



COGNITIVE BEHAVIOURAL THERAPY FOR ANXIETY

WEEK 4

PRESENTED BY TEEGAN M.S.W., R.S.W.



WELCOME TO WEEK FOUR!

AGENDA- GROUP EXERCISES

- Goal Setting
 - Group exercise
 - Set a therapeutic goal
 - Group discussion
- Fear Ladder
 - Group exercise
 - Journal reflection
- Next Week!

GOAL SETTING: GROUP EXERCISE



Step 1: Write down your ultimate goals. These will be changes in each of the general issues you described above.

Step 2: As you already did with your general issue, you will now make your ultimate goal more specific. What does this goal mean? How will you know if you have met this goal? Use your specific description of the issues to guide you.

Step 3: Highlight actions that are consistent with your goals so you know if you're getting closer to reaching them.

LETS SET A THERAPEUTIC GOAL



Together we will start to develop a goal to work on in therapy. Please remember that we can also use the information from our thought record to provide more clarity into what it is we want to change and/or what is keeping us stuck.

Identify the problem

- What issues or concerns have a negative impact on us?

Remember, we need to define the problem from an objective perspective (without judgment, work with facts and not feelings). We can use our thought record to provide clarity if we are unsure what the issues are.

Describe what that problem looks like in our life (be specific)

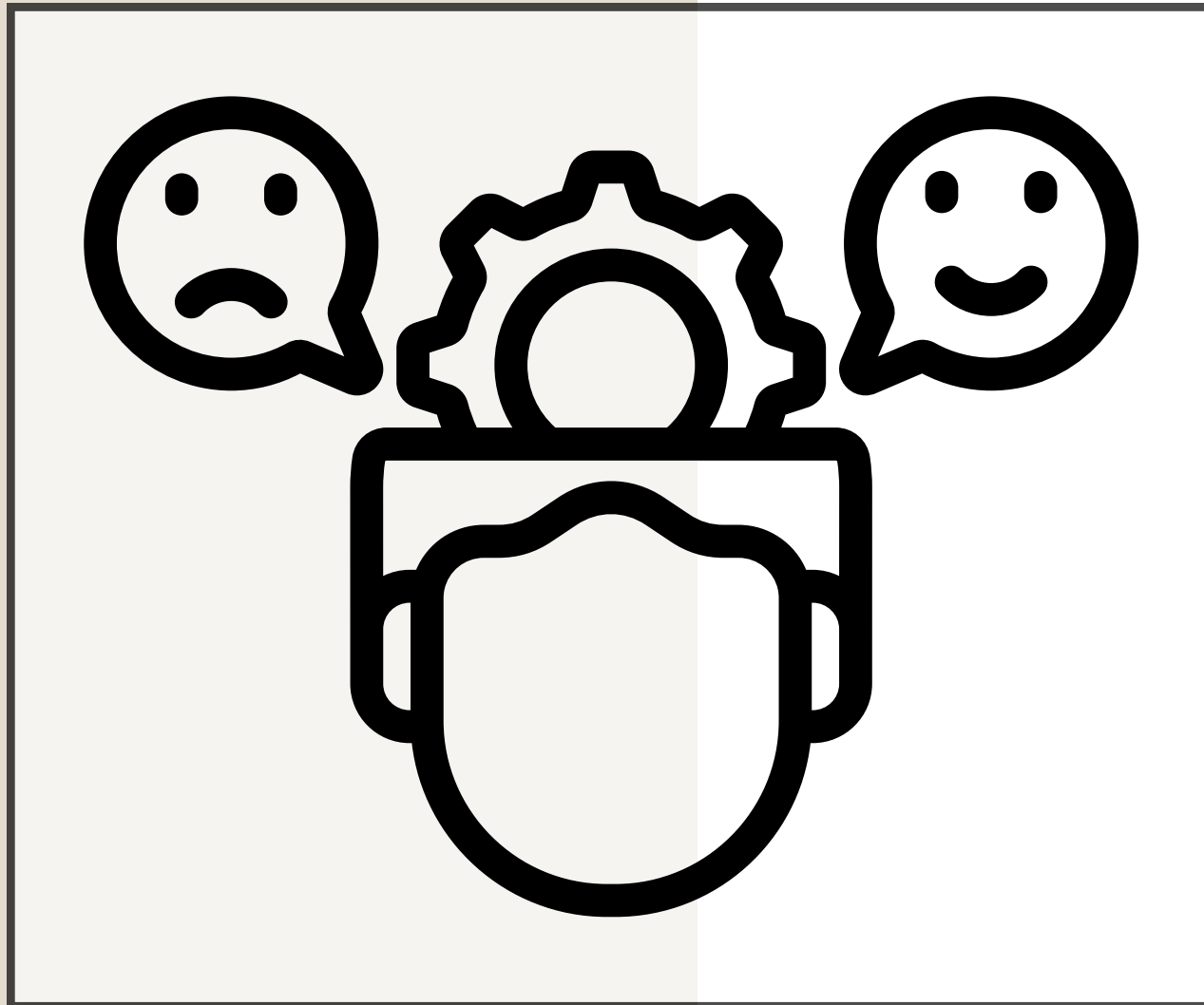
- How does the identified problem impact our life? Again, the thought record can provide information around how our moods and behaviours are affected by triggers and automatic thoughts.

