Cognitive Therapy for Depression: Critical CBT Tools in Group Therapy

DBSA San Diego
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Sharp Mesa Vista Hospital COG-IOP
Cognitive Group Therapy
Intensive Outpatient Program (3 hours)
- Intensive therapy 5 X week, titrating...
- Depression, Bipolar, Anxiety, PTSD
- Average treatment 4-8 weeks
Marc G. Murphy, Ph.D.

- Clinical Psychologist (PSY 17565)
- COG - IOP Therapist, Group Therapy
- Supervisor Sharp APA Internship
- Director: Cognitive Behavioral Psychology Clinic of La Jolla, Inc.
- Adjunct Professor Alliant University (CSPP)
Cognitive Therapy Overview

Brief Overview:
- Aaron Beck influence
- Cognitive Triad:
  - Self
  - Future
  - World
Cognitive Model

Situation
- Environmental
- Biological

Behavior

Thoughts
- Perceptions
- Images
- Schemas

Emotions
Identify the Problem

Main Problem Areas: C.A.T.A.I.L.

- **Conflict**
- **Anger**
- **Trauma**
- **Assertiveness**
- **Intimacy**
- **Loss**
How to identify Depression?

- Significant feelings of depressed mood
- Decreased functioning (work, social)
- >2 weeks length
- Tests including Beck Depression Inventory
- No medical test
- Identified 2 genes that show promise
Situations include Physical

- What leads to a depressed state?
- Environment (life stressors)
- Biology (genetics)
- 40-45% genetics
- 60-55% environment
- Family history = possible genetic contribution
- What is going on in our body?
Cognitive Model

Situation
- Environmental
- Biological
- Perceptions

Behavior

Thoughts
- Images
- Schemas

Emotions
Identify the signs

<table>
<thead>
<tr>
<th>Physical</th>
<th>Cognitive</th>
<th>Emotional</th>
<th>Behavioral</th>
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<tbody>
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Situation / Biological Signs

Depression
- ↓ interest
- ↓ pleasure
- ↑ agitation
- ↑ ↓ weight
- ↑ ↓ sleep
- ↓ energy

Bipolar
- ↓ need for sleep
- ↑ speech
- ↑ mood
- ↑ impulsivity
Thoughts / Cognitive Signs

**Depression**
- ↓ concentration
- ↓ attention span
- ↓ memory
- ↑ negative thoughts
- ↑ thoughts of death
- memories

**Bipolar**
- ↑ self esteem
- ↑ ideas
- ↑ distractibility
# Emotions / Feeling Signs

<table>
<thead>
<tr>
<th>Depression</th>
<th>Bipolar</th>
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<tbody>
<tr>
<td>Depressed mood</td>
<td>↑ mood</td>
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<tr>
<td>Sad / blue / down</td>
<td>Self esteem</td>
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<tr>
<td>Worthless</td>
<td>Grandiosity</td>
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<tr>
<td>Hopeless</td>
<td>Irritability</td>
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<td>Guilt</td>
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# Behavior / Action Signs

## Depression
- Withdrawal
- Isolation
- Self medication

## Bipolar
- ↓ need for sleep
- ↑ speech
- ↑ impulsivity ($)
Meta-analysis

- Research shows two factors are what is critical in leading to remission.
- Restructuring Distorted Thoughts (Thought Records)
- Activity Scheduling (G.R.A.P.E.S.)
## Distorted Thought Process
### Depressed vs. Non-Depressed

<table>
<thead>
<tr>
<th>Negative Events</th>
<th>Positive Events</th>
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<tbody>
<tr>
<td>Internal</td>
<td>External</td>
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<tr>
<td>Global</td>
<td>Specific</td>
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<tr>
<td>Stable</td>
<td>Unstable</td>
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<td>Unstable</td>
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</table>

- External
- Specific
- Global
- Stable
Graph of Depression
Thought Records

- Situations will trigger thought pattern (Cog Model)
- Thoughts will be distorted, automatic, repetitive, and negative
- Worsen depression unless challenged
Like a courtroom, unless a statement is challenged then it will be believed by the jury.
## Thought Record

<table>
<thead>
<tr>
<th>Situation</th>
<th>Automatic Thoughts</th>
<th>Emotions</th>
<th>%</th>
<th>Rational Response</th>
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### TEST OF EVIDENCE

<table>
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<tr>
<th>Evidence that SUPPORTS the Automatic Thought</th>
<th>Evidence that REFUTES (argues against) the Automatic Thought</th>
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Activity Scheduling

- Need to be active
- Exercise has been shown to increase neurotransmitter activity
- Severe depression responds to A.S. most
G.R.A.P.E.S.

- Gentle to self
- Relaxation
- Accomplishment
- Pleasure
- Exercise
- Social
Why Group?

Individual Therapy
Pros
■ full focus
■ less intense
■ specific

Cons
■ not as fast
■ no social learning

Group Therapy
Pros
■ learn connections
■ resolve conflict
■ piggy back

Cons
■ intense
■ family vs. individual
Thank You

Sharp Mesa Vista Hospital
Cognitive Intensive Outpatient Program
858-694-8459

Manuals on sale benefits go to helping patients cost $20.00