

Roadmap to Recovery: A CBT Approach to Treating Co-Occurring Disorders

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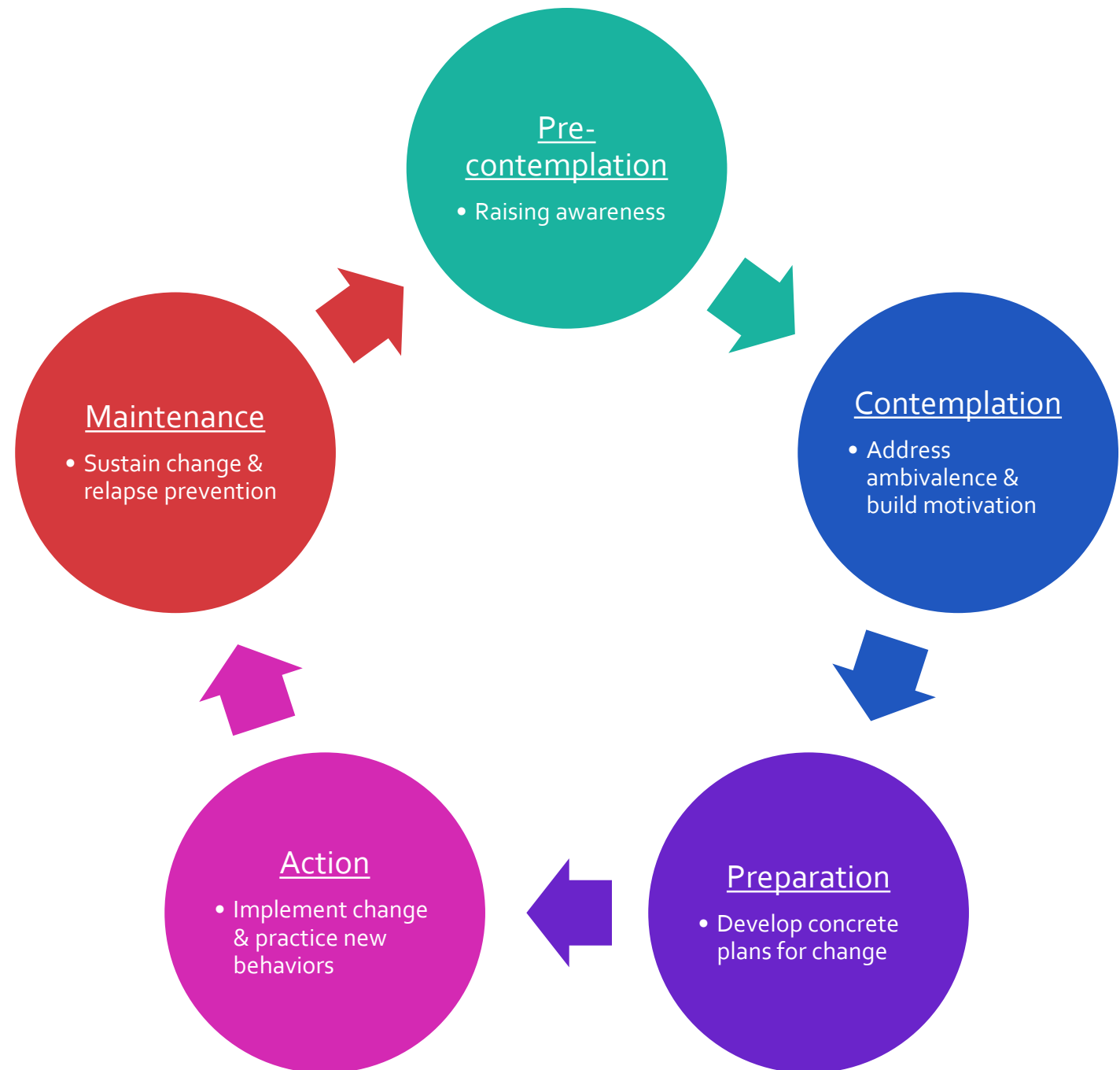
Outline

