CBT Framework

- Use Triangle

- Thoughts
  - Behavior
  - Feelings
Intervention Targets

• Identify

- Inaccurate/unhelpful thoughts
- Troubling behaviors
- Distressing feelings
Intervention Strategies

• Change to:

  - Realistic and helpful
  - Constructive and adaptive
  - Positive and calm
Posttraumatic Stress Example

• Problems

- I am in danger now
- Avoid, shut down
- Anxiety, fear, nervousness
Posttraumatic Stress Example

- Solutions

I am really safe now

Engaged, doing things

Calm, relaxed
Depression Example

• Problems

Nothing will ever be OK

- Withdraw, hurt self
- Sad, unhappy, frustrated
Depression Example

• Solutions

- Things are getting better now
- Active, engaged
- Happy, content
Anger Example

- Problems

- People are out to get me
- Aggression, fighting
- Anger, hostility
Anger Example

• Solutions

- He has a different opinion
- Talk about it, negotiate
- Mild irritation