**Feeling Great—
High-Speed Cognitive Therapy**

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Why TEAM-CBT?

- Attempt to improve therapy outcomes by addressing the most important and influential aspects of the CBT therapy process

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Disappointing Results with Outcome Studies

- Fewer than 50% of depressed or anxious patients improve when treated with
  - CBT
  - Other forms of psychotherapy
  - Antidepressants / other meds
  - Not much better than placebo treatment, if at all

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Process vs. Outcome Research

- How does psychotherapy actually work?
  – What are the key ingredients of therapeutic success or failure?
  – What's different about the patients who do not respond rapidly?

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Motivation / Resistance is an Important Key

- Patient "Willingness" has a large causal effect on recovery from depression
- Replicated in five studies
  – Burns, D., Westra, H., Trockel, M., & Fisher, A. (2012) Motivation and Changes in Depression, Cognitive Therapy and Research DOI 10.1007/s10608-012-9458-3 Published online 22 April 2012
  – Burns, D. D., & Nolen-Hoeksema, S. (1991). Coping styles, homework compliance and the effectiveness of cognitive - behavioral therapy. *Journal of* Consulting *and Clinical Psychology, 59(2):* 305 - 311.

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Why Therapy Fails— Resistance, Resistance, Resistance

What's TEAM-CBT?

- T = Testing
- E = Empathy
- **A = (Paradoxical) Agenda Setting**
- M = Methods

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TEAM-CBT Example

- Therapist who felt intensely anxious, ashamed, inadequate, frustrated and angry
  - Many years

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Upsetting Event

- Call from church member expressing condolences for death of mother-in-law

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Melanie's Daily Mood Log

Upsetting Situation: Call from a church member offering condolences.

Emotions	% Before	% Goal	% After	Emotions	% Before	% Goal	% After
Sad, down, depressed	50%			Embarrassed, foolish, humiliated	100%		
Anxious, worried, panicky, nervous	100%			Hopeless, discourage	25%		
Guilty, ashamed	100%			Frustrated, stuck, thwarted	80%		
Inadequate, defective, incompetent	95%			Mad, resentful, annoyed, irritated	75%		

NT	% Before	% After	Dist	PT	% Belief
1. I'm a failure.	100%				
2. She'll tell other people who will judge me.	100%				
3. I'm defective.	85%				
4. People will think I can't maintain a relationship.	95%				
5. People will think that men dump me.	65%				

Melanie's Daily Mood Log (cont'd)

NT	% Before	% After	Dist	PT	% Belief
6. People will laugh at me.	100%				
7. My reputation will be tarnished.	100%				
8. People will wonder how I can help troubled couples when I keep running away from relationship problems.	100%				
9. My children will be humiliated at my funeral.	80%				
10. People will think I deserve to be punished.	95%				
11. My therapist may be feeling shocked and holding back.	75%				
12. That would mean the problem may be even worse—it would mean I really am defective.	100%				

A = (Paradoxical) Agenda Setting

- Two Forms of Therapeutic Resistance
  - Outcome Resistance
  - Process Resistance

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A = (Paradoxical) Agenda Setting

- Outcome and Process Resistance differ for
  - Depression
  - Anxiety
  - Relationship Problems
  - Habits and Addictions

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Outcome Resistance—
The Miracle Cure Question

- Melanie, if a miracle happened here today, and you walked out of today's session thinking it was the greatest session in the world, what would happen?

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Outcome Resistance—
Would you press the Magic Button?

Positive Reframing—
Two Questions to Ask

- What do Melanie's negative thoughts and feelings show about her that's positive, awesome, and beautiful?
- What are some benefits, or advantages, of Melanie's negative thoughts and feelings?

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Positive Reframing Exercise

- Ashamed

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Positive Reframing (cont'd)

- Anxious

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Positive Reframing (cont'd)

- Sad, down

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Positive Reframing (cont'd)

- Angry

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Positive Reframing (cont'd)

- Inadequate, defective

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Positive Reframing for Negative Thoughts

- "People will laugh at me."

