



Cognitive Behavioral Therapy

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Session goals


- To help participants understand Cognitive Behavioral Therapy (CBT).
- To link Cognitive Behavioral Therapy to alcohol prevention interventions in fishing communities.

Brainstorming session

- What is Cognitive Behavioral Therapy?

Cognitive Behavioral Therapy

- Is a model or form of treatment that focuses on examining the relationships between thoughts, feelings and behaviors.
- This technique acknowledges that there may be behaviors that cannot be controlled through rational thought.
- Is problem focused (undertaken for specific problems) and action oriented (therapist tries to assist the client in selecting specific strategies to help address those problems).



A Venn diagram consisting of three overlapping circles on a dark green background. The top circle is labeled 'Your Thoughts', the bottom-left circle is labeled 'Your Behaviors', and the bottom-right circle is labeled 'Your Emotions'. The central area where all three circles overlap is labeled 'CBT'. The circles are light green with dark green outlines.

**Your
Thoughts**

CBT

**Your
Behaviors**

**Your
Emotions**

CBT cont'd

- This approach assumes that behavior associated with psychological problems develops through the same processes of learning that affects the development of other behaviors.
- Behaviorists do not look at behavior disorders as something a person has but that it reflects how learning has influenced certain people to behave in a certain way in certain situations.
- CBT can help you to change how you think ('Cognitive') and what you do ('Behaviour').

CBT cont'd

- CBT have demonstrated its usefulness for a wide variety of mental illnesses including mood disorders, anxiety disorders, personality disorders, eating disorders, substance abuse disorders, and sleep disorders.
- CBT actually changes brain activity in people with mental illnesses who receive this treatment.

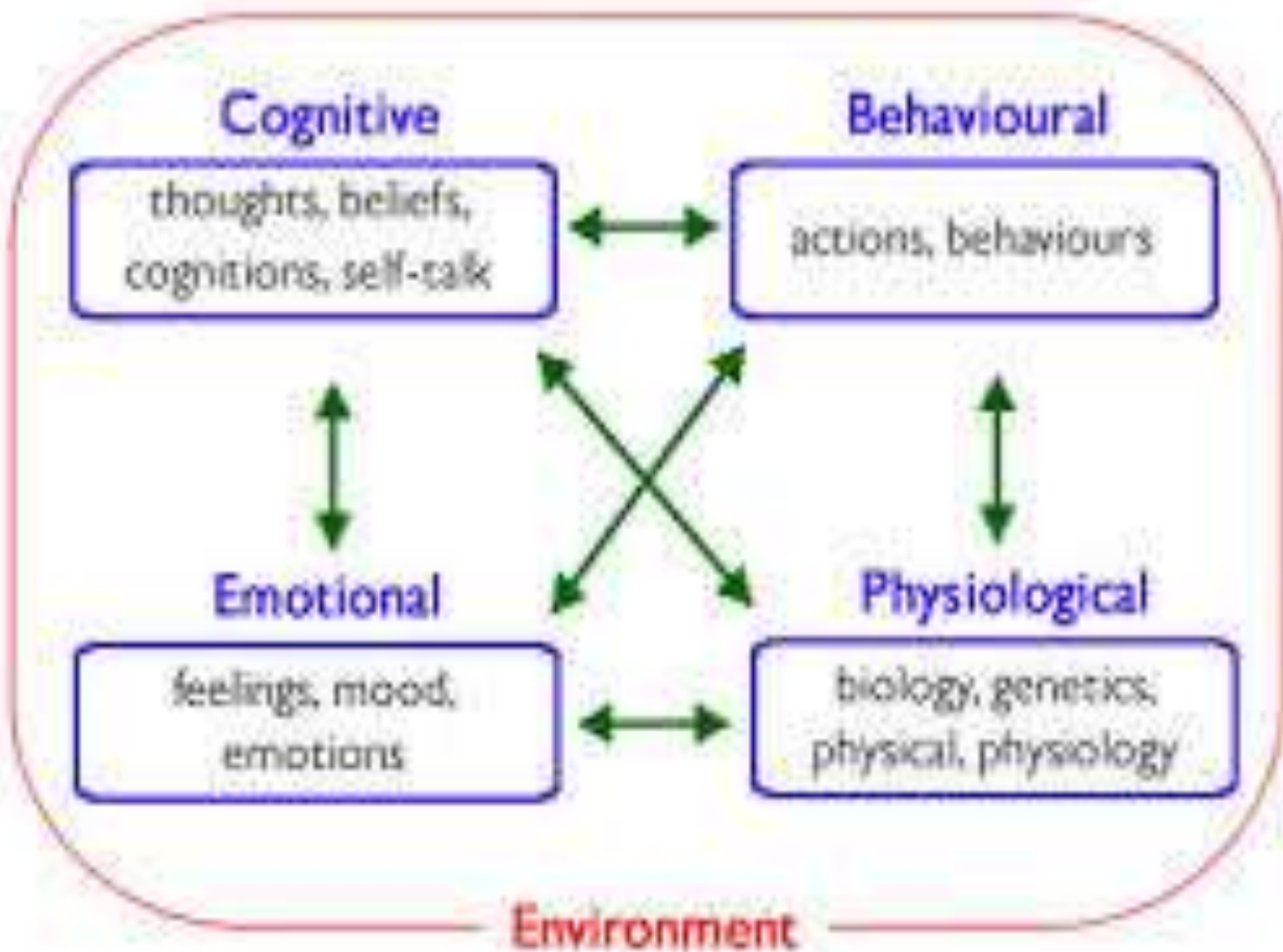
CBT Focus

↳ CBT focuses attention on the present rather than the past ;

CBT and Alcohol use

- CBT can help you to make sense of overwhelming problems by breaking them down into smaller parts. These parts are:
 - **A Situation** - a problem, event or difficult situation. From this can follow:
 - **Thoughts**
 - **Emotions**
 - **Physical feelings**
 - **Actions**

Each of these areas can affect the others. How you think about a problem can affect how you feel physically and emotionally.



Large group discussions

- How you think the alcohol problem can affect how you feel physically and emotionally?

Situation:	You had a bad day, you are HIV positive feel fed up, so you go out to meet with friends. As you walk down the road, someone in the group suggests you go to a bar to drink	
	Unhelpful	Helpful
Thoughts (beliefs, judgments, views, opinions about alcohol)		
Emotional feelings:	Low, sad, moody, high, and rejected.	<ul style="list-style-type: none"> • Interact with people who are supportive to plan pleasant activities. • Let others know your status • Deal with burn out
Physical:	Feel sick	Feel comfortable
Action:	I will manage but end up drinking	<ul style="list-style-type: none"> • Plan activities taking into consideration his/her HIV status. • Go home and avoid them

Rational decision



Relapse

- Relapse is when a recovering substance abuser starts to use alcohol after a period of abstinence/non use.

Causes of relapse

- Easy access to alcohol
- Being in company of alcohol users.
- Spending time on alcohol using sites.
- Sudden availability of large sums of money
- Strong social pressures.
- Over confidence that one can now manage.

Relapse Prevention

- Hang around with good friends.
- Keep away from alcohol.
- Avoid all forms of self medication
- Manage negative feelings by staying sober
- Avoiding places which can lead to alcohol use.
- Develop alternative activities (what alternative activities can one do)



Session wrap up