

Cognitive Behavioral Therapy for Disorders of Anxiety (CBTDAT)

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CBTDAT is a cognitive behavioral therapy protocol for adults with anxiety.

Age group: Adults

Length: 14 sessions, 90 steps

2 Handouts

33 Worksheets

12 Homework sheets

Overview

The protocol includes steps for education on the interplay between cognitions (thoughts) and behaviors and emotions, learning relaxation skills, cognitive restructuring, behavior replacement, office-based exposures, and in vivo exposures between sessions.

Contents

90 total steps, including 54 core tasks.

CT = core task

SESSION 1

- Step 1.1 Give an overview of the sessions
- Step 1.2 CT Describe Top 4 worries in Worksheet 1.1
- Step 1.3 CT Introduce Cognitive Triad
- Step 1.4 CT Introduce first Treatment Narrative book assignment
- Step 1.5 Preview next week
- Step 1.6 CT Introduce topic of resistance/reluctance

SESSION 2

- Step 2.1 Briefly review last session
- Step 2.2 The Cognitive Triad (or Wheel) and the emotional component
- Step 2.3 CT Pie chart of feelings in Worksheet 2.1
- Step 2.4 CT Draw somatic feelings on outline of a human body
- Step 2.5 CT Introduce stress thermometer
- Step 2.6 Create a Visualization for Change
- Step 2.7 CT Assign first homework with homework sheet
- Step 2.8 Revisit the issue of reluctance

SESSION 3

- Step 3.1 Briefly review last session

- Step 3.2 CT Teach relaxation technique of slowed, paced breathing
- Step 3.3 CT Teach relaxation technique of muscle relaxation
- Step 3.4 CT Teach relaxation technique of imaginary happy place
- Step 3.5 CT Assign homework with homework sheet
- Step 3.6 Revisit the issue of reluctance and rated it on a scale of 1-10

SESSION 4

- Step 4.1 Briefly review last session
- Step 4.2 CT More history. Review the past month for more detail about the pattern of worries
- Step 4.3 CT Explore Reality Checker concept. How do they check their worries?
- Step 4.4 Explore more fully the family context related to worrying
- Step 4.5 CT Re-visit the cognitive triad or wheel
- Step 4.6 CT Explain homework and give homework check sheet

SESSION 5

- Step 5.1 Briefly review last session
- Step 5.2 CT Introduce techniques to modify thoughts
- Step 5.3 CT Introduce Thinking Traps
- Step 5.4 Update status of the boulders or Worry Tree
- Step 5.5 CT Explain homework to them and gave homework check sheet

SESSION 6

- Step 6.1 Briefly review last session
- Step 6.2 CT Create Stimulus Hierarchy
- Step 6.3 CT More history. Moved beyond the past month and review the past year
- Step 6.4 CT Re-visit and expand upon Thinking Traps
- Step 6.5 CT Explain homework and give homework check sheet

SESSION 7

- Step 7.1 Briefly review last session
- Step 7.2 CT Complete first drawing/imaginal exposure with an easy item on the Stimulus Hierarchy
- Step 7.3 CT Rate anxiety with a stress thermometer followed by one or more relaxation exercise attempts
- Step 7.4 CT Connections with Cognitive Restructuring. Attempt to identify an automatic maladaptive thought related to the exposure item
- Step 7.5 Conduct Perspective Taking exercise
- Step 7.6 If needed for overwhelming and unremitting worries, create Designated Worry Time
- Step 7.7 Safety Planning (optional)
- Step 7.8 CT Explain homework and prepare homework check sheet

SESSION 8

- Step 8.1 Briefly review last session
- Step 8.2 CT Complete drawing/imaginal exposure with a medium anxious memory
- Step 8.3 CT Practice one or more relaxation techniques
- Step 8.4 CT Identify an automatic maladaptive thought related to the exposure item
- Step 8.5 More history. Moved beyond the past year and review two years ago
- Step 8.6 Repeat Perspective Taking exercise if appropriate
- Step 8.7 Review, revise, and rehearse Safety Planning if appropriate

- Step 8.8 Review, and revise if needed, Designated Worry Time if appropriate
- Step 8.9 CT Plan homework and fill out homework sheet

SESSION 9

- Step 9.1 Briefly review last session
- Step 9.2 CT Complete drawing/imaginal exposure with a medium anxious memory
- Step 9.3 CT Practice one or more relaxation techniques
- Step 9.4 CT Identify an automatic maladaptive thought related to the exposure item
- Step 9.5 Repeat Perspective Taking exercise if appropriate
- Step 9.6 Update Worry Tree or boulders if appropriate
- Step 9.7 Review, revise, and rehearse Safety Planning if appropriate
- Step 9.8 CT Plan homework and fill out homework sheet

SESSION 10

- Step 10.1 Briefly review last session
- Step 10.2 CT Complete drawing/imaginal exposure with a medium anxious memory
- Step 10.3 CT Practice one or more relaxation techniques
- Step 10.4 CT Identify an automatic maladaptive thought related to the exposure item
- Step 10.5 Review, revise, and rehearse Safety Planning if appropriate
- Step 10.6 Preview that the protocol typically terminates after 14 sessions
- Step 10.7 CT Plan homework and fill out homework sheet

SESSION 11

- Step 11.1 Briefly review last session
- Step 11.2 CT Complete drawing/imaginal exposure with a medium anxious memory
- Step 11.3 CT Practice one or more relaxation techniques
- Step 11.4 CT Identify an automatic maladaptive thought related to the exposure item
- Step 11.5 CT Plan homework and fill out homework sheet

SESSION 12

- Step 12.1 Briefly review last session
- Step 12.2 CT Complete drawing/imaginal exposure with a medium anxious memory
- Step 12.3 CT Practice one or more relaxation techniques
- Step 12.4 Update Worry Tree or boulders if appropriate
- Step 12.5 CT Start reviewing the Treatment Narrative book
- Step 12.6 Preview termination after Session 14 if appropriate
- Step 12.7 CT Plan homework and fill out homework sheet

SESSION 13

- Step 13.1 Briefly review last session
- Step 13.2 CT Complete drawing/imaginal exposure about the near future
- Step 13.3 CT Complete drawing/imaginal exposure about the distant future
- Step 13.4 CT Continue reviewing the Treatment Narrative book
- Step 13.5 CT Plan homework and fill out homework sheet

SESSION 14

- Step 14.1 Briefly review last session
- Step 14.2 CT Review the entire Treatment Narrative book

- Step 14.3 If using boulders or Worry Tree, conduct final status check
- Step 14.4 CT Final review of automatic maladaptive thoughts and thinking traps
- Step 14.5 CT Provide photocopies or originals of the Treatment Narrative book

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