



INTEGRATED CARE DC

COGNITIVE BEHAVIOR THERAPY (CBT)

FACILITATED BY:
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Thursday,
October 21, 2021
3:00pm-3:30pm EST

The Integrated Care Technical Assistance Program (ICTA) is managed by the DC Department of Health Care Finance (DHCF) in partnership with the DC Department of Behavioral Health (DBH). This project is supported by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$4,616,075.00 with 100 percent funded by CMS/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, or an endorsement by, CMS/HHS, or the U.S. Government.

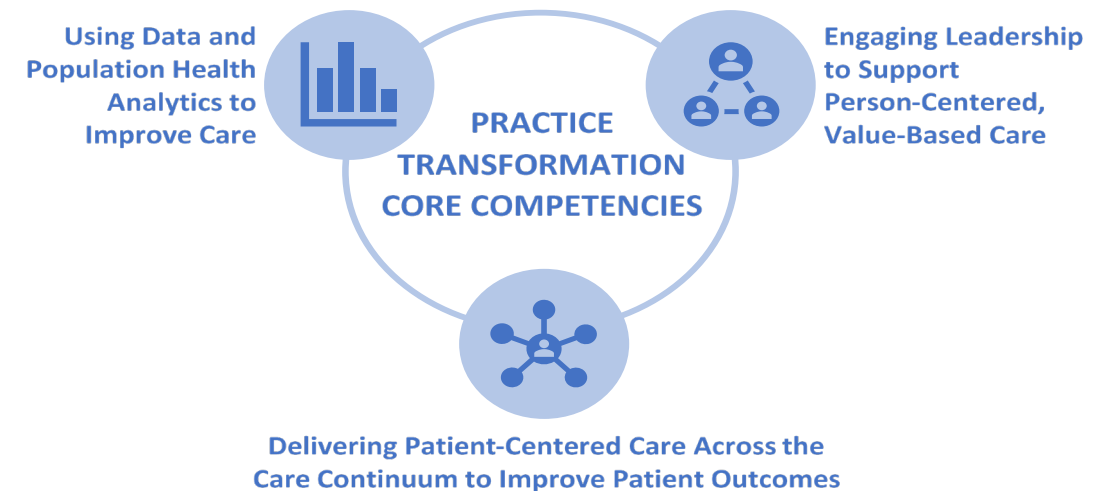
WHAT IS THE INTEGRATED CARE DC PROGRAM?



INTEGRATED CARE DC

- Integrated Care DC is a five-year program aimed to enhance Medicaid providers' capacity and core competencies to deliver whole person care for physical, behavioral health, SUD and social needs of beneficiaries.
- Integrated Care DC is managed by the DC Department of Health Care Finance (DHCF) in partnership with the DC Department of Behavioral Health (DBH). Health Management Associates will provide the training and technical assistance.

The goal is to improve care and Medicaid beneficiary outcomes within three practice transformation core competencies:



- » The program offers several components of coaching and training. Material is presented in various formats. The content is created and delivered by HMA subject matter experts with provider spotlights.
- » All material is available on the project website: [Integratedcaredc.com](https://integratedcaredc.com)
- » Educational credit is offered at no cost to attendees for select elements.



