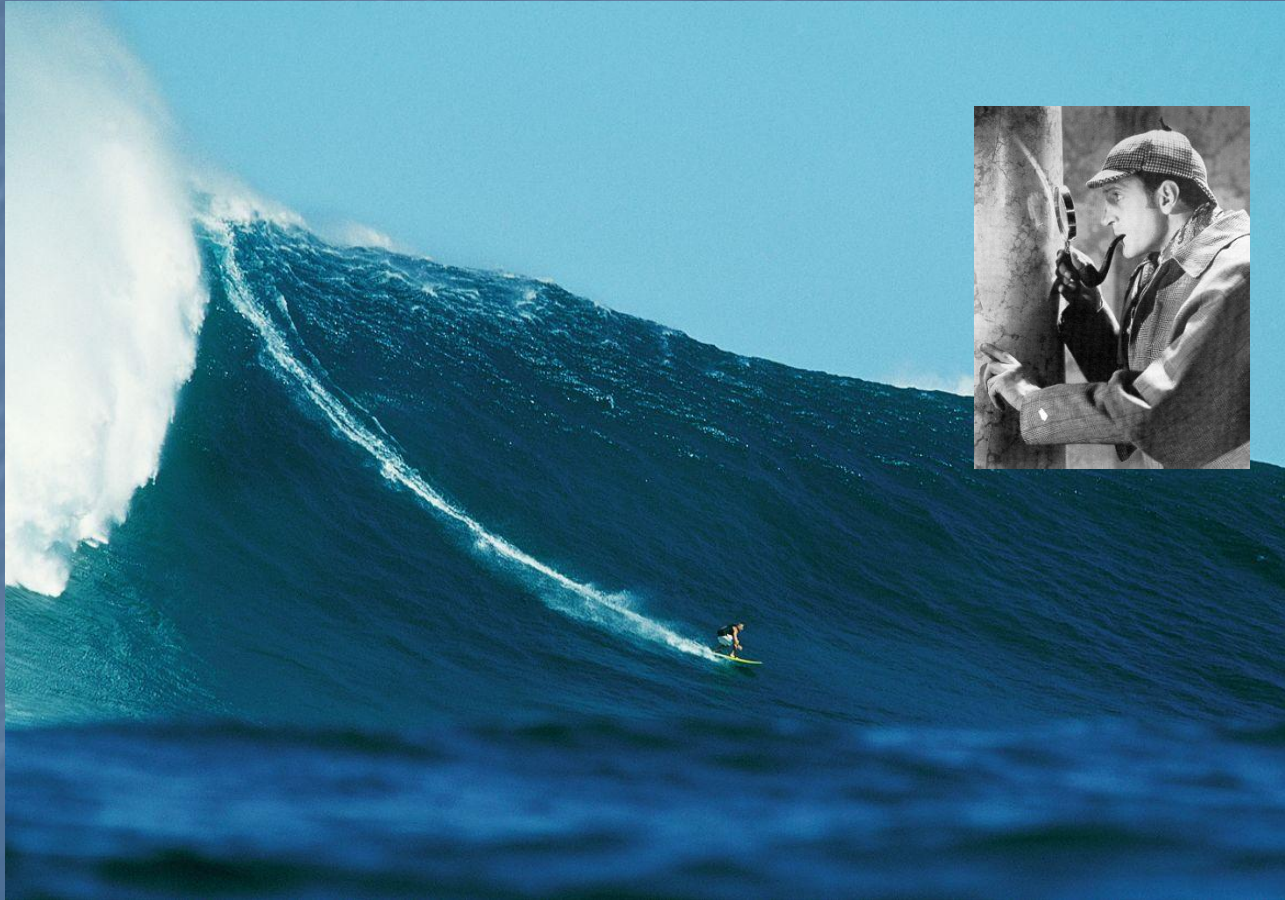


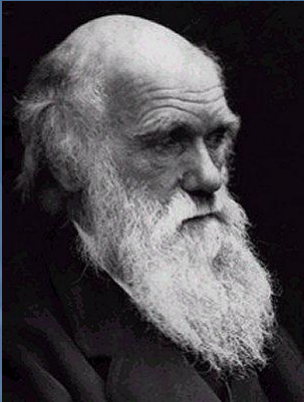
Simple and Effective CBT Tools to use in General Practice