- Reflection
- Theoretical Basis & Foundation
- Co-Occurring Disorders
- Treating Co-Occurring Disorders Using CBT
- PMR Exercise

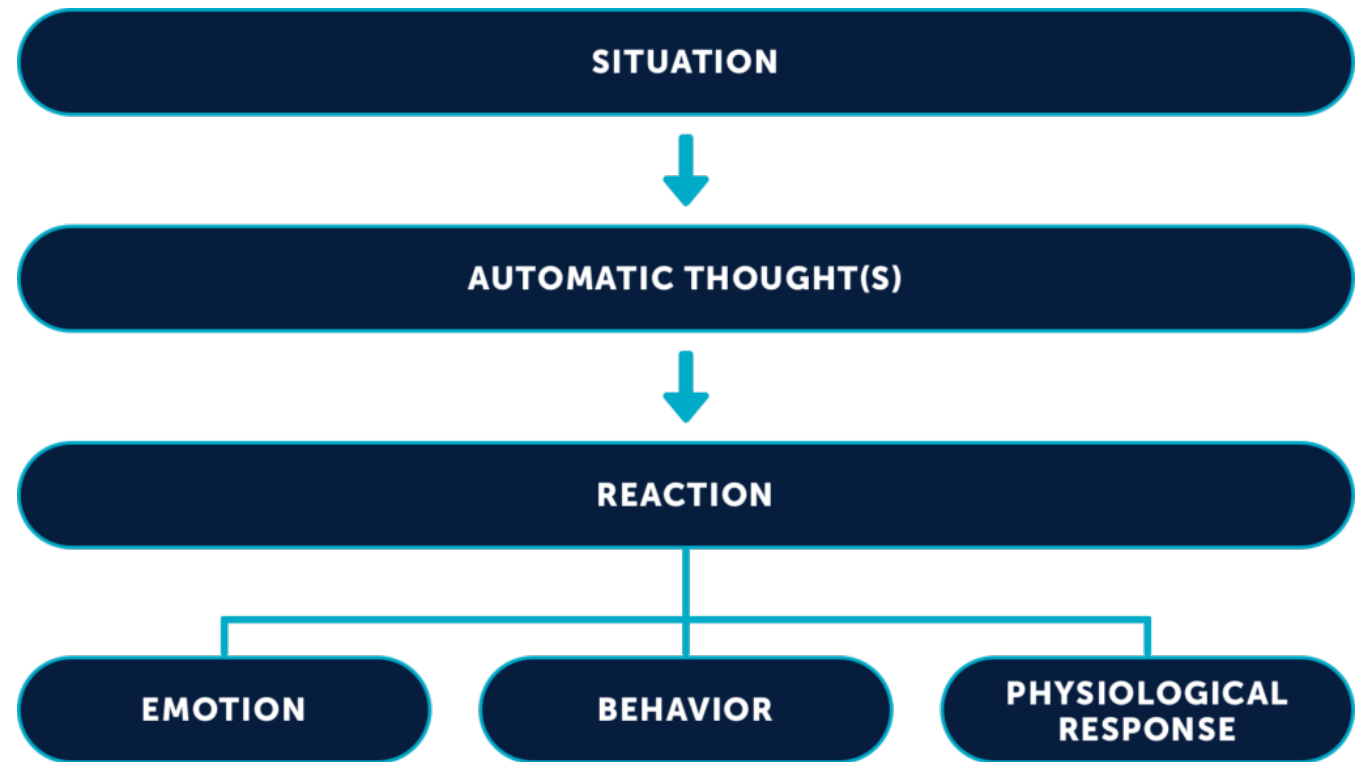
What is your
experience
with CBT?