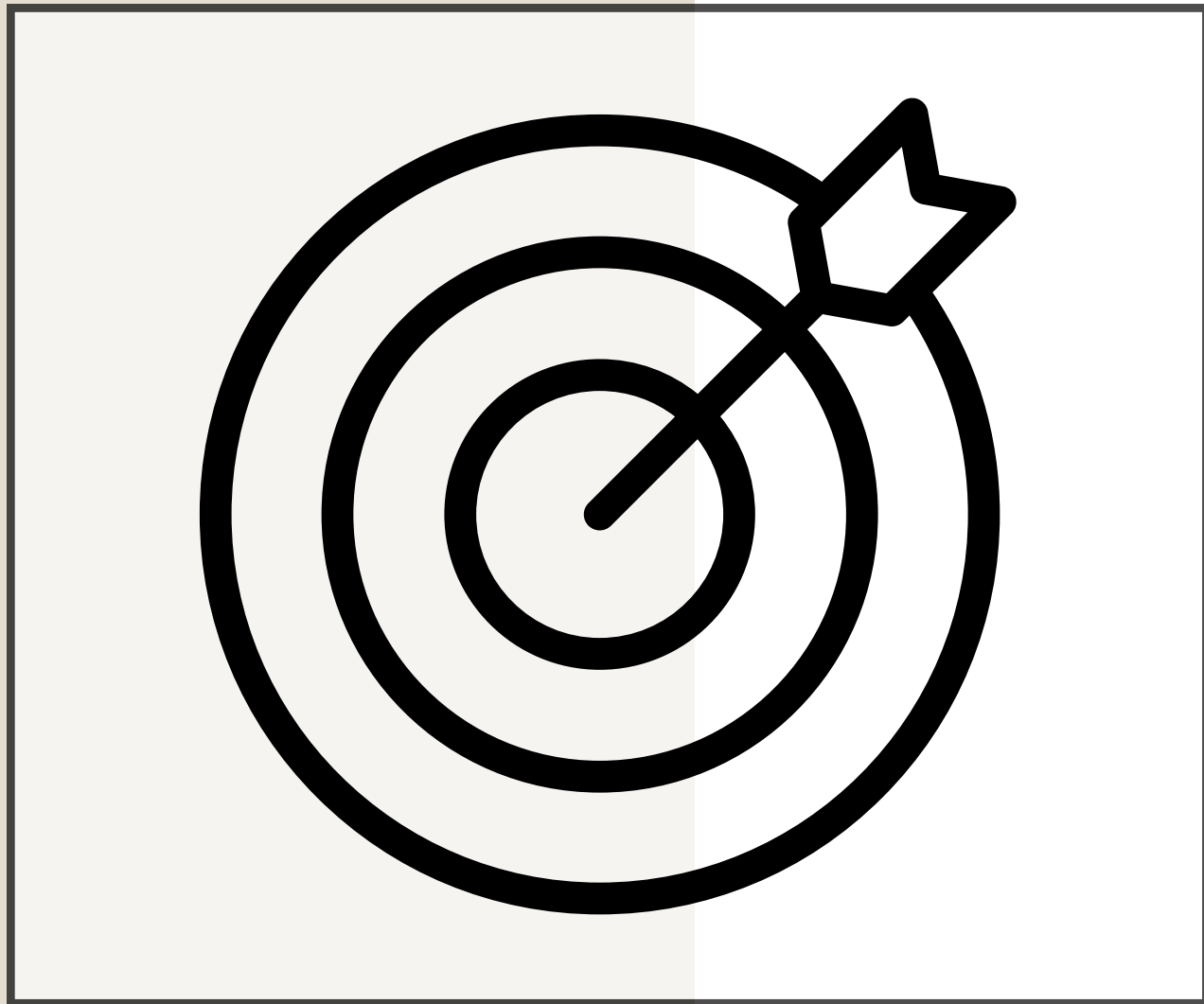
How do we want to address this issue?