Rob Shieff

Riding the CBT Wave

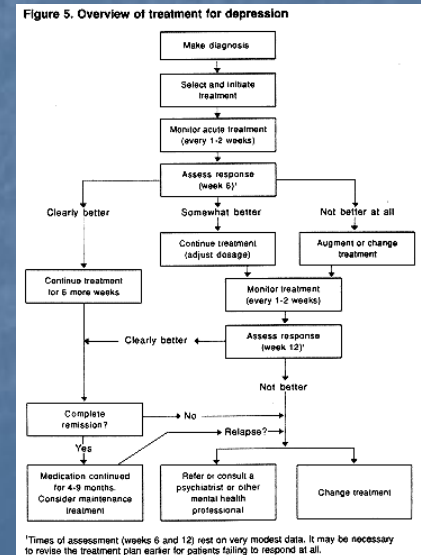




Survival of the Fittest

- Effective
- Trainable
- Affordable

■ **ENDORSED**



BUT....

To become CBT proficient

- Foundation psychotherapy training / experience
- Specialised training
- Ongoing supervision



Scarce Commodity

- Restricted access to Public sector
- Prohibitive cost within Private sector



Can we cut the cloth ?

Is it possible to extract elements from CBT that are :

- Teachable
 - Applicable within a Primary Practice time-frame
 - Acceptable to patients
- Still effective
- Probably YES



Activity Scheduling

Very practical

Easy to learn : clinician and patient

Takes 15 to 20 minutes to teach

Effective now and in the future

Depression : The Lost Disorder

Loss of :

- Interest
- Energy
- Joy
- Confidence
- Enthusiasm
- Motivation
- Concentration
- Will
- Purpose



INACTIVITY

WITHDRAWAL

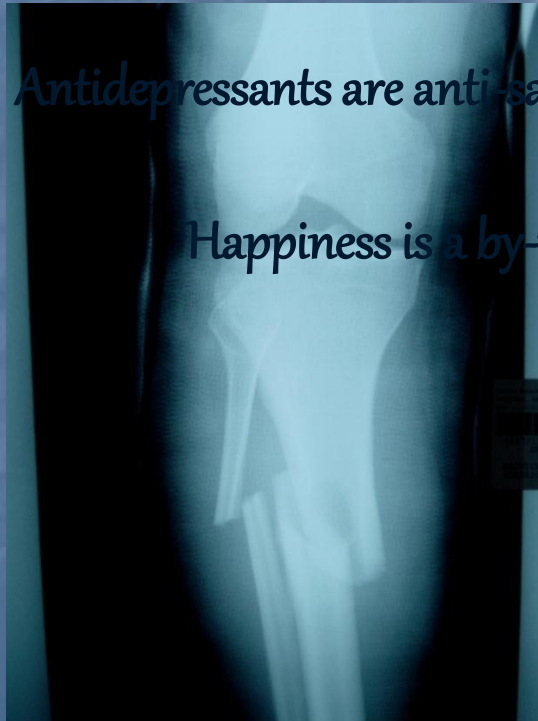


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Consequences

If we do less, we tend to lose structure and balance in our lives. When we do less, we tend to lose structure and balance in our lives.



How it works ...