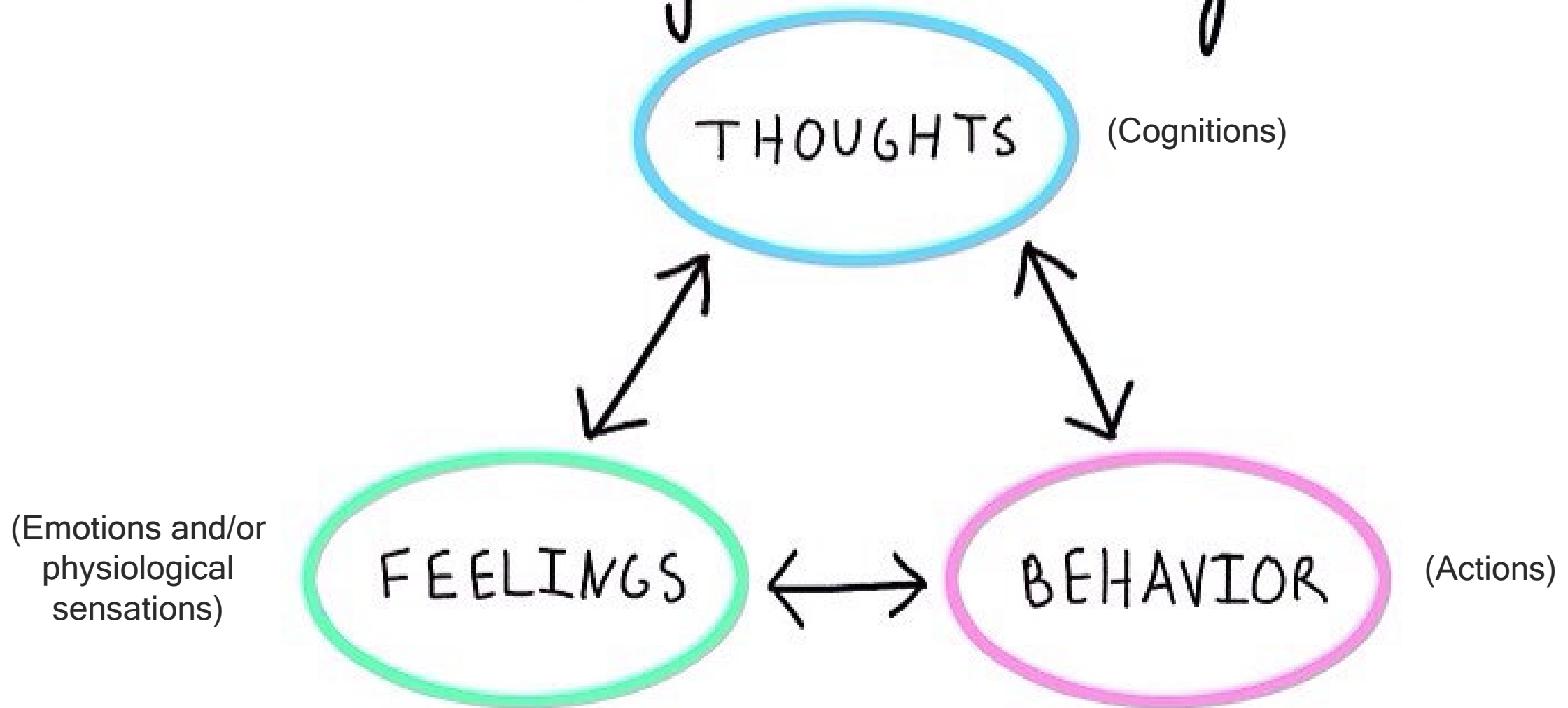
Stages of change and CBT



CBT & the Cognitive Model



The Cognitive Triangle



Co-Occurring Disorders

- 35% of adults aged 18 and over in the U.S. who have another mental disorder also have a substance use disorder.
 - Note: This percentage includes people not in treatment.
- Mental disorders that commonly occur along side substance use disorders include:
 - Depression
 - Anxiety
 - PTSD
 - Psychosis
 - Borderline, and other personality disorders