- Now that we have a clear issue, we set THE goal, and we break the goal down to sub-goals (think chunking)
- Reduce the magnitude of that you are trying to accomplish to its smallest parts so that we can build intrinsic motivation
- Is there an exercise that you are interested to use (e.g., exposure) to address the identified issue?
- Consider how attainable this goal is for us at this time (e.g., emotional resources, support)
- Who benefits from this goal? Ensure these goals are for our own betterment and success and align with our values and priorities

Step 4: How are we going to measure progress?

- We need to be able to track our progress with tools (e.g., checklists, journals, calender) so that we can measure our success
- Make it easily accessible so that there is a smooth transition in adding it to our routines
- Schedule how often we check in with our progress





When are we going to achieve our goal?

- We need to co-create timelines attached to our subgoals to encourage a sense of urgency to complete these, which will in turn encourage us with intrinsic motivation and increase our confidence in our ability to make change
- Make time to re-evalaute the methods and make adjustments as needed
- It is okay to make the appropriate adjustments to set us up for success in a way that works for us and not against us
- This is a learning journey and we are exploring ourselves in a way that we may not have previously identified and the adjustments can be reflective of us actually knowing ourselves better and can feel encouraging in our plight for success!

Step 6: How do we know if we have achieved our goal?

- What will our life look like once we have reached this goal?
- What would change in our life? How can we identify this change?