Give a rationale 5 - 10 minutes

Teach the process 5 - 10 minutes

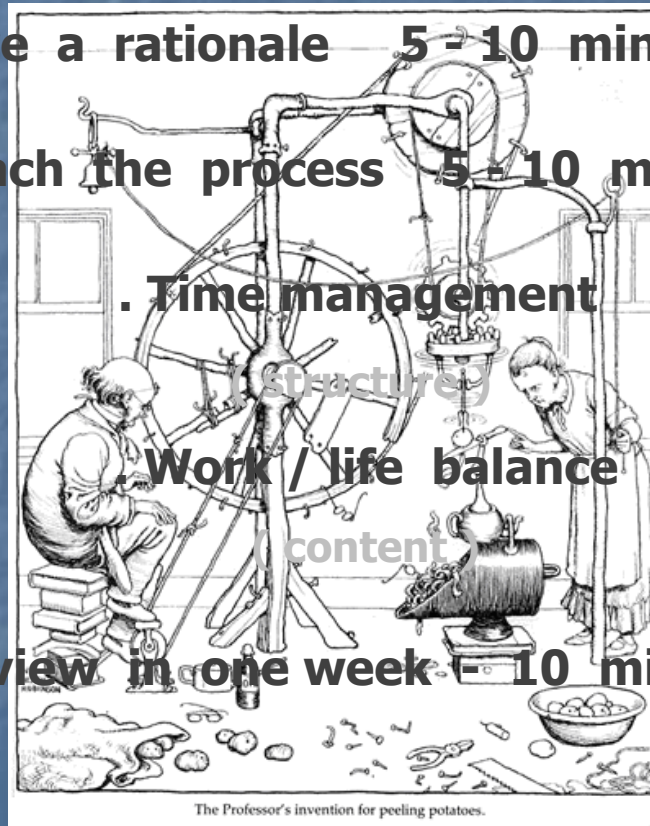
. Time management

. Structure

. Work / life balance

content

Review in one week 5 - 10 minutes



The Process

- Take one day at a time
- Break the day into hourly blocks
- Match activities to times
- Model together, apply at home
- Best done just before bed
 - Review today ~ plan tomorrow
 - Brighter mood
 - Ready for the morning

	Tomorrow
6-7	
7-8	
8-9	
9-10	
10-11	
11-12	
12-1	
1-2	
2-3	
3-4	
4-5	
5-6	
6-7	
7-8	
8-9	
9-10	
10-11	

"Pleasant" Activities

The Crucial Extra

THINGS I LIKE TO DO



Things you enjoy once they're over
Things you enjoy while you're doing them

Sleeping

- Try to do 2-3 each day

Eating

- Harder to find

• Join

• "Wh

• "Ad

• "W

• "W

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Sleep Hygiene

Routine
Afternoon exercise
Earlyish dinner
Supper
Hot shower / bath
Herbal remedies
Dark and quiet
Bed for sleep and sex only

• Shop

One - Of

• Sort th

• Prune t



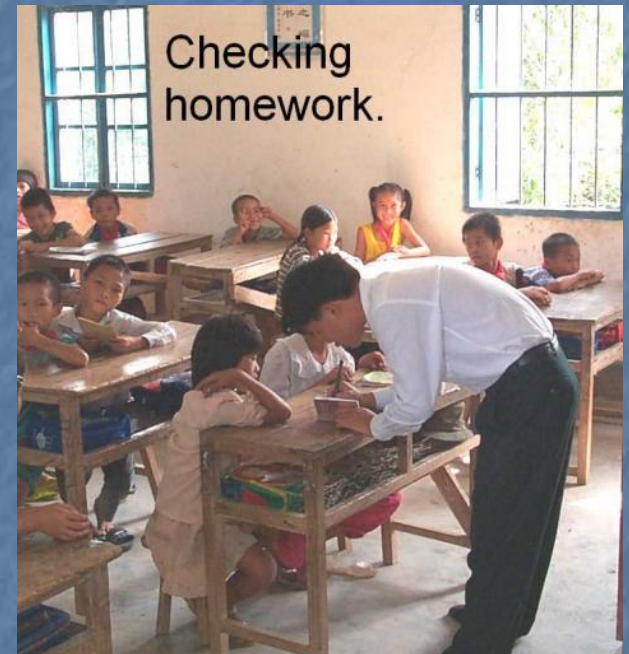
	Tomorrow
6-7	Wake up
7-8	Meditation
8-9	Breakfast
9-10	Load of Washing
10-11	Coffee with Kate
11-12	
12-1	Lunch
1-2	Walk
2-3	
3-4	Go to the doctor
4-5	Reading
5-6	Cooking
6-7	Dinner
7-8	Do the Dishes
8-9	Watch DVD with Paul
9-10	
10-11	Go to Bed

