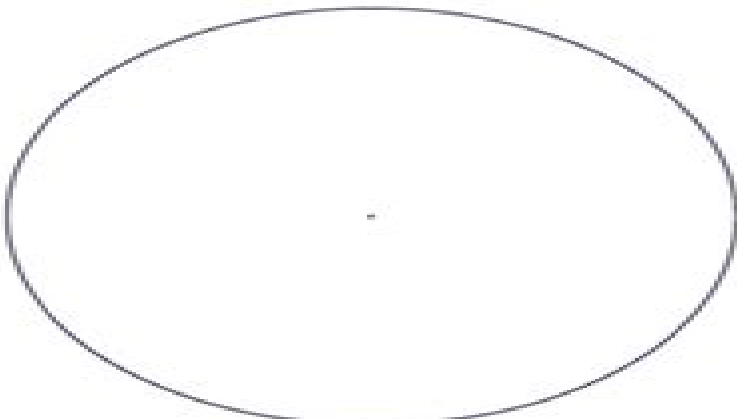


Exercise 16 – The CBT Responsibility Pie Chart

The Responsibility Pie chart helps to challenge unrealistic or distorted thinking about feared events or responsibility for situations that have already happened. You can use the instructions and worked example on the next page to guide your approach to this exercise.

Initial Belief:	Revised Belief:
------------------------	------------------------

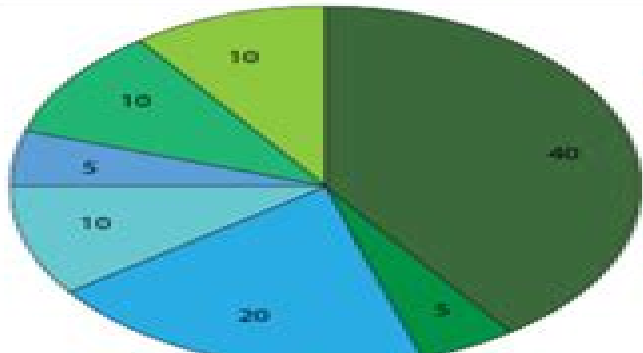


Causal Factors	%

Example CBT Responsibility Pie Chart

Instructions: 1. State how strong the initial belief is in percentage terms. In the following example personal responsibility / blame was originally 95%. 2. Identify all of the different factors. In the example provided, there were seven different factors that contributed to the road accident. 3. Weight each factor in percentage terms. In the example, each factor was ranked according to its likely contribution. 4. Plot the different factors on the pie-chart indicating each percentage. 5. Identify a revised belief and percentage rating to accurately reflect the overall picture.

Initial Belief: I was to blame for the car accident - 95%	Revised Belief: I cannot control what happens on the road - 30%
--	--



Causal Factors	%
The road was very busy.	10%
Visibility was poor.	10%
The road surface was icy.	10%
The other driver was speeding.	40%
The children were screaming.	5%
Other drivers were tailgating.	10%
It was difficult to concentrate.	10%

Responsibility Pie Chatrs Cbt

Eamon McCrory



Responsibility Pie Chatrs Cbt:

The CBT Handbook Pamela Myles-Hooton, Roz Shafran, 2015-04-02 Overcoming app now available via iTunes and the Google Play Store Cognitive Behavioural Therapy or CBT is widely recommended nowadays in the NHS for the treatment of emotional and psychological problems such as depression low self esteem low mood chronic anxiety stress or out of control anger This thorough yet easy to read general self help guide is a must have for anyone experiencing these common problems Based on the popular and proven therapy CBT it is written by two of the UK s leading experts in the field of CBT It contains Case studies and step by step CBT based exercises Based on the very latest research into CBT Addresses problems associated with depression anxiety stress anger and low self esteem in individual chapters Both for those suffering from these issues and clinicians

