

5.2 PARAMETERS FOR THE USE OF COGNITIVE-BEHAVIORAL

PSYCHOTHERAPY TECHNIQUES

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I. DEFINITION OF COGNITIVE-BEHAVIORAL PSYCHOTHERAPY (CBT) TECHNIQUES

CBT is a specific and integrated form of psychotherapy that consists of highly standardized (manual driven) interventions. Specialized training is required to develop the skills necessary to practice standardized CBT. Techniques that form components of this psychotherapy are essential for treatment of several mood and anxiety disorders. These techniques may be usefully employed even when used outside of standardized CBT.

CBT techniques include:

1. Altering negative schemas: self, world, and future,
2. Cognitive rehearsal,
3. Cognitive restructuring,
4. Education,
5. Environmental reshaping,
6. Gradual exposure to anxiety eliciting stimulus,
7. Positive imagery,
8. Problem-solving,
9. Relapse-prevention and consolidation techniques,

10. Relaxation,
11. Response or ritual prevention,
12. Self-control strategies, and
13. Self-monitoring

II. PARAMETERS FOR USE

- A. Selection** Selection and use of CBT techniques should be informed by knowledge of the individual's diagnosis, symptoms, functional level, environmental support, and linguistic and cultural background.
- B. Essential Use**
1. Selected CBT techniques should be a part of all psychotherapeutic intervention for individual with diagnoses of generalized anxiety disorder, obsessive-compulsive disorder, panic disorders, specific phobias, and social phobias.
 2. Selected CBT techniques should be a part of all psychotherapeutic intervention for treatment of substance abuse and dependence.
 3. Selected CBT techniques should be a part of all psychotherapeutic intervention for treatment of individuals with major depressive disorder in whom sufficient motivation and insight are present.
 4. Selected CBT techniques should be a part of all psychotherapeutic intervention for treatment of individuals with eating disorders.
- C. Optional Use** Selected CBT techniques may be a part of psychotherapeutic interventions for treatment of individuals with diagnoses of PTSD, borderline personality disorder, and adjustment disorders.
- D. Assessment for Selection of Techniques** An assessment for selection of CBT techniques should include:
1. Motivation,
 2. Ability to tolerate anxiety,

3. Ability to engage in self-monitoring, and
4. Cognitive effects of concurrent psychopharmacologic, interventions and/or ECT

E. Frequency

CBT techniques must occur at sufficient frequency and for sufficient duration to ensure clinical results.

F. Necessary Resources

CBT instruction manuals and environments conducive to practice of relaxation techniques and/or stimulus exposure should be available.

G. Therapist Training

All therapists must have a working knowledge of CBT techniques, and manual trained therapists must be available for consultation.

H. Contraindications

Severe cognitive impairment, unstable psychosis, ongoing significant substance abuse, and severe intolerance of anxiety.

to Use of CBT

Techniques