Weekly Activity Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 - 7							
7 - 8							
8 - 9							
9 - 10							
10 - 11							
11 - 12							
12 - 1							
1 - 2							
2 - 3							
3 - 4							
4 - 5							
5 - 6							
6 - 7							
7 - 8							
8 - 9							
9 - 10							
10 - 11							

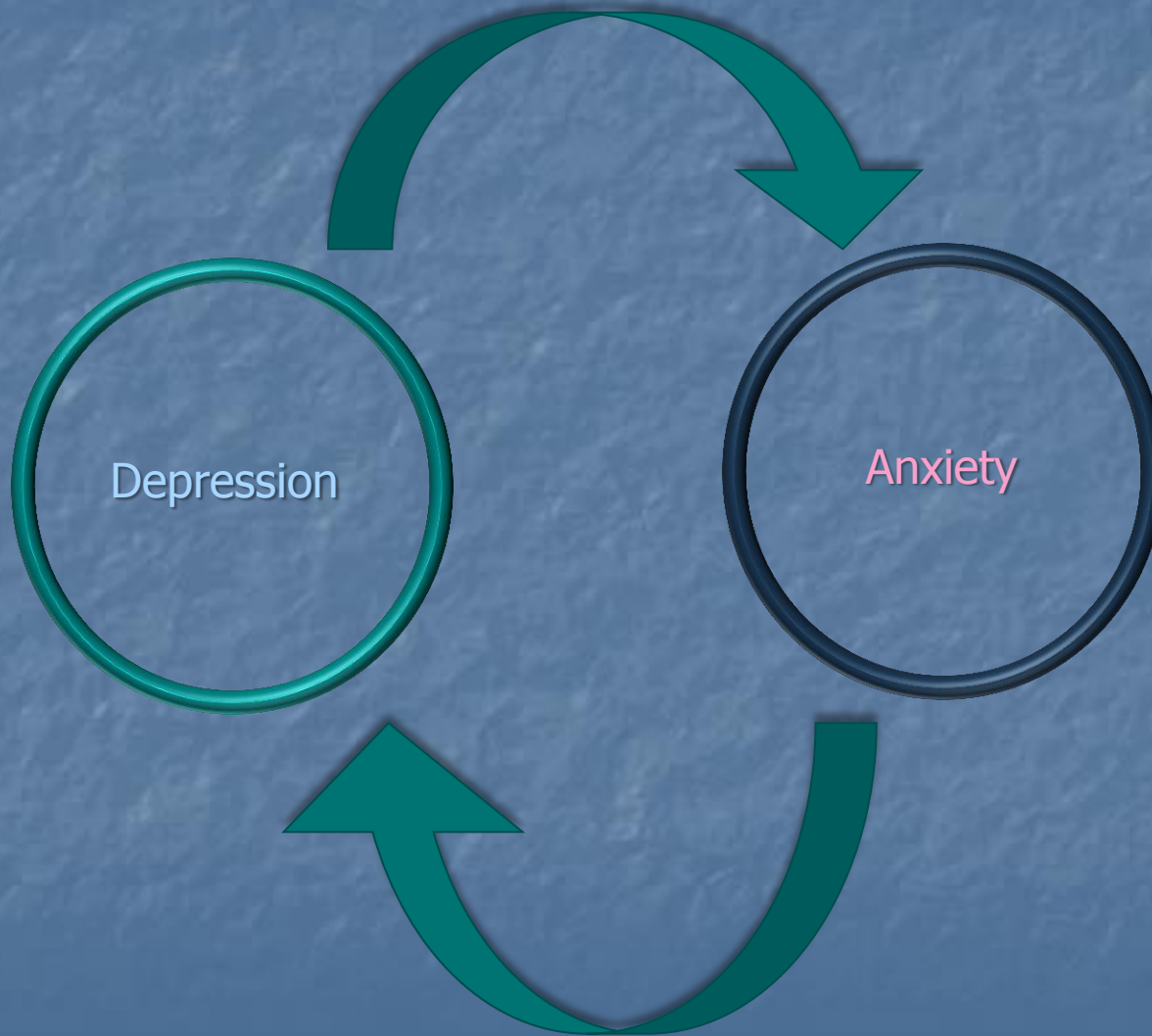
At your next meeting

- Review
- Revise
- Reinforce



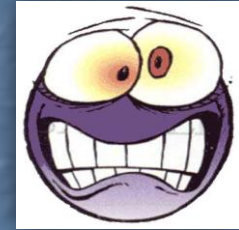
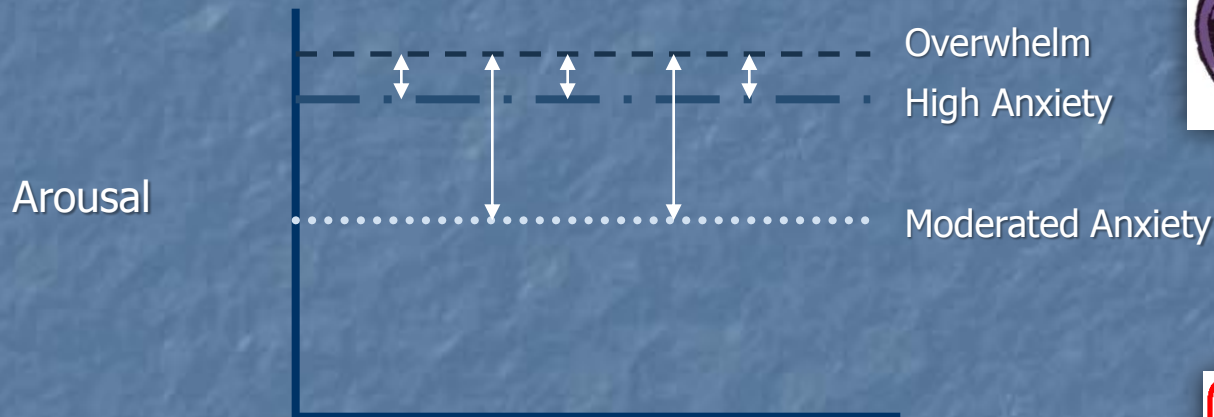