PRESENTERS



INTEGRATED CARE DC



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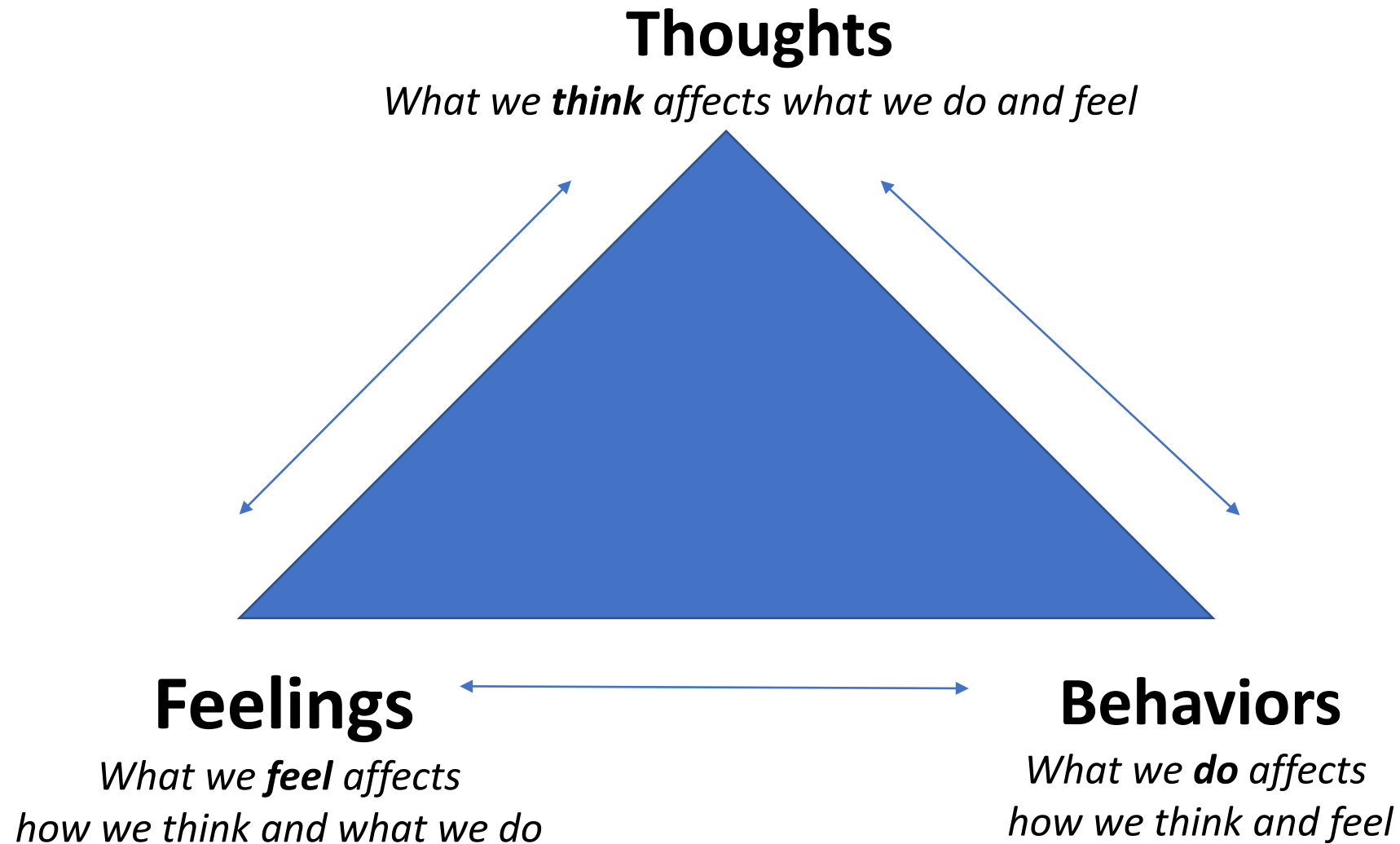
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1. Review features of CBT
2. Summarize efficacy data for CBT in physical and mental health conditions



Image permitted by DC Department of Health Care Finance

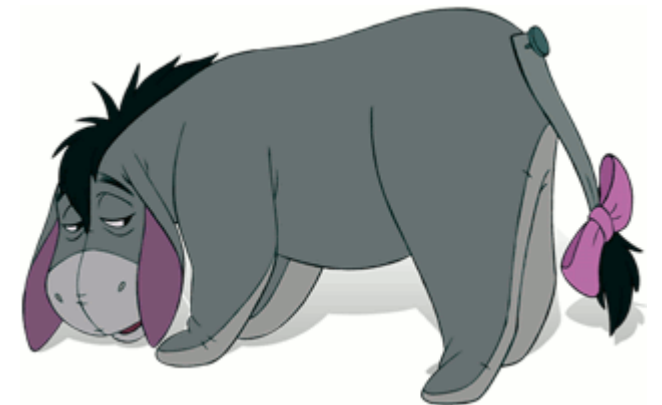
WHAT IS CBT?



