

CBT: OT's Toolkit for Mental Health

Special Service for Groups-Occupational Therapy Training Program

Rhonda Windham, OTD,OTR/L
Stephanie Hoffman, OTR/L
Jessica Kussman, OTR/L

Agenda

- 1 Background of SSG-OTTP
- 2 CBT Program
- 3 Case Study
- 4 Group Activities

"Promoting Possibilities"

OTTP's **mission** is to provide quality and personalized behavioral health and supportive services to transform individuals, strengthen families, and empower communities.

OTTP's **vision** is a community where people feel safe, supported and strong.

History of SSG/OTTP

SSG/OTTP: Timeline

- 1976: OTTP developed by an OT student.
- 1981: OTTP moved to the LA County Center.
- 2000: OTTP moves to SSG.
- 2002-2007: Transitioned from a private to a public agency.
- 2020: Today there are 18 OT practitioners and 1 nurse.

Our Services: Comprehensive Community-based Mental Health Services

- Group, individual, family occupational therapy
- Group, individual, family psychotherapy
- Parent support groups
- 1:1 peer support for parents
- Psychiatry
- Case management
- 24/7 Crisis line
- On-site youth center

Our Team

- OTR/L, COTA/L
- OTS, OTAS
- Mental Health Rehabilitation Specialist
- Marriage and Family Therapists

Our Team



- Social Workers
- LPCC
- Interns
- Psychiatrists
- Nurse Practitioners
- Parent Partners
- Administrative Staff

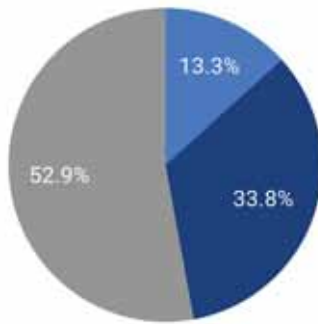
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Target Population

- Age range
- Location
- Referrals
- Ethnicity
- SES



Diagnoses of Clients Served

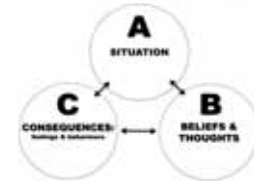


- Anxiety
- Depression
- Other

Basic Principles of CBT

CBT principles state that a person has beliefs about a given situation, and these beliefs or thoughts influence the behavior associated with the event (Branch & Wilson, 2011). To understand this concept, CBT employs the ABC format:

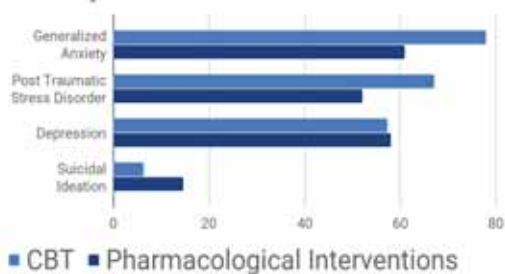
- A- Activating event
- B- Beliefs
- C- Consequences



