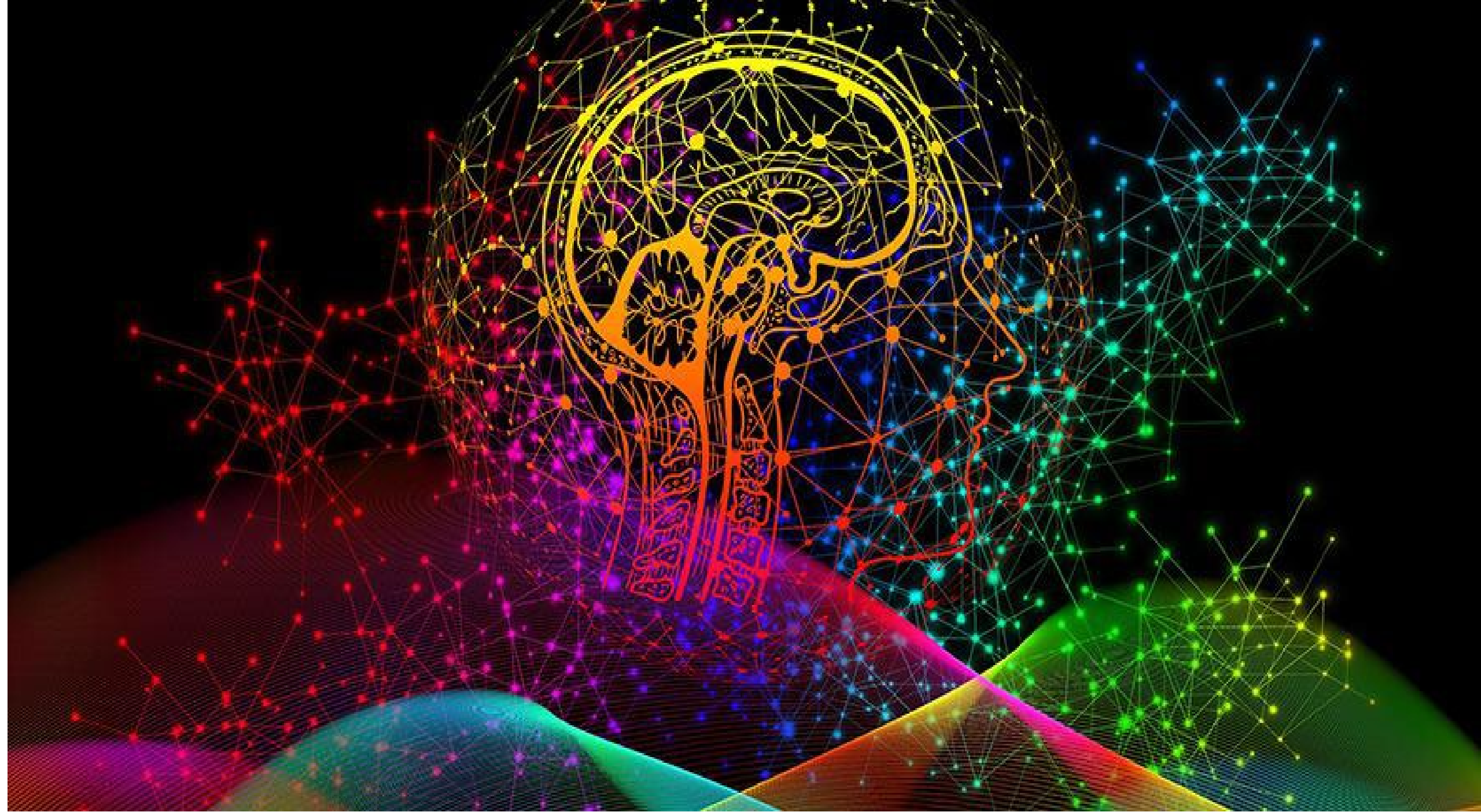
emotional reasoning

negativity
bias

labeling

magical
thinking

over-personalizing





¡Gracias!

Questions?

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