Your golden nuggets from today ....

1. Why do we need an online CBT tool anyway?

2. Helpful key messages for ourselves and to share with fellow humans we are supporting

3. Building success with using Just a Thought in practice
Swimming against the tide…

33% people who present to the General Practice setting have a MH disorder (WHO, 1995)

1 in 20 present with MH as main issue, HOWEVER 1 in 5 had associated MH concerns as part of presentation (Bushnell et al, 2003)

World Health Organization

“The NNT of 16 means that for every 100 patients given antidepressants, 40 will improve with placebo alone, 6 improve from the medication, and 54 will not improve” (The Goodfellow Unit, 2018)

Lack of availability of psychological interventions identified as part of the problem (WHO, 2018)

“…significant proportion of cases then were, and still are today, untreated” (pg 4, WHO, 2018)
Could e-CBT be part of the answer...

• Immediate access incredibly valued (Perera-Delcourt & Sharkey, 2018)

• Quick and cost-effective dissemination of psychological knowledge and skills

• Effect sizes considered equivalent to face to face therapy (Andersson and Cuipers, 2009; Griffiths et al., 2010; Carlbring et al., 2018)

• Mean completion rates identified at 67% with ‘very high’ or ‘high’ levels of acceptance for patients (Rost et al., 2017)
So the search began...

Collaboratively developed by University of NSW and St Vincent’s Hospital

RCTs involving 2,000+ patients

Academic papers on effectiveness in clinical practice

Used globally by:

36,000+ people

9,800+ clinicians

18 Disorder-specific and general wellbeing courses
Free for all New Zealanders

- or -

Self-care

Prescribed & supervised by GP or clinician
Benefits of providing a prescribed & supported option

• Provides an immediately accessible treatment option
• Helps structure MH support provided
• Enhances adherence and improves outcomes for patients undertaking eCBT
• Allows for greater progress monitoring and risk identification
• Collects live, ongoing data to support clinical decision making
How it works...

1. Clinician registration
2. Prescribe
3. Patient sign up
4. Course selection
5. Learning
6. Clinical supervision
7. Support & encourage
Patient experiences of eCBT

“...being quite immediate was really useful”

“I think it’s a very good first step...”

“The more I did it, the better I felt about it”

(Perera-Delcourt & Sharkey, 2018)
Evidence shows 80% of people who complete a course get better.
The future...

- Depression
- Generalised anxiety disorder
- Mixed depression and anxiety
- Mindfulness-based CBT
- Panic disorder
- Social Phobia
- Obsessive compulsive disorder
- Health anxiety
- Coping with stress
- Post traumatic stress disorder
- Chronic pain
- Insomnia
- TeenSTRONG
What is one of the greatest stressors in our every day of our lives?
I'm worrying too much... I'm making myself sick... I think I'm going crazy.

What if the kids get bad grades at school? Their lives will be ruined!
We can hold a myriad of different perspectives on the same thing ......
Whenever we wish to be focusing on something in particular .......

our brain often has other ideas!!

I think this is the most tired I’ve ever been in my entire life!

I understand, I really do! But I’m anxious, and that really needs to be where our focus is right now.
And of course, life always provides millions of situations for us to have to process...

today I said orgasm instead of organism

In front of 30 13 year olds.
“There is little to prevent cognitive processes in human beings from becoming problematic”

(Steven Hayes, Founder of Acceptance and Commitment Therapy)
THE 'HUMAN' BRAIN

**Reptilian brain**
Regulates breathing, temperature & fight flight response

**Limbic system**
Responsible for moods, memory, hormones, learning

**Cortex**
Supports logic, planning thoughts, complex social behaviour,
Our default settings ....

Anxiety
Anger
Sadness
Hopelessness
Shame ....

