



CBT and General Practice

Steve Moorhead

Consultant Medical Psychotherapist in CBT



What is CBT?

- ‘Well, its not rocket science’
- Process of engaging people in getting to do what they want to do
- ...as opposed to what they ‘feel like’ doing
- Video



Shining a light on the future

Northumberland, Tyne and Wear



NHS Trust



My Daughter



Shining a light on the future

Northumberland, Tyne and Wear
NHS Trust





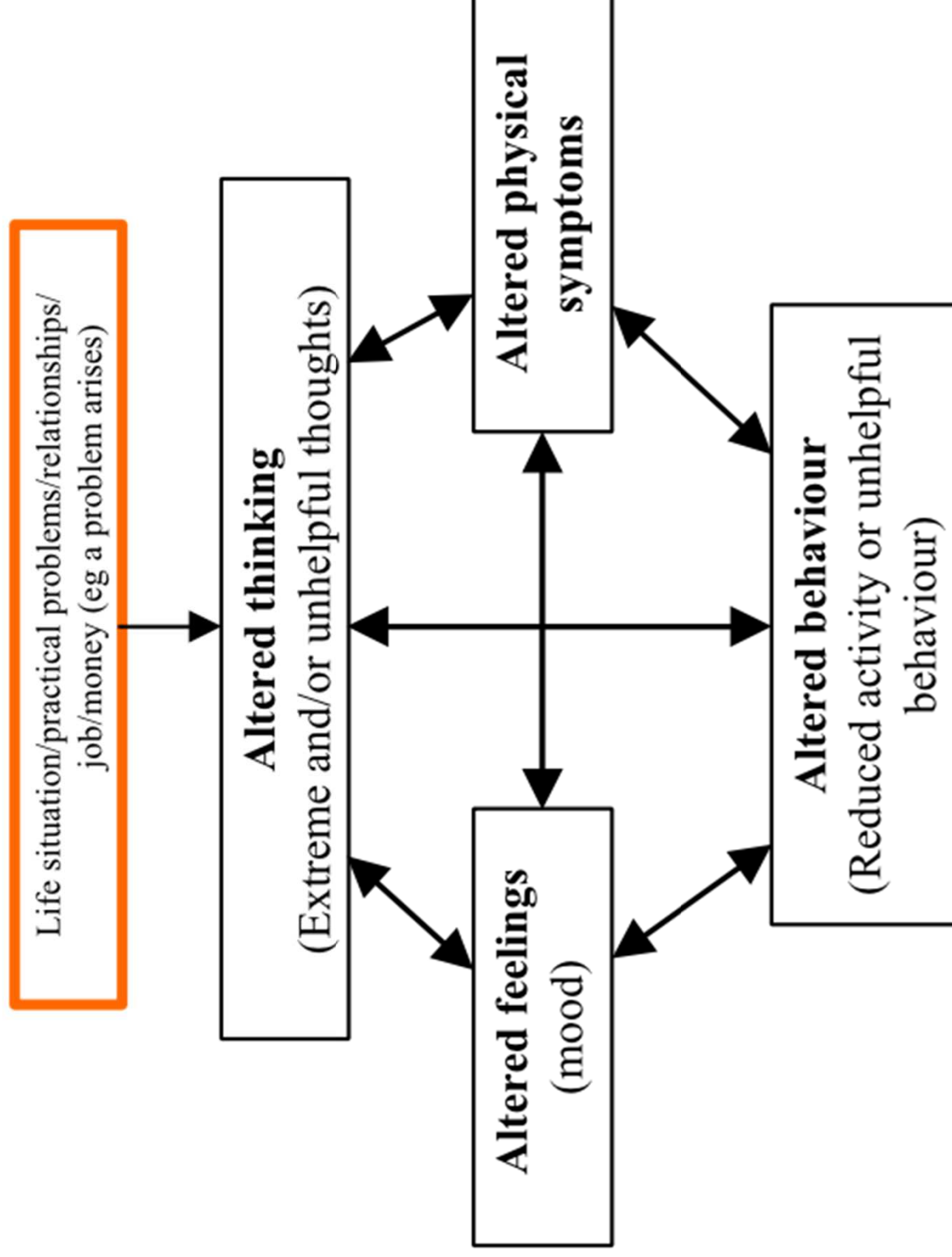
So...

- Soothing
- Supporting
- Exploring
- Resolving
- ...in order to engage with their values and live a fulfilling life



Goldberg 1970

- Mental health problems highly prevalent in primary care
- Most resolving in 6 months
- CBT = ...





CBT =

- What is the situation/memory/sensation/event that is keeping you stuck?
- How is that making you feel/what emotion is that triggering?
- What are you saying to yourself about that situation that's keeping you feeling like that?
- What kind of physiological reaction do you get with this?
- ...and when you say that to yourself, what do you do? ...does that pull you to do?
- If you do that, does that help solve the situation? Does it make sense to you that this cycle keeps you stuck?



And then...

- If you bring kindness to yourself here, what could you tell yourself that would help you change this? If you could hold onto that idea how would you expect that would make you feel?
- What could you do to get started getting back to where you want to be?



But...

- You might be lucky to be the first port of call and turn things around for someone
- If it's that straightforward, most people will get what they need through time healing, self-help or low intensity IAPT
- If it's a bit more tricky, there's always high intensity IAPT
- Beyond that it's probably formal mental health service input...
- ...but what if there is not high level risk?



Evidence is that...