The Clinician's Guide to Cognitive-Behavioral Therapy for Childhood Obsessive-Compulsive Disorder Eric A. Storch, Joseph F. McGuire, Dean McKay, 2018-01-02 The Clinician s Guide to Cognitive Behavioral Therapy for Childhood Obsessive Compulsive Disorder brings together a wealth of experts on pediatric and adolescent OCD providing novel cognitive behavioral strategies and considerations that therapists can immediately put into practice The book provides case studies and example metaphors on how to explain exposure models to children in a developmentally appropriate manner The book also instructs clinicians on how to use symptom information and rating scales to develop an appropriate exposure hierarchy The book is arranged into two major sections assessment and treatment of childhood OCD and special considerations in treating childhood OCD Each chapter is structured to include relevant background and empirical support for the topic at hand practical discussion of the nature and implementation of the core component such as exposure and response prevention cognitive therapy psychoeducation and more and a case illustration that highlights the use of a particular technique Provides the strong theoretical foundation required to successfully implement treatment Highlights the use of particular intervention techniques through case studies Provides CBT strategies for anxiety tic disorders trichotillomania ADHD and disruptive behaviors Includes strategies for treatment of patients who are initially non responsive to CBT Encourages individualization of evidence based and clinically informed principles for each patient Reviews what to do if when OCD remits and or returns Provides details on differentiation OCD symptoms from anxiety and other psychopathology

Managing Anxiety with CBT For Dummies Graham C. Davey, Kate Cavanagh, Fergal Jones, Lydia Turner, Adrian Whittington, 2012-08-28 Don t panic Combat your worries and minimize anxiety with CBT Cognitive Behavioural Therapy CBT is a hugely popular self help technique which teaches you to break free from destructive or negative behaviors and make positive changes to both your thoughts and your actions This practical guide to managing anxiety with CBT will help you understand your anxiety identify solutions to your problems and maintain your gains and avoid relapse Managing Anxiety with CBT For Dummies is a practical guide to using CBT to face your fears and overcome anxiety and persistent irrational worries You ll discover how to put extreme thinking into perspective and challenge negative anxiety

inducing thoughts with a range of effective CBT techniques to help you enjoy a calmer happier life Helps you understand anxiety and how CBT can help Guides you in making change and setting goals Gives you tried and true CBT techniques to face your fears and keep a realistic perspective Managing Anxiety with CBT For Dummies gives you the tools you need to overcome anxiety and expand your horizons for a healthy balanced life **Change Your Life With CBT** Corinne Sweet,2012-09-26 Cognitive Behavioural Therapy has already helped millions of people overcome their issues and move their life forward now it can really help you too In this busy demanding and often stressful modern world it s a struggle to find time to even think about what your dreams and goals might be let alone work towards actually realising them It s so easy to get stuck in a routine to opt for the easy answers to feel a lack of inspiration and motivation and then wind up feeling anxious and depressed Far from being an exciting or invigorating prospect the mere idea of changing anything about your life soon seems hard work scary and something to be avoided But your life really can be better than it is now you just need to learn how to really believe it can Cognitive Behavioural Therapy or CBT can lend a hand It will help you change the way you think and feel about yourself about others and about the world around As you begin to feel more positive more motivated and more confident you ll soon begin to realise that your future is fully in your control The scientifically proven techniques of CBT are a powerful force to harness Written by a leading psychologist Change Your Life with CBT will deliver these tried and tested tools in an accessible package full of exercises examples and practical advice and guidance So if you re feeling that your life has got stuck in first gear or even stuck in reverse and if you believe that the main thing holding you back is probably yourself Change Your Life with CBT can help you overcome your barriers and start to achieve your goals at home at work and throughout your whole life **Cognitive-Behavioral Therapy for OCD and Its Subtypes** David A. Clark,2019-11-18 Now significantly revised with 80% new content this authoritative guide synthesizes the latest knowledge on obsessive compulsive disorder OCD and its treatment Prominent clinician researcher David A Clark describes the whats whys and how tos of CBT for a broad range of obsessions and compulsions Combining scientific rigor and clinical acumen the book illustrates an effective approach to assessment case formulation psychoeducation and cognitive and behavioral intervention It includes 26 reproducible forms and handouts purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1 2 x 11 size First edition title Cognitive Behavioral Therapy for OCD New to This Edition Reflects more than 15 years of major advances in clinical practice theory and research Chapters on specific OCD subtypes contamination doubt and repeated checking repugnant obsessions and symmetry order Heightened clinical utility includes more case vignettes and step by step procedures Describes important refinements to exposure and response prevention based on inhibitory learning Reproducible materials now available online See also the ideal client recommendation Getting Over OCD Second Edition A 10 Step Workbook for Taking Back Your Life by Jonathan S Abramowitz *CBT with Children, Young People and Families* Peter Fuggle,Sandra Dunsmuir,Vicki Curry,2012-12-10 This timely book uniquely addresses the