KEY FEATURES OF CBT

- + Emphasizes collaboration & active participation
- + Emphasizes the present
- + Problem focused & goal oriented
- + Educative and aims to teach the patient to be her own therapist
 - Connection between thoughts, feelings and behaviors
 - Skill acquisition
 - to identify and modify unhelpful thoughts
 - to engage in more pleasurable & meaningful activities & overcome avoidance
 - relapse prevention
- + Encourages work outside to reinforce skills taught & apply them to every-day life

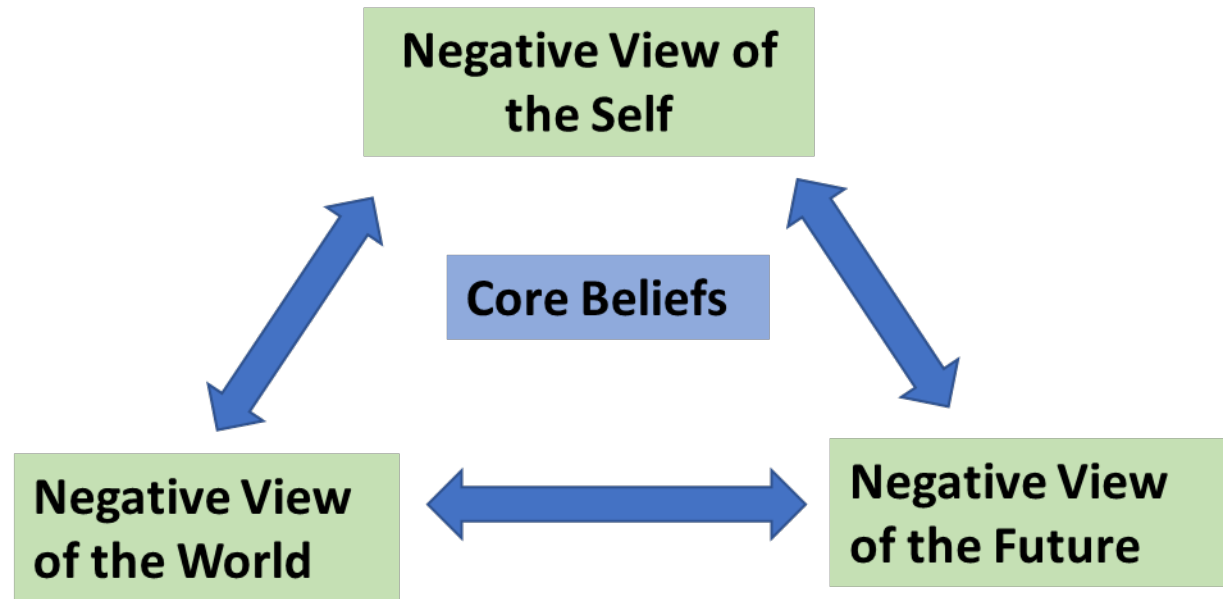
- + We don't usually recognize our thoughts as thoughts
- + We often misinterpret our thoughts as facts
- + Our thoughts are not always helpful, and some thoughts are distorted
- + CBT helps us identify
 - Thoughts
 - If they are helpful or not
 - Generate more helpful thoughts



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- + All-or-Nothing Thinking: “I have to do things perfectly, and anything less is a failure.”
- + Focusing on the Negatives: “I just made a mistake; this talk is not going well.”
- + Negative Self-Labeling: “I’m a failure.”
- + Jumping to conclusions: “I am going to lose my job.”
- + Catastrophizing: “I am never going to get another job.”

- + What are my core beliefs about:
 - Myself
 - Others
 - Future (based on past experiences)
- + They shape our thinking, feelings and behaviors.



<https://www.simplypsychology.org/cognitive-therapy.html>

EXAMPLE

- + A - Activating Event –actual event or trigger – the facts
- + B - Beliefs – thoughts about the event, rational or irrational
- + C- Consequence – emotions and behaviors. How you feel and what you do
- + D- Dispute- are there alternative thoughts or behaviors that might lead to different consequences

- + A – I forgot an important point on the last slide
- + B - Beliefs – This isn't going well; I'm going to get fired
- + C- Feel anxious & eat a pizza
- + D- This isn't going as well as I'd like; I might get fired but it's unlikely.
- + Alternative Consequence- less anxious
- + Alternative Consequence- Not eating pizza and spending more time preparing for my next presentation

- + Deep Breathing
- + Progressive Muscle Relaxation
- + Guided Imagery
- + Mindfulness
- + Meditation
- + Yoga
- + Exercise
- + Behavioral Activation
- + Graded exposure



More on this next week

- + Dialectical Behavior Therapy (DBT)
- + Mindfulness-based CBT
- + Acceptance and commitment therapy (ACT)
- + Prolonged Exposure
- + Cognitive Processing Therapy (CPT)

Why do staff in
primary care
need to know
about this?