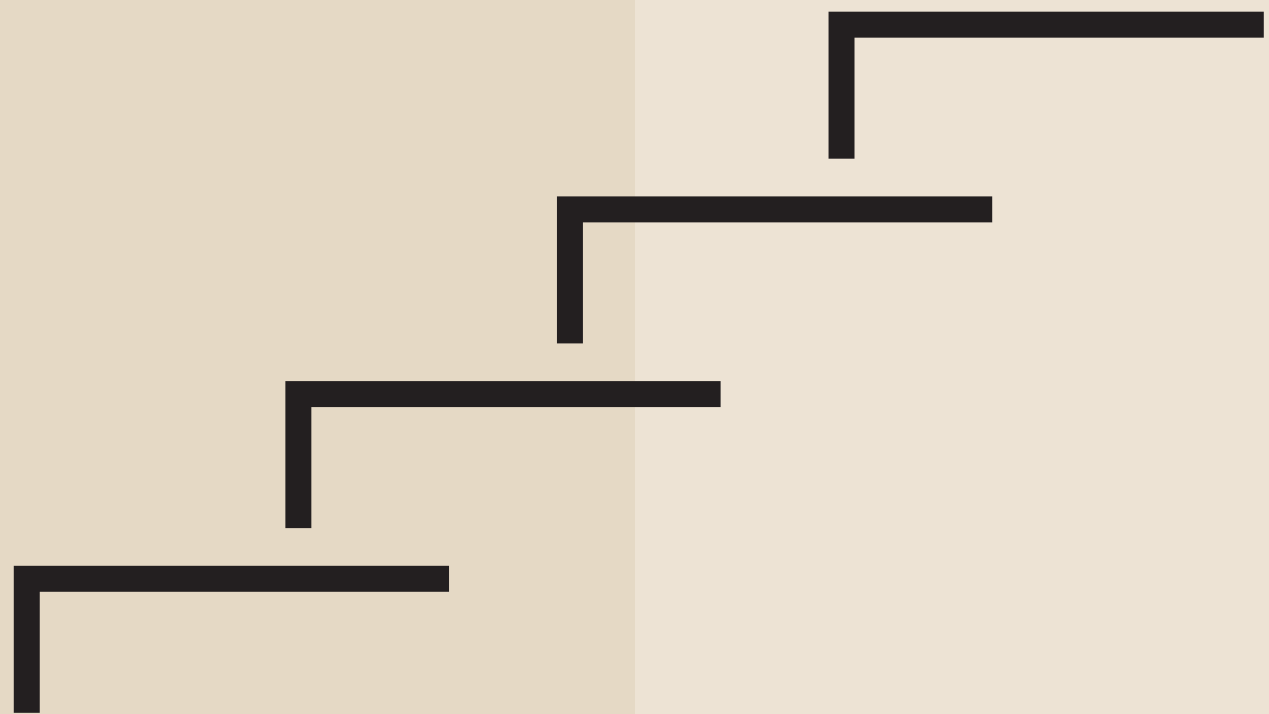
FEAR LADDER: GROUP EXERCISE

Together as a group we will create a fear ladder using the graded exposure measure (0-10 scale and remember if you find yourself identifying multiple different fears then we need to build a separate ladder for each)

What fear will we use for today's exercise?

Step 1: Organize the Information

- Create a list of situations, places, or objects that relate to the theme
- Rate each situation by fear from least scary to most scary (0-no fear, 10 – extreme fear)
- Order these situations from easiest to most difficult
- List steps that are needed to address the situation



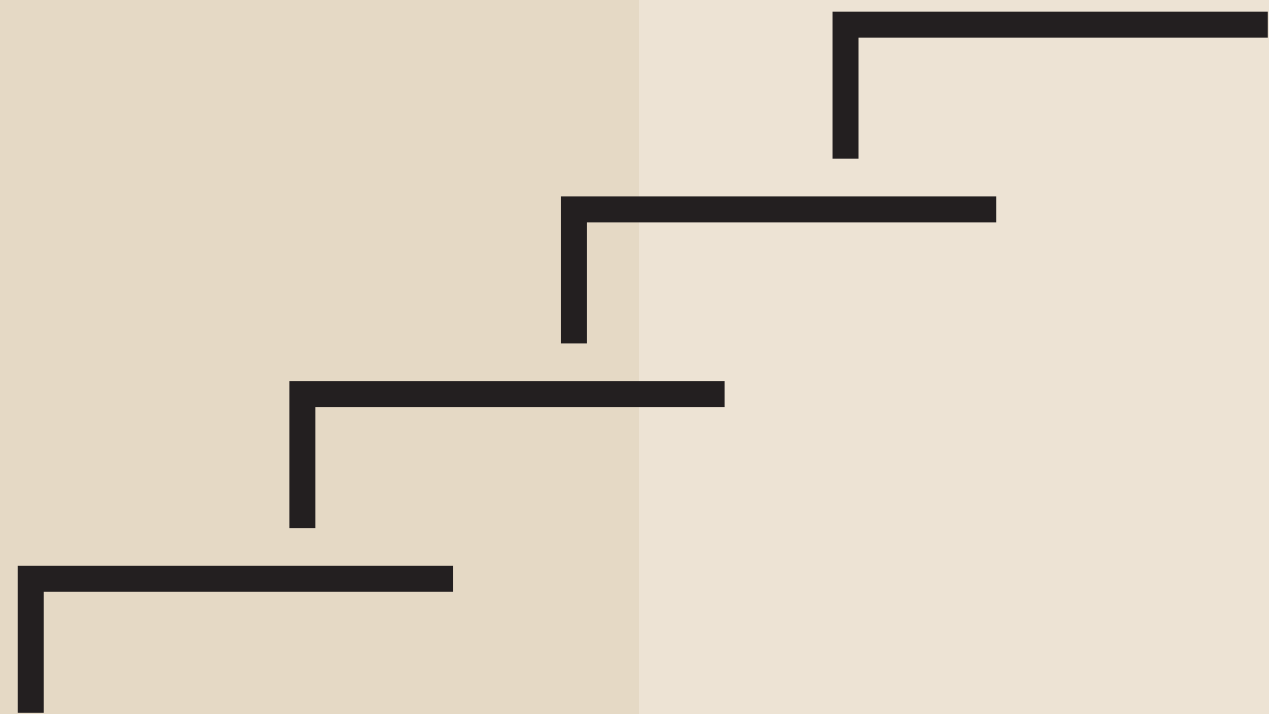
FEAR LADDER cont'd

Step 2: Build a Fear Ladder

- What is the goal? Remember, this needs to be clear and defined
- Create 10 different activities that will exposure us to the stated fear
- Now rank each situation in accordance to fear (start from easiest to hardest)