application of CBT to children and young people within health school and community contexts With the recent expansion of increasing access to psychological therapies IAPT CBT is increasingly applied to work with children outside the traditional therapy clinic This book provides accessible knowledge and practice skills for professional staff working with troubled children and young people in real world settings Taking into consideration complex difficulties that do not always fit fixed length treatments the authors take a much needed realistic approach to applying CBT to childhood problems This is relevant and accessible reading for a wide range of specialist child trainees and practitioners including new IAPT therapists counsellors nurses teachers and social workers Peter Fuggle Sandra Dunsmuir Vicki Curry are co Directors of the UCL accredited Certificate Diploma Masters course on Cognitive Behaviour Therapy and other outcomes based interventions CBTOBI delivered at the Anna Freud Centre in London

An Introduction to Cognitive Behaviour Therapy Helen Kennerley, Joan Kirk, David Westbrook, 2016-11-16 This bestselling guide to the basic theory skills and applications of cognitive behaviour therapy is fully updated to reflect recent developments in CBT theory It includes in depth material on working with diversity and new case studies and exercises to help you reflect and explore how theory can be used to develop effective practice The Companion Website features over 40 videos illustrating the CBT skills and strategies discussed in the book including Measuring CBT s effectiveness Socratic method and applications Physical techniques and behavioural experiments Applications of CBT to specific client disorders Using supervision in CBT

Cognitive Behavioural Therapy For Dummies Rob Willson, Rhena Branch, 2019-11-05 Retrain your thinking and your life with these simple scientifically proven techniques Cognitive behavioural therapy or CBT for short is often cited as the gold standard of psychotherapy Its techniques allow you to identify the negative thought processes that hold you back and exchange them for new productive ones that can change your life CBT s popularity continues to grow and more individuals are turning to CBT as a way to help develop a healthier more productive outlook on life Cognitive Behavioural Therapy For Dummies shows you how you can easily incorporate the techniques of CBT into your day to day life and produce tangible results You ll learn how to take your negative thoughts to boot camp and retrain them establishing new habits that tackle your toxic thoughts and retool your awareness allowing you to be free of the weight of past negative thinking biases Move on Take a fresh look at your past and maybe even overcome it Mellow out Relax yourself through techniques that reduce anger and stress Lighten up Read practical advice on healthy attitudes for living and ways to nourish optimism Look again Discover how to overcome low self esteem and body image issues Whatever the issue don t let your negative thoughts have the last say start developing your new outlook on life today with help from Cognitive Behavioural Therapy For Dummies

[The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy](#) Susan E. Sprich, Timothy Petersen, Sabine Wilhelm, 2023-07-18 This book provides a fully updated in depth overview of Cognitive Behavioral Therapy CBT which is the most widely disseminated evidence based psychotherapy utilized today The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy

2nd edition displays the constantly evolving nature of CBT due to the continuous research trials conducted by clinicians This second edition presents updated information and literature to reflect the current clinical guidelines based on research studies that have been published in the past few years Chapters cover applying CBT to common disorders such as depression obsessive compulsive disorder and anxiety disorders as well as more specialized applications such as schizophrenia Chapters also provide information on how to tailor CBT for specific populations and in specific settings The book also features new chapters on the use of technology in treating psychiatric disorders and novel models of care and treatments for psychiatric disorders The fully updated and expanded second edition of The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy will continue to be a go to resource for all psychiatrists psychologists social workers licensed mental health counselors primary care doctors graduate students and psychiatry residents and fellows implementing cognitive behavioral therapy in their clinical practice

