Transcript of video: “CBT Simulation with Julie: Beginning (Session 1)”

>> So hi Julie, how are you doing today?

>> Not great.

>> No, well I'm sorry to hear that. I understand you're meeting with other members of our team?

>> Yeah, yeah I saw the dietician, she gave me like a new meal plan and stuff.

>> Uh huh.

>> And the nurse practitioner.

>> Great, so... and when we met, we talked a little bit about confidentiality and do you have any questions about that?

>> No, I remember.

>> Yeah so everything we talk about here is confidential so it's important that you feel safe, feel comfortable, because when people come talk to me they often have some sensitive issues they need to talk about. And you're okay to go ahead with meeting with me, with working with me?

>> Yeah, that's fine.

>> Okay, great. Can you tell me a little bit about how you're doing and what brings you in?

>> I'm just feeling pretty bad, yeah I just feel like you know how you have plans that you set for yourself and you think, oh by 30 this will happen and I feel like it was going in the right direction and then everything just got messed up and it's mostly my fault so...

>> Mm-hmm yeah, so you find yourself in a place where things aren't going as you had planned that they would and a sense of feeling like you're to blame.

>> Yes.

>> It's your fault, yeah.

>> Yeah, and can you tell me a little bit how your life looks like, what does it look like day to day?
It's pretty stupid. I live with my mom now so... and I'm on disability so I don't have a job. So I basically like, watch TV in her basement. Have fights with her and that's about all.

Yeah. And do you have friends?

Not now, I used to have friends but the thing is now I just feel like I'm kind of a burden to them more than a friend so I just don't really reach out to them.

Mm-hmm... well can you say a little bit more about your relationship is like with your mother?

Well... she...

And how you interact with her?

Yeah, I mean it's probably annoying for her that I'm living there. But she is still kind of treating me like a child, like always asking, you know, what I'm eating and what my insulin levels are and, you know...

Yeah, that's sounds really like you're in a really difficult situation right now. Things sound really, really hard for you. Yeah, so the reason that you were referred to meet with me is for counseling around your mood and it sounds like things are really, really difficult for you. And the kind of approach to therapy that I provide is a form of counseling called cognitive behavioural therapy. Have you hear of that before?

I don't think so.

No, okay so cognitive behavioural therapy is a form of psychotherapy and it was developed in the 1960's by a psychiatrist by the name of Dr. Aaron Beck and one of the reasons it's become very, very popular is because there's a lot of research to support that it's really effective, it really does help people improve their mood and it teaches them skills to manage their mood on their own. So, you know we would meet once a week for an hour for a certain number of sessions and there are 168 hours during the week so I would ask that you would practice what we learn, these skills for managing your mood, outside of the sessions. So the more that people are able to practice the skills outside of the session, the greater the likelihood that there would be success in improving your mood.

Okay.

Does that sound like something that you could do?

I can try.
To give that a try, to try and do something just a little bit every day to improve your mood.

Yeah.

Yeah, and one thing I would like to say is that it's really not uncommon for people who are diagnosed with a chronic illness to suffer from mood problems like depression, it's a very difficult adjustment to make when your life goes one way and then all of the sudden it changes very suddenly. So cognitive behavioural therapy is really focused on understanding the connection between our thoughts and our feelings. So we have thoughts that are going around in our minds all the time and they really do impact on how we feel emotionally. So to kind of illustrate how that works, I want to bring up an example that you already... that you already brought up in terms of your relationship with your mother. So you talked about how your mother is sort of on your case and sometimes she'll ask you, you know, have you checked your blood sugar levels. So in that kind of situation, what kind of thoughts would come up in your mind?

Well I think that she's treating me like a child and that I shouldn't be living with her in the first place.

Mm-hmm.

And that I can't even take care of myself properly.

Okay. Okay so you feel like you are a child, you're thinking that you're like being treated like a child that shouldn't be living there.

Yeah.

Should be on your own, okay, so those are the thoughts that come up. So I'm going to use this as an example to illustrate what we call the five point model. So we start with the thoughts, and then related to our thoughts can be emotion, so when you have these kinds of thoughts in this kind of situation, what kind of emotions would you experience?

Well, I feel angry at my mother.

Mm-hmm.

And I feel kind of worthless because I am, and I guess I just feel sad a lot.

Yeah, yeah, so those thoughts trigger those emotions--

Yeah.

--would you say? Okay. So I'm going to add to this diagram, so there's two more circles that I'm going to add, one of them would be our behaviours,
and the other one would be a physical response. So what kind of behaviours do you notice that you may kind of start to do or engage in when this sort of situation happens?

>> Well, usually I'll yell at mother like first thing but then mostly I'll just go back to the basement and watch TV and...

>> Okay. So you get angry and you yell and then you'll sort of withdraw, you'll isolate in the basement?

>> Yeah.

>> Uh huh. Okay. And what about... do you notice what kind of physical response, what happens in your body, how you feel in your body when this sort of thing happens?

>> Yeah when she and I are yelling at each other I guess like my muscles are kind of tense and I just feel like my heart beats really fast.

>> Okay. Alright. Yeah. Okay, so you can notice in any kind of situation it's quite stressful, a lot of things going on with our thoughts, our emotions, our behaviours and our physical response, and then to add to this, adding another layer is the environment. So the environment that we're in can also influence how we feel, and so the environment may be supportive or may be not supportive and that can influence, influence things. Does this model make sense to you?

>> Yeah I understand like how those things are all connected.

>> Mm-hmm. So throughout the course of our counseling sessions, we'll be sort of trying to understand how these are all interconnected but also how you can start to make some changes, so that ultimately your emotions can start to change, okay?

>> Okay.

>> So I mentioned how each week I'm going to be asking you do some homework practice and so my first homework practice assignment for you this week is for you to track your mood. So I have this chart here and so it's divided up between the days of the week and the hours of the day. And so it asks you to track your mood and your level of depression from hour to hour throughout the day. So you would want to rate how intense your emotions are from 0 to 100 so you can see if there's a fluctuation throughout the today, but also to notice if there's anything that you're doing, like note what activities that you're doing, so you can also see if there's any patterns in terms of like what you do and how you feel. Do you think that you can try that? Yeah, that seems manageable for you to do?
Yeah.

Okay, great. Okay, so that’s your homework assignment for the week and I think we’ll end there for today. Do you have any questions as we wrap up?

No, I think that makes sense.

Okay, great. Okay, so we’ll make an appointment for next week.