

# Appendix 1

## