

Cognitive Therapy

A Christmas Story and Quiz

Produced and Presented

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The Christmas Story

The festival of Yule pre-dated the Christian celebration of Christmas. The Yule log was traditionally burned to celebrate the winter solstice.

Identify three reasons for the use of thought logs in CBT.

The Christmas Story

The birth of Jesus was the point when B.C. became A.D.

What do the following abbreviations stand for in terms of talking therapies, and can you spot the turkey?

DBT

RET

ABV

PCT

ACT

The Christmas Story

Christianity has at its heart the Holy Trinity of Father, Son and Holy Ghost.

CBT has its own trinity (and I am not thinking of Beck, Young and the Holy Padesky) – what is the Negative Cognitive Triad?

The Christmas Story

John the Baptist paved the way for Jesus.

Whose work greatly influenced Beck in his development of cognitive therapy?

George Melly

Matthew Kelly

George Kelly

Kelly Holmes

The Christmas Story

Three wise men came from the East bearing gifts.

They were wise because they did not have any thinking errors. List six main errors of thinking.

The Christmas Story

The gifts were of gold, frankincense and myrrh.

Make a note of three of the golden questions used to help clients challenge their negative automatic thoughts.

The Christmas Story

Knock once.

There was no room at the inn.

What negative automatic thoughts might have passed through Joseph's mind at this time and how would these have made him feel?

The Christmas Story

Knock twice.

There was no room at the inn.

This could have been avoided with better planning. What can help us make best use of the therapy session?

The Christmas Story

Shepherds watched their flocks by night.

At school we sang “washed their socks by night”. Sounds a bit like OCD. Identify two cognitive themes that might occur in OCD and two helpful interventions.

The Christmas Story

An angel appeared unto the shepherds and told them not to be afraid.

- 1. Was this a good CBT intervention? If not, what might have been more helpful?*
- 2. Speculate on the kind of negative thoughts that might trouble a nervous shepherd.*