

ALTERNATIVE THERAPIES



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Cognition

- **An internal process of perception, memory, and judgment through which an understanding of oneself and the world is developed**
- **Cognitive interventions: change or reframe an individual's automatic thought patterns that develop over time and that interfere with the ability to function optimally**



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Development of Cognitive Therapies

- **Albert Ellis**
 - **First to develop and implement cognitive therapy**
 - **Continued refinement and development of theory and therapeutic approach called rational emotive behavior therapy (REBT)**
- **Aaron Beck: cognitive behavioral therapy (CBT)**
- **Steven de Shazer and Insoo Kim Berg: solution-focused brief therapy (SFBT)**



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Cognitive Behavioral Therapy

Used to alter distorted beliefs and problem behaviors: negative and inaccurate thoughts identified and replaced; rewards for behavior changed

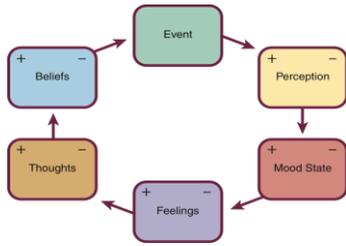
• Assumptions

- People disturbed by the perception of event, not by the event
- Whenever or however the belief develops, the individual believes it
- Work and practice can modify beliefs, creating difficulties



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Cognitive Behavioral Therapy (cont.)



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Question

Is the following statement true or false?
CBT focuses on the event rather than how the person perceives the event.



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Answer

False.

- A major assumption of CBT is that people are disturbed not by an event but by the perception of that event.



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- Three cognitive processes involved in the development of mental disorders

- Cognitive triad: thoughts about oneself, the world, and the future
- Cognitive distortions: “twisted thinking”
- Schema: individual’s life rules acting as a filter; developed in early childhood and fixed by middle childhood



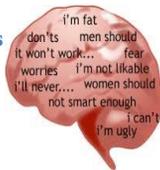
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Implementing CBT

Engagement and assessment
Interventions

- Identify the underlying belief
- Explore the evidence that supports or refutes the belief about the event
- Identify alternative explanations for the event
- Examine the real implications if the belief is true

Evaluation and termination



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THOUGHT STOPPING TECHNIQUES

Negative Thought Altered Thought into More Realistic Thinking
 > Talk Therapy <
 Depressed Mood Mood Changes to More Positive Feelings

Pages 48-51 Are CBT Exercises
 SEE additional handouts

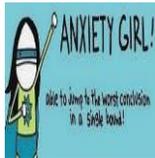
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Rational Emotive Behavior Therapy

Form of CBT

Assumptions:

People are born with the potential to be rational (self-constructive) and irrational (self-defeating) Irrational thinking, self-damaging habituations, wishful thinking, and intolerance are exacerbated by culture and family groups



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Rational Emotive Behavior Therapy Framework

- **A:** activating event that triggers automatic thoughts and emotions
- **B:** beliefs that underlie the thoughts and emotions
- **C:** consequences of this automatic process
- **D:** dispute or challenge unreasonable expectations
- **E:** effective outlook developed by disputing or challenging negative belief systems



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Rational Emotive Behavior Therapy Interventions

- **Role-playing, assertion training, desensitization, humor, operant conditioning, suggestion, support**
- **Focus: developing rational beliefs to replace those that are irrational and interfere with quality of life**



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Question?

- Which of the following occurs first within the REBT framework?
 - A. Beliefs
 - B. Activating event
 - C. Dispute
 - D. Consequences



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Answer

B. When applying the REBT framework, the activating event occurs first and it triggers automatic thoughts and emotions. Next are the beliefs that underlie the thoughts and emotions followed by the consequences of this automatic response, then a dispute or challenge of unreasonable expectations, and finally effective outlook developed by disputing or challenging negative belief systems.



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Solution-Focused Brief Therapy

- Focus: solutions rather than problems; problems best understood in relation to solutions
- Emphasis on what is functional and healthful rather than on problems or symptoms
- View of the patient as an individual with a collection of strengths and successes rather than as a diagnosis and collection of symptoms
- Emphasis on the uniqueness of the individual and the capacity to make changes or deal with day-to-day lives

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Solution-Focused Brief Therapy Assumptions

- People with strengths and resources for problem solving
- Not necessary to know a lot about the complaint to resolve it
- “Problem” defined and dissected from patient’s perspective
- Resolution of even long-standing issues
- No right way or wrong way to see things

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Solution-Focused Brief Therapy Assumptions (cont.)

- Change most likely when focused on what is changeable
- Therapist’s job to identify and amplify change
- The therapist and patient co-create reality
- The therapist with expectation of change and movement

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Solution-Focused Brief Therapy Assumptions (cont.)

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- Therapist in position of curiosity; asks questions
- Interventions focus on achievement of specific, concrete, and achievable goals
- Techniques utilized include:
 - Exception questions
 - Scaling questions
 - Relationship questions
 - Compliments



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Question

Is the following statement true or false?

- Exception questions are used to identify the specifics associated with the patient’s problem.



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Answer

False.

- Exception questions are used to help the patient identify times when whatever is bothering them is not present, or is present with less intensity, based on the underlying assumptions that during these times, the patient is usually doing something to make things better. Scaling questions are used to make the patient's problem more specific.



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Use of Cognitive Therapies in Psychiatric Nursing

- Inpatient settings
 - Solution-focused therapy
 - Journaling and “homework” assignments
- Community settings
 - Cognitive approaches in combination with other interventions
 - Primary care: CBT and SFBT



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THE END



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