- Your frequent attenders have a complex presentation of physical problems, social problems and mental health problems

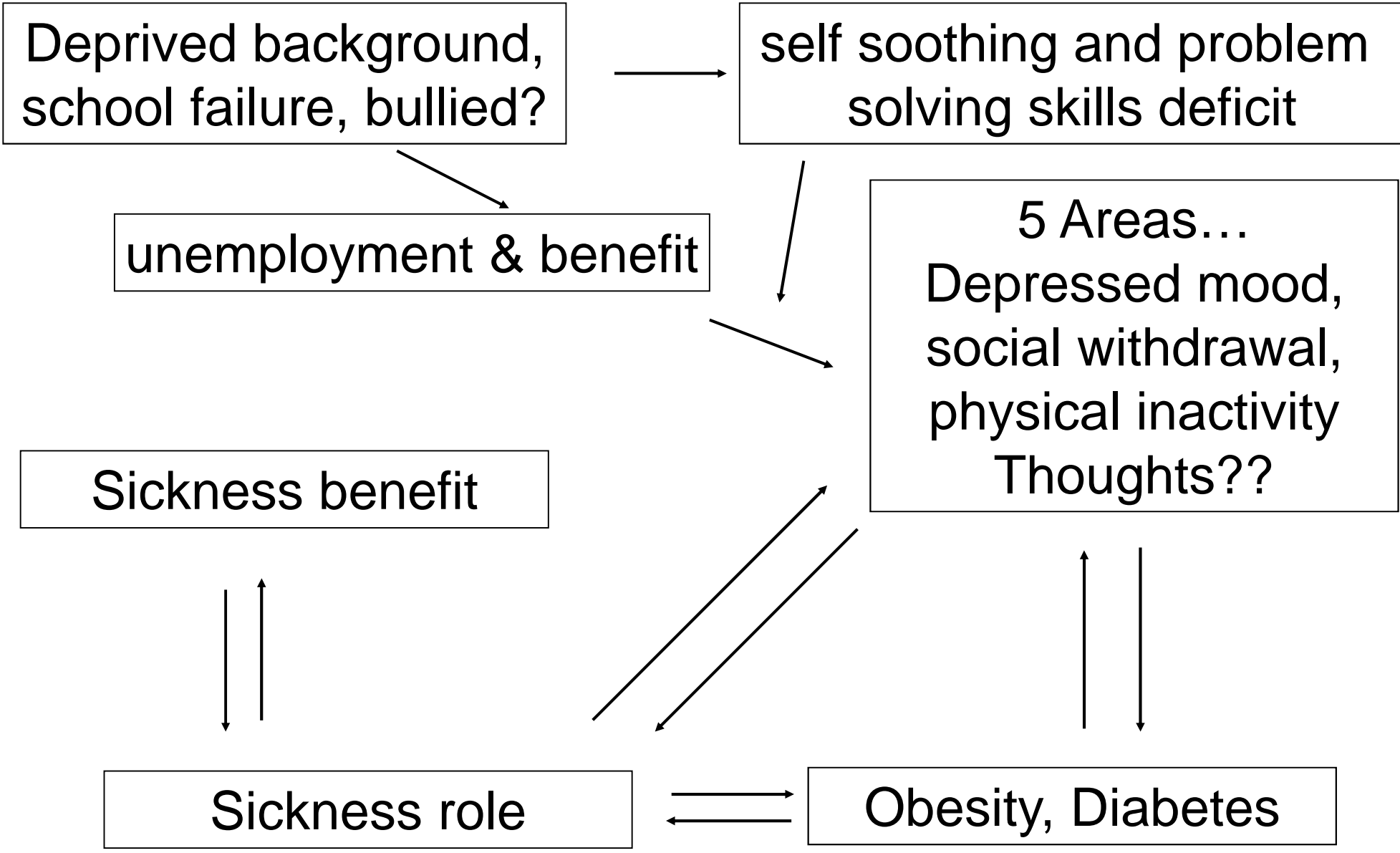
• Complexity!!!



What do we know about complexity?

- True complexity (rather than straightforward comorbidity) is...
- A specific and comprehensible interaction between disorders that reinforce and maintain each other
- So that when you try to treat one, another prevents successful intervention
- The more conditions interacting thus, the more complex the picture and greater risk of chronicity
- The more chronic, the more stuck an emotional state

For example





Failure to appreciate interaction may lead to...

- Over-simplistic interventions
- ...destined to fail (and reinforcing 'illness')
- ...clinicians perceived as failing to understand
- Resulting in disengagement from psychological intervention
- (and reinforcing 'illness'-related help seeking behaviour)



Valued Activities

- Always begin with I want/would like to..., (Not I should... Beware latter!!)
- May be elicited by questions like,
 - what do you want your life to look like?
 - what do you want to be doing?
 - when you were younger, how did you imagine you would be spending your time? What kind of things did you enjoy back then?
- Think about family, leisure, work, home, spiritual, creativity, social



So, Top Tips...

- Acknowledge difficulties: 'lets think about all the things that get in the way'
- Ask questions to understand interactions, seek points of overlap to target
- Expect barriers and help imagine how to overcome in order to help people to get better at looking after themselves in...
- Soothing, Supporting, Exploring, Resolving difficult emotions, ...to live with difficult situations (and sometimes solve them)
- ...in order to engage with their values and live a fulfilling life
- Don't forget to consider therapists' input: you may need to hold the wider complexity formulation

For example

