



Beyond the Thought Record: Cognitive Therapy with Older Adults

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Disclosures

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Cognitive therapy with older adults

- Key component of exposure therapy for anxiety disorders
- Current model: “do it until you learn what you need to learn” as opposed to fear extinction
- Controversy over whether cognitive restructuring is helpful for geriatric anxiety
- Rationale often unclear
- Exercises often confusing

Relaxation training for geriatric anxiety

Meta-analysis of intervention vs active control condition	Mean effect size (95% CI)
CBT without relaxation training	0.00 (-0.46, 0.46)
CBT with relaxation training	0.33 (-0.07, 0.74)
Relaxation training alone	0.90 (0.44, 1.44)

FEELINGS, ACTIONS, THOUGHTS

Feelings, actions, and thoughts are all related to each other. What we think and what we do affect how we feel. The next time you feel bad, take a minute to write down the situation, the feeling, what you are thinking, and what you do (or have the impulse to do).

Situation: _____

Feeling(s): _____



Thought(s): _____	Action(s): _____
_____	_____
_____	_____
_____	_____
_____	_____

Practice NOW: Catch, Check, and Change The Thought!

Situation: What was happening? Where and when?

Feelings: How was I feeling at the time?

CATCH IT: What was I thinking in this situation? What went through my mind as I started to feel that way? Which thought best explains how I was feeling?

CHECK IT: Check to see if the thought is accurate by listing the evidence that supports or disputes the 'Catch It' thought. Also, check to see if the thought contains a mistake in thinking.

SUPPORT	DISPUTE	MISTAKES IN THINKING
		1. 2. 3.

CHANGE IT: What would be a more accurate and helpful thought? If there was mistake in thinking or if the thought was inaccurate, develop a more helpful thought based on the evidence you listed.

THINKING DIFFERENTLY, PART 1

The way we think affects the way we feel. Negative thoughts tend to make us feel bad. More realistic thoughts tend to make us feel better. For example, if you think, "I'm a failure," you are likely to feel depressed. If instead you think, "I have had some failures but also some successes in my life," you are likely to feel less depressed. The first step in learning to change the way you think is to learn to recognize both your negative and your realistic thoughts. For the next week, write down one thought every day. It can be a negative thought or a more realistic thought. After you write down the thought, rate the thought on a scale of 0, it doesn't make me feel depressed at all, to 10, it makes me feel as depressed as I have felt in the past month.

Day	Thought	Depression (0-10)
Monday	Example: I am stupid.	7
Tuesday	Example: There are some things I know how to do well.	3

THINKING DIFFERENTLY, PART 2

Now that you have learned that the way we think affects the way we feel, and you have started to recognize both negative and realistic thoughts, it's time to start challenging your negative thoughts and replacing them with more realistic thoughts. For example, if you have been thinking, "Because of bad things that have happened to me in the past, I will be depressed for the rest of my life," you might consider the more realistic thought, "Even though bad things have happened to me, it doesn't mean that things can't get better in the future." Write down three negative thoughts this week. For each negative thought, write down three more realistic alternative thoughts.

Negative Thought	Realistic Thoughts
Example: My neighbor doesn't like me.	1. It's ok if some people don't like me. 2. I have friends who like me. 3. It doesn't matter what he thinks.
	1. 2. 3.
	1. 2. 3.

Cognitive restructuring for fear of falling

Unhelpful Thoughts	Helpful Thoughts
If I walk on the grass, I am likely to fall.	I have walked on the grass many times and I didn't fall.
I can't use the bathtub any more.	With water shoes and a grab bar, I can get in and out of the tub safely.
I would be really embarrassed if I fell in public.	I would get over it, and it's still better to go out than stay in my house all day.
If I can't do something the way I used to, I won't do it at all.	If I can't do something the way I used to, I'll find another way to do it.
I won't be able to get up if I fall.	I can learn how to get up.
I will get badly hurt if I fall.	Not every older person who falls gets hurt.
People will think I'm weak if I use a walker.	A walker helps me exercise so I stay strong and healthy. Besides, who cares what they think?

The very simplest: coping statements

- I can do it
- This won't hurt me
- It's going to be ok

More questions?

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