Creative Play in Family Therapy Lisa René Reynolds,2025-04-23 This practical resource integrates family therapy theory with playful interventions and techniques to allow family therapists to successfully engage and include children in the session Many therapists who are trained in family therapy lack training in child centered play techniques This book effectively bridges the gap between popular theories and models in family therapy and the practice of working with children in a family context Showcasing playful therapy techniques across and within each of the most common models of a family therapy such as Experiential Structural and Narrative Therapy and Psychodynamic and Cognitive Behavioral Therapy CBT this book is accessible to a wide range of clinicians Additionally the author offers clear tangible interventions adaptable for both in person and teletherapy sessions This book is essential reading for practicing therapists students in training clinical supervisors and anyone who works with children in a therapeutic capacity

Cognitive Behavior Therapy in Clinical Social Work Practice Arthur Freeman,Tammie Ronen,2006-11-07 Edited by a leading social work authority and a master CBT clinician this first of its kind handbook provides the foundations and training that social workers need to master cognitive behavior therapy From traditional techniques to new techniques such as mindfulness meditation and the use of DBT the contributors ensure a thorough and up to date presentation of CBT Covered are the most common disorders encountered when working with adults children families and couples including Anxiety disorders Depression Personality disorder Sexual and physical abuse Substance misuse Grief and bereavement Eating disorders Written by social workers for social workers this new focus on the foundations and applications of cognitive behavior therapy will help individuals families and groups lead happier fulfilled and more productive lives

Cognitive Behavioural Therapy For Dummies Rhena Branch,Rob Willson,2010-08-26 An updated edition of the bestselling guide on reprogramming one s negative thoughts and behaviour Once the province of mental health professionals CBT or Cognitive Behavioural Therapy has gained wide acceptance as the treatment of choice for anyone looking to overcome anxiety manage anger beat an addiction lose weight or simply gain a new outlook on life Written by two CBT therapists this bestselling guide

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The Therapeutic Relationship in Cognitive Behavioural Therapy Stirling Moorey, Anna Lavender, 2018-10-29 The therapeutic relationship in CBT is often reduced to a cursory description of establishing warmth genuineness and empathy in order to foster a collaborative relationship This does not reflect the different approaches needed to establish a therapeutic partnership for the wide range of disorders and settings in which CBT is applied This book takes a client group and disorder approach with chapters split into four sections General issues in the therapeutic relationship in CBT Therapeutic relationship issues in specific disorders Working with specific client groups Interpersonal considerations in particular delivery situations Each chapter outlines key challenges therapists face in a specific context how to predict and prevent ruptures in the therapeutic alliance and how to work with these ruptures when they occur With clinical vignettes dialogue examples and tips for therapists this book is key reading for CBT therapists at all levels

Process-Based CBT Steven C. Hayes, Stefan G. Hofmann, 2018-01-02 Edited by Steven C Hayes and Stefan G Hofmann and based on the new training standards developed by The Inter Organizational Task Force on Cognitive and Behavioral Psychology Doctoral Education this groundbreaking resource is the first to present the core competencies of cognitive behavioral therapy CBT in a way that honors the behavioral cognitive and acceptance and mindfulness wings of that tradition and includes contributions from some of the luminaries in behavioral science today

The Practice of Cognitive-Behavioural Hypnotherapy Donald J. Robertson, 2018-05-08 This is a comprehensive evidence based clinical manual for practitioners of cognitive behavioural hypnotherapy Cognitive behavioural hypnotherapy is increasingly becoming the dominant approach to clinical hypnosis At a theoretical level it adopts a research based cognitive behavioural model of hypnosis At a practical level it closely integrates traditional hypnotherapy and cognitive behavioural therapy techniques This is the first major treatment manual to describe a fully integrated cognitive behavioural approach to hypnotherapy based on current evidence and best practice in the fields of hypnotism and CBT It is the product of years of work by the author a cognitive behavioural therapist and specialist in clinical hypnosis with over fifteen years experience in the therapy field This book should be essential reading for anyone interested in modern evidence based approaches to clinical hypnosis It is also an important resource for cognitive behavioural therapists interested in the psychology of suggestion and the use of mental