Emotional distress DISTORTS our thinking!
We filter for more potential danger

Our environment either supports us.... or creates more stressors

We react by the quickest (often ineffective) means to reduce danger and distress

Life stressors

Our bodies pick up on our distress and thoughts and turn on our alarm system
The stuff that rents space in our heads

• Cognitions are verbal ‘events’, images and memories that rent space in our heads

• We around 80,000 mental events per day (most occurring outside our awareness)

• These are largely based on our early experiences which form our ‘core beliefs’

• Core beliefs generally act as our ‘filter’ in which we make sense of situations
Safety Behaviours

• Most of our behaviours function largely to reduce perceived risk and danger

• Behaviours also help manage stress

• Our memories help us predict and respond to difficult situations

• Unfortunately, often this information doesn’t really fit the situation, producing unhelpful responses
I was always double checking projects at work. I felt like I never got anything done which made me feel more anxious, only reinforcing my belief that I wasn't very good at anything.
What is Cognitive Behavioural Therapy?

An empowering psychological approach to help us to:

a) identify what ‘rents space in our heads’ (our cognitions)

b) Identify the behaviours we revert to when distress shows up

c) Gain insight into how these increase distress and make us feel ‘stuck’

c) Discover how to get ‘unstuck’ through shifting our thinking and choosing new behaviours

Building awareness, choice and resilience
The basic CBT model

- **Triggers**: What was happening around me and how did this impact?
- **Cognitions**: What was going through my mind?
- **Emotions**: How was I feeling?
- **Physiological responses**: How did my body respond?
- **Behaviours**: What did I do in response?
Focus mechanisms of change in CBT

Growing reflective reasoning processes
Identifying and adjusting thoughts and beliefs

Experiential learning
Learning by experience (testing out graded behavioural changes)
**STEP 1:** Recognize your thoughts

**Assumption:** “If I make a mistake then I’m useless...”
**Belief:** “I am useless”

**STEP 2:** Test whether your thoughts are realistic

- My husband says I’m a good mother
- I get lots of things done around the house every day
- I often get positive feedback at work
- I have good relationships with my colleagues
- My friends often come to me for help
- I’ve been told I’m good at what I do

**STEP 3:** Change any unrealistic or unhelpful thoughts to more realistic & useful thoughts

**Assumption:** If I do make a mistake that is ok... everybody makes mistakes.
**Belief:** Nobody’s perfect and I’m doing my best.
I thought I'd feel guilty leaving work on time, but instead it is becoming easier to let unimportant things go and refocus on my priorities.
Building success with Just a Thought
Engaging people in Just a Thought and supporting adherence

• Build **AWARENESS**
• Create **DESIRE**
• Provide **KNOWLEDGE**
• Ensure **ABILITY**
• Provide **REINFORCEMENT**
Build Awareness ....

The courses are based on a therapy called CBT

Just a Thought is free, flexible & available immediately

CBT is one of the most effective approaches for low moods and anxiety
Create desire

80% of people that complete a course, improve their wellbeing.

People feel better as they move through the lessons.

The skills last a lifetime and can be used anytime, anywhere, for any challenge.
What sort of challenges are you having that this tool could help you with?

How willing are you on a 0-10 scale to try an online tool to improve your wellbeing?

Why is it important to you to do something about how you’re feeling at this point?

Ask motivation-enhancing questions
Build knowledge and instil confidence

• Explain how CBT works

“CBT helps us understand how our thoughts and behaviours impact on how we feel. It helps us begin to view things and choose behaviours in a way that helps improve our lives and wellbeing”.

• Let people know the time needed

Lessons take about 20 minutes, summaries a further 30 minutes during the week
Build knowledge and instil confidence

• **Time is important!**
  What times of day will work? Encourage people to set ‘appointments’ for lessons (tool feature)

• **Practice, practice, practice**
  Practice and take onboard the skills in real life to see results.

• **Stick at it!**
  People get better outcomes when they complete the course so stick at it!
Check in and motivate again

How could you see this tool helping you?

What would you love to change through using this tool?

How ready on a 0-10 scale are you to try it out?
Go on, become a Just a Thought champion!
Register and check it out now
www.justathought.co.nz

For any queries or support contact us at hello@justathought.co.nz
References


