

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: CBT- Cognitive Behavior Therapy

Total Number of Sessions: 12

Duration of each session: 45 minutes

PROS Service: CRS Wellness Self Management

Target population:

- **Diagnoses:** Mood Disorders, Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, Anxiety Disorders, Substance Abuse Disorders, Personality Disorders

- **Barriers to be overcome:**
 - Limited understanding of the connection between thoughts, feelings and behaviors.
 - Low motivation toward life role goals due to negative core beliefs
 - Limited adaptive coping skills/emotionally dysregulated
 - Limited stress management skills
 - Limited decision making/problem solving skills
 - Racing or persistent automatic thoughts that are negative in nature

Service Goal:

The goal of this group service is to assist participants in gaining the cognitive skills necessary in order to engage in effective and long-term behavioral changes that promote recovery and reduce the impact of symptoms on their overall well-being. Participants will learn to challenge negative thoughts and beliefs about themselves and their world.

Service Objectives:

- To be able to identify cognitive distortions and negative core beliefs that interfere with attaining life role goals.
- Participants will learn to self-monitor and identify automatic thoughts
- Participants will learn to challenge cognitive distortions in efforts to build positive core beliefs and thoughts that are conducive to the recovery process
- Participants will have an improved understanding of how thoughts influence feelings and behaviors.
- Participants will be able to identify a behavior change that is important to them and have the cognitive skills to change this behavior.

Source: Gregory, B.M (2010). *CBT Skills Workbook: Practical Exercises and Worksheets to Promote Change*.

**Allegany Rehabilitation Associates
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Title of Service: CBT

Session: 1

Duration: 45 minutes

Service Objective(s): To be able to identify cognitive distortions and negative core beliefs that interfere with attaining life role goals.

Handouts:

- Identifying Positive Core Beliefs pg. 65
- Orientation to CBT pg. 34
- Identifying Negative Core Beliefs pg. 62

Activities:

- Pre-test: Participants will complete an inventory of current positive core beliefs (pg. 65). This will be re-distributed in session 12 to assess progress in improving or changing core beliefs.
- Hand out pg. 34 to explain and discuss the three goals of CBT.
- Hand out pg. 62 for participants to complete in group. Have participants choose a few core beliefs they want to focus on for the duration of the next 12 weeks.
- Collect completed Identifying Negative Core Beliefs pg. 62 worksheet and save for use in session 10.

Homework:

- Tell participants to be mindful of situations or thoughts over the next week that reinforce their negative core beliefs discussed in group today.

**Allegany Rehabilitation Associates
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Title of Service: CBT

Session: 2

Duration: 45 minutes

Service Objective(s): To be able to identify cognitive distortions and negative core beliefs that interfere with attaining life role goals. Participants will learn to self-monitor and identify automatic thoughts

Handouts:

- Identify Thoughts, Feelings and Behaviors pg. 35.
- Self-Monitor Automatic Thoughts pg. 43

Activities:

- **Review/discuss homework from last session.**
- Explain the cycle/connection of thoughts, emotions and behaviors to participants.
- Discuss symptoms that affect thoughts, feelings, mood and behavior
- Distribute hand out pg. 35 for participants to complete in group. Discuss and process examples as a group.
- Ask participant's to identify how this cycle may or may not have created barriers for them in reaching their life role goals.
- Discuss the importance of becoming self-aware of our automatic thoughts in order to develop new positive healthy thoughts.

Homework:

- Complete the Self-Monitor Automatic Thoughts worksheet on pg. 43 to assist participants in learning to identify automatic thoughts.

**Allegany Rehabilitation Associates
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Title of Service: CBT

Session: 3

Duration: 45 minutes

Service Objective(s): To be able to identify cognitive distortions and negative core beliefs that interfere with attaining life role goals. Participants will learn to self-monitor and identify automatic thoughts

Handouts:

- Identify and Label Cognitive Distortions pg. 42
- Self-Monitor Automatic Thoughts pg. 43

Activities:

- **Review/Discuss homework from last session**
- Explain how learning about patterns of thinking can help participants can modify or change any distortions or negative thinking errors.
- Handout pg. 42 and explain, discuss and elicit personal examples of using these cognitive distortions.
- Have participants identify how these cognitive distortions impact or are impacted by their symptoms.
- Have participants identify how these cognitive distortions may or may not interfere with them achieving their life role goals.