You need to know
if someone you
are referring for
treatment is
doing or has done
CBT

It's useful for
physical
conditions



- » What are physical conditions CBT has been shown to be effective for?
- » Wait to press enter

CBT FOR MEDICAL CONDITIONS

+ **Asthma**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011818.pub2/full?highlightAbstract=asthma%7Casthm%7Ccbt>

+ **Chronic fatigue syndrome**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD001027.pub2/full?highlightAbstract=fatigue%7Ccbt%7Cfatigu%7Cchronic>

+ **Fibromyalgia**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD009796.pub2/full?highlightAbstract=fatigue%7Ccbt%7Cfatigu%7Cchronic>

+ **Chronic Pain**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD007407.pub4/full?highlightAbstract=pain%7Ccbt%7Cchronic>

+ **Tinnitus**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012614.pub2/full?highlightAbstract=cbt%7Ctinnitus>

+ **Weight loss**

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5476722/>

CBT FOR BEHAVIORAL HEALTH CONDITIONS

+ **Depression:**

- <https://effectivehealthcare.ahrq.gov/products/major-depressive-disorder/research>

+ **ADHD**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD010840.pub2/full?highlightAbstract=depress%7Cdepression%7Ccbt>

+ **Bulimia**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD000562.pub3/full?highlightAbstract=depress%7Cdepression%7Ccbt>

+ **Generalized Anxiety Disorder**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD001848.pub4/full?highlightAbstract=anxiety%7Canxieti%7Cgeneral%7Cdisord%7Cdisorder%7Cgeneralized%7Ccbt%7Cgeneralis%7Cgeneralised>

+ **Panic Disorder**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011004.pub2/full?highlightAbstract=disord%7Cdisorder%7Ccbt%7Cpanic>

+ **PTSD**

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD003388.pub4/full?highlightAbstract=depress%7Cdepression%7Ccbt>

+ **Schizophrenia**

- <https://store.samhsa.gov/product/cognitive-behavioral-therapy-for-psychosis/PEP20-03-09-001>

+ **Substance Use Disorders**

- <https://www.samhsa.gov/resource/ebp/treatment-stimulant-use-disorders>

+ **Nicotine Use Disorders**

- <https://www.drugabuse.gov/publications/research-reports/tobacco-nicotine-e-cigarettes/what-are-treatments-tobacco-dependence>

+ **Insomnia**- Am College of Physicians Recommends CBT-I as a first line approach

- <https://pubmed.ncbi.nlm.nih.gov/27136449/>
- <https://www.sleepfoundation.org/insomnia/treatment/cognitive-behavioral-therapy-insomnia>

CBT is effective
for the medical
conditions.

CBT is effective
for the following
psychiatric
conditions.

Key features of
CBT include time
limited and skill
building.

- + Beck, Judith, (2011) Cognitive Behavior Therapy, Basics and Beyond 2nd ed. New York, NY., Guilford Press
- + *Cognitive Behavioral Therapy: Slide Share*. Abdullatiff Sami Al-Rashed Movement Block 4.4 (Psychiatry Week) College of Medicine, King Faisal University Al-Ahsa, Saudi Arabia
- + Institute, B. (2017, March 20). What is Cognitive Therapy. Retrieved from beckinstitute.org:
<https://www.beckinstitute.org/get-informed/what-is-cognitive-therapy/>

TIME FOR QUESTIONS AND ANSWERS



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As a result of
this webinar, I
understand:

- a. CBT is effective for the medical conditions
- b. CBT is effective for the psychiatric conditions
- c. key features of CBT.

- >> Please complete the online evaluation! You will receive a link to the evaluation shortly after this webinar.
- >> The webinar recording will be available within two days at:
<https://www.integratedcaredc.com/learning/>
- >> **Upcoming EBP Workshops:**
 - >> ***Workshop 2: Behavioral Interventions for Stress***, October 26, 2021, 12:00-12:30 pm EST ([Register Here](#))
 - >> ***Workshop 3: Problem Solving Therapy***, November 1, 2021, 11:30am -12:00pm EST ([Register Here](#))
- >> For more information about the DC Integrated Care Technical Assistance Program, please visit: <https://www.integratedcaredc.com/>