Relaxation Training





A Rationale to Relax

- The feeling of relaxation is easily forgotten
- Hard to be anxious and relaxed at the same time
- Resets the "arousal" base-line

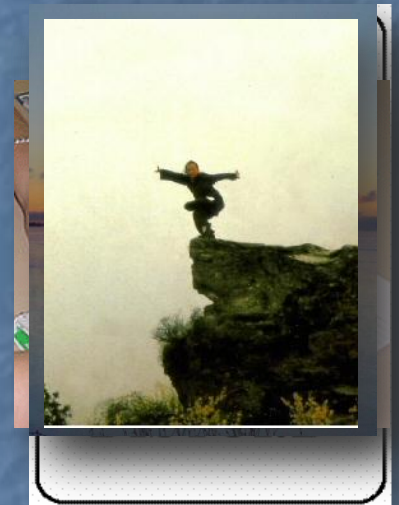


- Emergency strategy

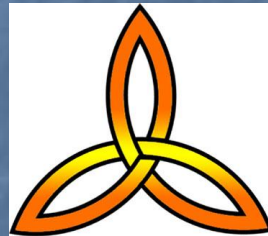


Pre-requisites

- Digital recording
- Make it a regular discipline
- ~ 20 minutes daily
- Early morning
- Same time, same place
- Undistracted
- Practice makes perfect
- Review / Revise / Reinforce