Step 3: Time Frame

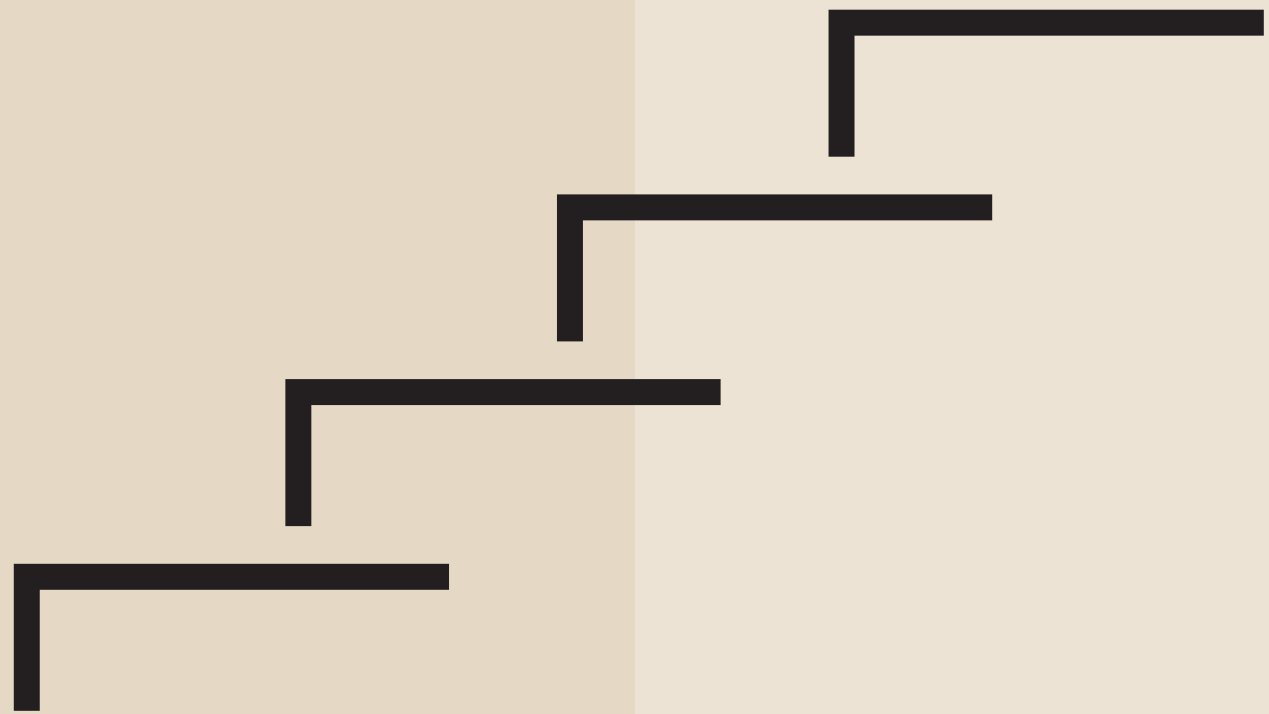
- When would you like to reach the goal of exposure to the identified fear?
 - How long do we anticipate each step to take?
 - What will be the frequency of each step? Are we going to allow space for multiple attempts?
- Plan a “check-in” to evaluate our progress and make adjustments if needed



FEAR LADDER cont'd

Step 4: Support System

- Who can we involve to support us in this journey?
 - What does their support look like?
- Are they going to do the activities with us?
- Is this a weekly progress check-in?
- Can we report to them before and after activity?



FEAR LADDER FORMAT

[illegible]



REFLECT ON EXPERIENCE

Use a journal or another tool to write down our reflections about how the experience was going through the fear ladder. This can provide us context with what our “sticking” points are and the skills that we have built through this activity.

We can use journaling as a form of expression in a raw and authentic way and provides us the space to sort out our thoughts so that moving forward we get to know our brains a little better.

NEXT WEEK

Next week is our final class and I would love to receive feedback from the group about what it is you would like to discuss next session!



SEE YOU NEXT WEEK!