Homework:

- Complete the Self-Monitor Automatic Thoughts worksheet on pg. 43 to assist participants in learning to identify automatic thoughts.
- Instruct participants to identify any cognitive distortions they experience for the situations they record on the worksheet pg. 43.

**Allegany Rehabilitation Associates
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Title of Service: CBT

Session: 4

Duration: 45 minutes

Service Objective(s): Participants will learn to challenge cognitive distortions in efforts to build positive core beliefs and thoughts that are conducive to the recovery process. Participants will have an improved understanding of how thoughts influence feelings and behaviors.

Handouts:

- The Four Key CBT Questions pg. 44

Activities:

- **Review/Discuss homework from last week.**
- Explain how situations often create thoughts, which can create strong emotions, which then cause us to behave in ways to find relief from the strong emotions.
- Discuss how our thoughts about the consequences of our behavior can reinforce both positive and negative core beliefs.
- Handout pg. 44 and have participants complete during group. Have participants share their examples.
- Have participants identify which core beliefs were reinforced and how this belief impacts their ability to achieve their life role goals.

Homework:

- None

**Allegany Rehabilitation Associates
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Title of Service: CBT

Session: 5

Duration: 45 minutes

Service Objective(s): Participants will have an improved understanding of how thoughts influence feelings and behaviors.

Handouts:

- The CBT Thought Record pg. 45

Activities:

- Explain the purpose of a thought record is to help people become more aware of the relationship between situations, thoughts, feelings and behaviors.
- Distribute pg. 45 and have participants complete this during group.
- Query group to find out how aware they were of the connection between their thoughts, feelings and behaviors.

Homework:

- Hand out an additional blank CBT Thought Record pg. 45 and have participants complete this for next week in order to begin building self-awareness.

**Allegany Rehabilitation Associates
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Title of Service: CBT

Session: 6

Duration: 45 minutes

Service Objective(s): Participants will learn to challenge cognitive distortions in efforts to build positive core beliefs that are conducive to the recovery process. Participants will learn to self-monitor and identify automatic thoughts

Handouts:

- Step One: Identify Automatic Thoughts pg. 46
- Step Two: Examine the Evidence pg. 47

Activities:

- **Review/Discuss homework from last week.**
- Distribute pgs. 46-47 and discuss to show participants how to pull the material from the last few weeks together.
- Have participants identify an automatic thought that is associated with them achieving their life role goal or that is impacting the severity of their symptoms.
- Introduce the concept of refuting or disproving faulty or irrational thoughts from page 46 by using pg. 47
- Open discussion about finding evidence to support or disprove faulty thinking.

Homework:

- None

**Allegany Rehabilitation Associates
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Title of Service: CBT

Session: 7

Duration: 45 minutes

Service Objective(s): Participants will learn to challenge cognitive distortions in efforts to build positive core beliefs and thoughts that are conducive to the recovery process. Participants will be able to identify a behavior change that is important to them and have the cognitive skills to change this behavior.

Handouts:

- Step Three: Develop New Balanced Thoughts pg. 48
- Develop New Alternative Balanced Thoughts pg. 49 (new thought record to use for homework. More in-depth than the one used in previous sessions).

Activities:

- Have participants select an automatic thought that was written down last session.
- Distribute pg. 48 and have participants develop alternative balanced thoughts for the original automatic thought.
- Have participants identify the PROS and CONS of challenging this automatic thought.
- Introduce the New Thought Record pg.49 which requires them to practice using Steps 1, 2 and 3.

Homework:

- Develop New Alternative Balanced Thoughts pg. 49. Have participants complete this thought record for next session to assist them in practicing skills learned in this and previous sessions.

**Allegany Rehabilitation Associates
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Title of Service: CBT

Session: 8

Duration: 45 minutes

Service Objective(s): Participants will learn to challenge cognitive distortions in efforts to build positive core beliefs and thoughts that are conducive to the recovery process. Participants will be able to identify a behavior change that is important to them and have the cognitive skills to change this behavior.