The Process



- Controlled Breathing
- Progressive Muscular Relaxation
- Guided Imagery

Controlled Breathing

- Anxious breathing = fast
slow
deep
shallow

out of control

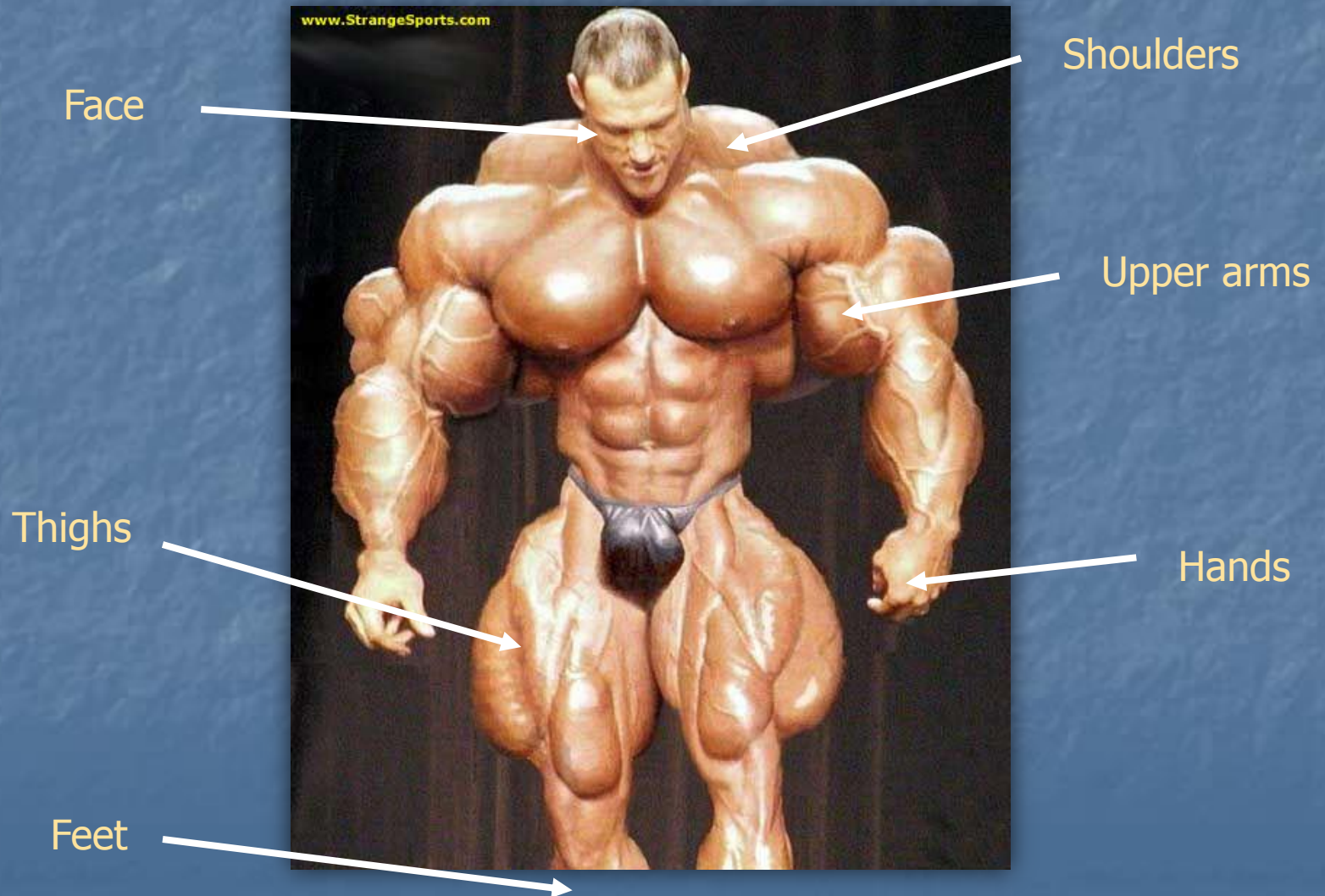


- Relaxed breathing = 10 breaths / minute
3 second inhale
3 second exhale

- The count maintains the control

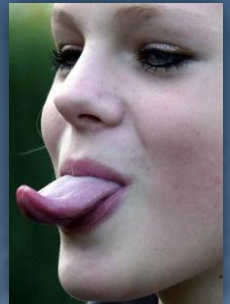


Progressive Muscular Relaxation





Guided Imagery



- Imposed mental picture
- Shifts mindful awareness away from anxious focus
- High
- Multiple