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Current Evidence

Efficacy of CBT

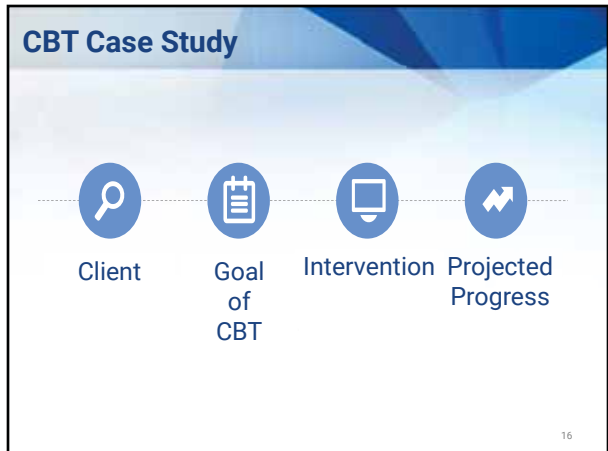
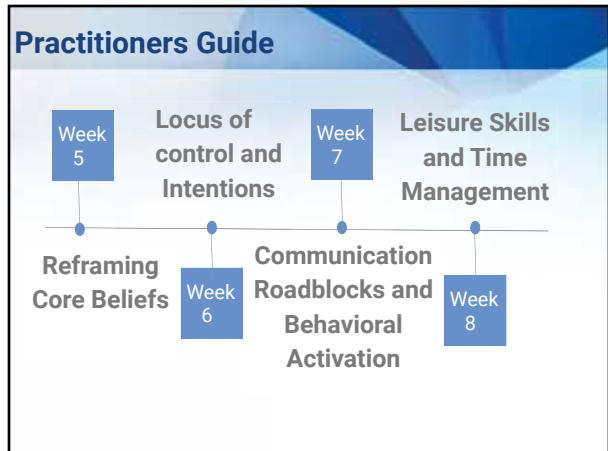
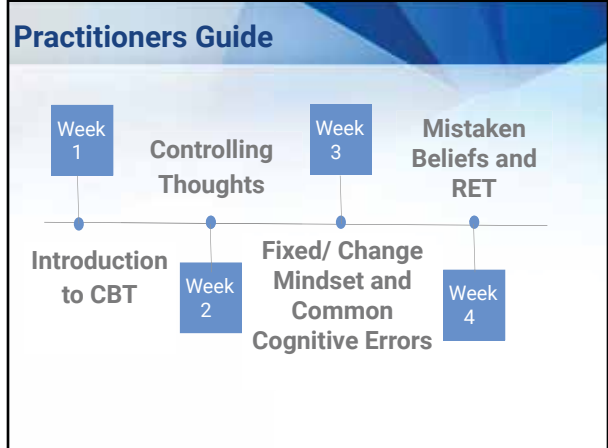
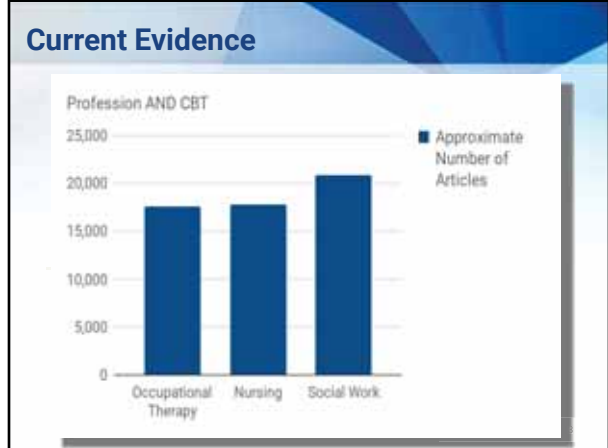


CBT in Occupational Therapy

"It is well documented that cognitive changes occur in the early stages of SMI... CBT has a growing body of evidence supporting its effectiveness for youth with depression and preventing the progression of SMI, reducing symptoms, and promoting occupational functioning" (Read, Roush, & Downing, 2018).

The role of the OT practitioner in CBT is to build a set of skills that enables an individual to be aware of thoughts and emotions; identify how situations influence emotions; and improve feelings by changing dysfunctional thoughts and behaviors. Skill acquisition and homework assignments are what sets CBT apart from "talk therapies" (Branch & Wilson, 2011).

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Client




Angel

- 16 year old female
- High School Magnet Program
- A's & B's
- 2 siblings, 1 college (sister)
- Both parents live in home
- Enjoys baking, spending time with family, going to mall with friends

Diagnosis and Triggers

Social Phobia

- Feeling judged by others
- Extreme stressful situations
- Crowds
- Being in class
- Presentations
- Working in groups
- Walking in the hallway



Thank You

To jump start your toolkit, visit:

<https://drive.google.com/open?id=1hO23GmeRSwqymC8Qck8lj6kKdnutbM8j>

References

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