Handouts:

- Retrain the Brain: The Stop and Think Technique pg. 51
- Thought Stopping Techniques pg. 52.
- Blank Index Cards

Activities:

- **Review/Discuss homework from last week**
- Explain to participants the difficulty of starting to change thinking patterns and the need for tools or skills to assist them in being successful.
- Explain how or intrusive thoughts can cause impulsive behaviors with undesired consequences.
- Introduce the techniques on pg. 52 to assist them in stopping the unwanted, faulty or negative thoughts. Have participants practice these strategies in group.
- Pass out blank index cards and pg. 51. Have participants identify a behavior that is often caused by irrational thoughts and feelings.
- Have participants create index cards of positive action steps as shown on the worksheet to prevent them from engaging in their problem behavior.
- Have participants share their positive action plans with each other.

Homework:

- Have participants place their new Action Plan index cards in highly visible locations throughout their home (or they may carry it with them).

**Allegany Rehabilitation Associates
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Title of Service: CBT

Session: 9

Duration: 30-45 minutes

Service Objective(s): Participants will learn to challenge cognitive distortions in efforts to build positive core beliefs and thoughts that are conducive to the recovery process. Participants will be able to identify a behavior change that is important to them and have the cognitive skills to change this behavior.

Handouts:

- Looking for the Silver Lining: Turning Adversity to Advantage pg. 54
- The Power of Positive Self-Talk pg. 57
- Develop New Alternative Balanced Thoughts pg. 49

Activities:

- **Review/Discuss homework from last week**
- Discuss the benefits of finding positive outcomes during unpleasant situations and how this impacts our core beliefs and automatic thoughts.
- Distribute, complete and discuss pg. 54. Encourage participants to use an event or situation that relates to their life role goals.
- Distribute, complete and discuss pg. 57. Explain the power and benefits of using positive thinking and the impact this has on core beliefs.

Homework:

- Develop New Alternative Balanced Thoughts pg. 49. Have participants complete this thought record for next session to assist them in practicing skills learned in previous sessions.

**Allegany Rehabilitation Associates
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Title of Service: CBT

Session: 10

Duration: 45 minutes

Service Objective(s): Participants will learn to challenge cognitive distortions in efforts to build positive core beliefs and thoughts that are conducive to the recovery process. Participants will be able to identify a behavior change that is important to them and have the cognitive skills to change this behavior.

Handouts:

- Completed Identifying Negative Core Beliefs pg. 62 worksheets from session 1.
- Modify Negative Core Beliefs pg. 63

Activities:

- **Review/Discuss homework from last week**
- Distribute completed pg. 62 to participants and have them choose a core belief to work on for today.
- Distribute, complete and discuss Modify Negative Core Beliefs pg. 63 worksheet
- Ask participants to process how this core belief has been interfering with achieving their desired life role goals.

Homework:

- Hand out additional blank Modify Negative Core Beliefs pg. 63. Ask participants to choose additional negative core beliefs from pg. 62 to practice modifying.

**Allegany Rehabilitation Associates
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Title of Service: CBT

Session: 11

Duration: 45 minutes

Service Objective(s): Participants will learn to challenge cognitive distortions in efforts to build positive core beliefs and thoughts that are conducive to the recovery process. Participants will be able to identify a behavior change that is important to them and have the cognitive skills to change this behavior.

Handouts:

- Bring completed Identify Positive Core Beliefs pg. 65 handouts from session 1.
- Bring blank Identify Positive Core Beliefs pg. 65.

Activities:

- **Review/Discuss homework from last week**
- Pre-Test/Post-Test Activity: Hand out blank Identify Positive Core Beliefs pg. 65 for participants to complete.
- Distribute completed handouts from session 1.
- Have participants compare and contrast changes in their core beliefs.
- Ask participants to identify the skills that have been helpful in changing their core beliefs. What has been challenging? How has this group impacted progress toward achieving their life role goal?

Homework:

- None

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Title of Service: CBT

Session: 12

Duration: 45 minutes

Service Objective(s): Participants will learn to challenge cognitive distortions in efforts to build positive core beliefs and thoughts that are conducive to the recovery process.

Handouts:

- Strengthen Positive Core Beliefs pg. 66

Activities:

- Distribute, complete and discuss Strengthen Positive Core Beliefs pg. 66.
- Encourage participants to revisit this activity frequently throughout the recovery process.
- Complete group evaluations and answer any questions elicited by participants.

Homework:

- None