Co-Occurring Disorders

Substance Use
Disorder

Depression
Anxiety
PTSD
Psychosis



Shared Symptoms

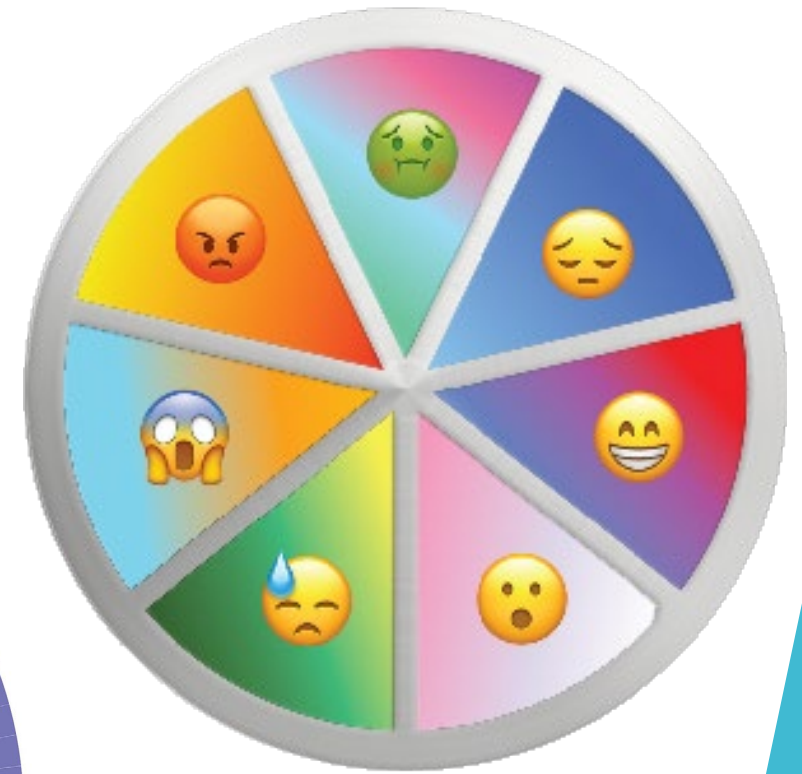
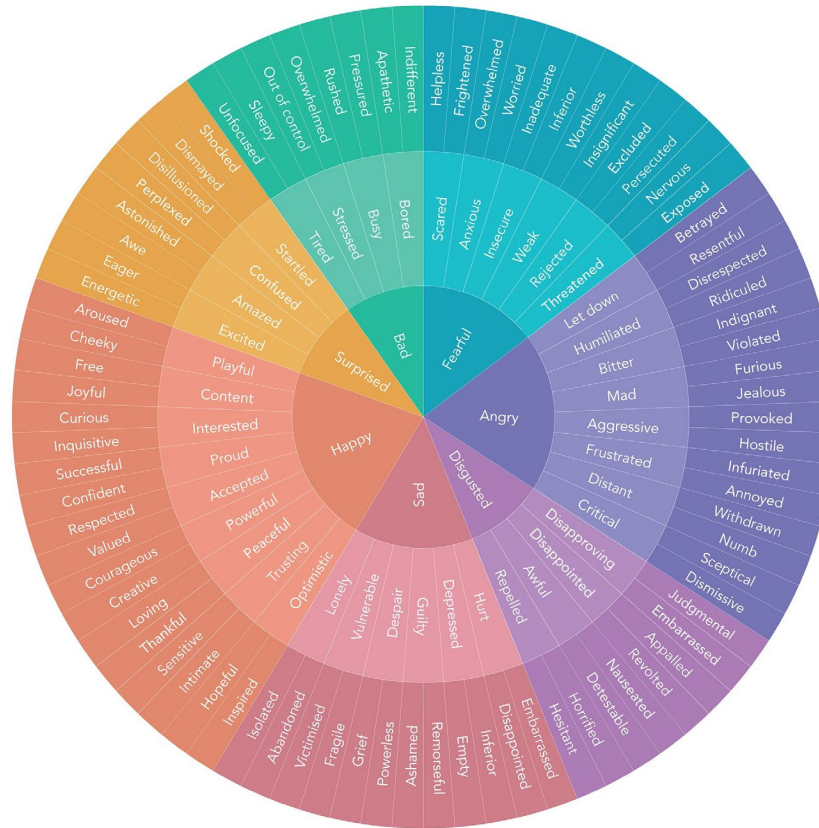
- Mood changes → Depression, SUD
- Irritability → Anxiety, anger, SUD
- Low self-esteem → Depression, anxiety, SUD
- Emotional dysregulation → Panic, PTSD, SUD
- Impaired social functioning → Depression, anxiety, anger, PTSD, SUD
- Sleep disturbances → Depression, anxiety, PTSD, SUD
- Cognitive considerations → Depression, anxiety, anger, PTSD, SUD
- Suicidal thoughts → Depression, anxiety, PTSD, SUD
- Hallucinations / paranoia → Schizophrenia spectrum, SUD