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Outcome Resistance—
The Magic Dial

Daily Mood Log

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Guilty, ashamed	100%	30%		Frustrated, stuck, thwarted	80%	0%	
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Video Clip #1

- Paradoxical Agenda Setting

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NT	% Before	% After	Dist	PT	% Belief
1. I'm a failure.	100%		AON OG MF DP MAG LAB SB		
2. She'll tell other people who will judge me.	100%		AON OG MF DP MR FT MAG ER SB		

Video Clip #2

- Paradoxical Double Standard Technique

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1. I'm a failure.	100%		AON OG MF DP MAG LAB SB		
2. She'll tell other people who will judge me.	100%		AON OG MF DP MR FT MAG ER SB	Some people may judge me.	100%
				Most people will see the beautiful parts of my personality	100%
				Those who judge me will make themselves look bad.	100%

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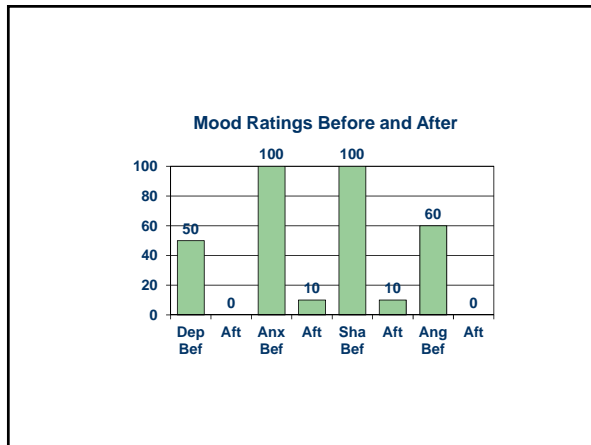| Emotions	% Before	% Goal	% After	Emotions	% Before	$ Goal	% After
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Inadequate, defective, incompetent	95%	10%		Mad, resentful, annoyed, irritated	75%	0%	

NT	% Before	% After	Dist	PT	% Belief
1. I'm a failure.	100%	0%	AON OG MF DP MAG LAB SB	I've successfully rebounded from past mistakes and unwise choices. I was successful in refraining from allowing adversity to rob me of my current happy eight-year marriage. Besides, no one has ever said I'm a failure because of my three marriages.	100%
2. She'll tell other people who will judge me.	100%	35%	AON OG MF DP MR FT MAG ER SB	Some people may judge me. Most people will see the beautiful parts of my personality. Those who judge me will make themselves look bad.	100%

Daily Mood Log

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Mood Ratings Before and After

Dep Bef	Aft	Anx Bef	Aft	Sha Bef	Aft	Ang Bef	Aft
50	0	100	10	100	10	60	0

Empathy	0 - Not at all true	1 - Somewhat true	2 - Moderately true	3 - Very true	4 - Completely true
1. My therapist was warm, sympathetic, and concerned.					✓
2. My therapist seemed trustworthy.					✓
3. My therapist treated me with respect.					✓
4. My therapist did a good job of listening.					✓
5. My therapist understood how I felt inside.					✓
Total Score →					20

Helpfulness	0 - Not at all true	1 - Somewhat true	2 - Moderately true	3 - Very true	4 - Completely true
1. I was able to express my feelings during the session.					✓
2. I talked about the problems that are bothering me.					✓
3. The techniques we used were helpful.					✓
4. The approach my therapist used made sense.					✓
5. I learned some new ways to deal with my problems.					✓
Total Score →					**20**

A = Paradoxical Agenda Setting—Teaching Points

- Paradoxical Agenda Setting is a deep form of empathy
- The patient sees the suffering as an expression of his or her deepest values
  - And NOT as an "illness" or mental disorder
  - New paradigm in psychiatry / psychology
- The failure to set the agenda is the cause of nearly all therapeutic failure

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General Teaching Points

- Rapid, effective treatment may be possible for many patients
  - Pilot study was encouraging
  - 25-30% symptom reduction per therapy hour
- New outcome study at Feeling Good Institute in Mountain View, CA will begin shortly

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General Teaching Points (cont'd)

- An extended session, if possible, becomes more like a surgical procedure
  - May see a complete or near-complete elimination of symptoms in a single session
  - Requires a high level of therapist skill

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General Teaching Points (cont'd)

- Specificity
  - Can only help a patient at one specific moment of his or her life
  - Concept of Fractal Psychotherapy

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General Teaching Points (cont'd)

- Relapse Prevention Training
  - Mandatory
  - Can easily be done in 30 minutes
  - Patient may need "tune-ups" following the initial recovery

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