imagery techniques *A Treatment Manual for Adolescents Displaying Harmful Sexual Behaviour* Eamon McCrory, 2010-12-15 A Treatment Manual for Adolescents Displaying Harmful Sexual Behaviour is a resource for clinicians working therapeutically with male adolescents showing harmful sexual behaviour Comprised of a printed manual and downloadable material it s designed to be delivered over 30 sessions across 4 modules but can be adapted to suit individual needs *Oxford Guide to Brief and Low Intensity Interventions for Children and Young People* Sophie Bennett, Pamela Myles-Hooton, Jessica Schleider, Roz Shafran, 2022-06-23 Many children with mental health problems do not receive support and there are often extensive waiting lists for Children and Young People s Mental Health Services which are increasingly overstretched Unfortunately a large proportion of children with mental health disorders do not access evidence based treatment Low intensity psychological interventions are now recommended by a number of national guidelines and in the UK are being implemented by a new workforce of Child Wellbeing Practitioners CWP s The Oxford Guide to Brief and Low Intensity Interventions for Children and Young People provides a comprehensive resource for therapists services and training providers regarding the use delivery and implementation of brief and low intensity psychological interventions within a child and adolescent context It includes concise focused chapters from leading experts in the field combining the most up to date research with practical considerations regarding the delivery of low intensity interventions The first of its kind this book will be an indispensable resource for practitioners services and training courses internationally [Learning Cognitive-Behavior Therapy](#) Jesse H. Wright, Gregory K. Brown, Michael E. Thase, Monica Ramirez Basco, 2017-05-01 Building on its successful read see do approach this second edition of Learning Cognitive Behavioral Therapy An Illustrated Guide seamlessly combines 23 all new videos with informative text and figures charts worksheets checklists and tables to help readers not only learn the essential skills of CBT but achieve competence in this important evidence based treatment method Opening with an overview of core cognitive behavior therapy CBT theories and techniques leading CBT practitioners then describe and demonstrate how to build effective therapeutic relationships with CBT conceptualize a case with the CBT model structure sessions and resolve common problems encountered in CBT This updated second edition of the best selling and highly popular Learning Cognitive Behavioral Therapy also features Ways to employ CBT to reduce suicide risk Guidance on integrating therapies related to CBT including dialectical behavior therapy mindfulness based cognitive therapy and well being therapy in the context of personality disorders and chronic or recurrent depression An appendix of curated resources by the expert authors recommended readings computer programs Web sites videos and organizations to give readers access to the best resources in building competence in CBT practice The all new videos feature clinicians demonstrating methods in real world settings and include new topics such as safety planning and uncovering and changing maladaptive schemas Proven as one of the best teaching tools for building competence in CBT this new edition will enrich readers understanding and practice of CBT

Stories and Analogies in Cognitive Behaviour Therapy Paul Blenkiron, 2011-09-23 An accessible guide to employing

stories and metaphors within cognitive behaviour therapy which will aid clinicians in providing effective treatment for their clients Provides therapists with a range of metaphors that can be employed as a tool to enable clients to gain a new perspective on their problem and reinforce their clients motivation for change CBT Cognitive Behaviour Therapy continues to grow in popularity and is strongly recommended as an effective intervention by the National Institute of Clinical Excellence Written in an engaging style that is accessible to both established practitioners and trainees in clinical psychology **This Is What Anxiety Looks Like** David A. Clark, 2024-11-01 Anxiety has many faces It can look like chronic avoidance dwelling on the past fear of uncertainty reassurance seeking catastrophic thinking or fear of losing control This is What Anxiety Looks Like dives right into relatable case studies using a story based approach to help readers overcome the 13 most common causes of anxiety so they can live their lives with less worry and fear

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