Treating Co-Occurring Disorders Using CBT

Why CBT Approach for Co-Occurring Disorders?

- CBT incorporates psychoeducation
- CBT aims to reduce psychological distress by developing alternate ways of thinking and behaving
- CBT helps patients develop practical coping skills
- CBT encourages long-term behavioral change
- CBT requires a sound therapeutic alliance

Skill 1: Psychoeducation on Wheel of Emotions



Skill 2: Positive Statements

I choose
to be
happy

My life is
taking
place right
here, right
now

I'm
surrounded
by amazing
friends &
family

I rise above
negative
feelings
and
thoughts

I am
resilient,
strong
and brave

I am
responsible
for looking
after me

By being
myself I
bring
happiness
to others

My goals
and desires
are
worthwhile

Through
courage &
hard work I
can achieve
anything

I am
happy
with who
I am

I love who
I am
becoming



Skill 3: Relaxation Techniques



30 minutes of daily moderate exercise



Mindfulness and meditation



Progressive muscle relaxation



Yoga



Visualization



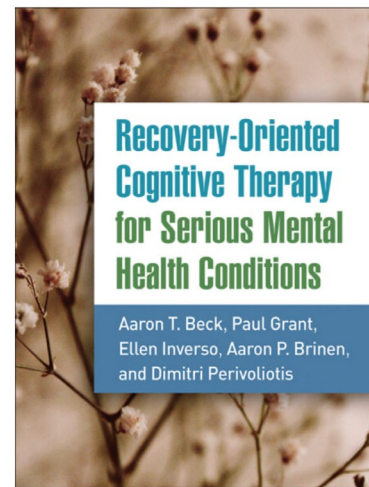
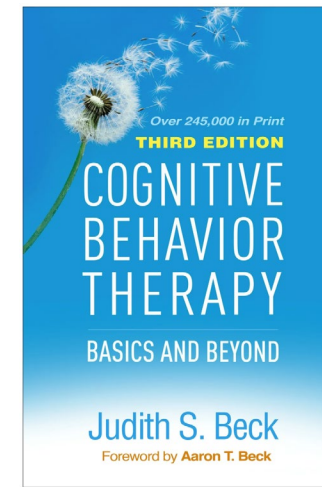
Slow, deep breaths

PMR Practice



Resources

- **Cognitive Behavioral Therapy: Basics and Beyond (3rd Edition)** by Judith S. Beck
- **Recovery-oriented Cognitive Therapy for Serious Mental Health Conditions** by Aaron T. Beck et al.



- <https://beckinstitute.org>



- <https://www.abct.org>



- CBT worksheets: <https://thinkcbt.com/think-cbt-worksheets>



Thank you! Questions?

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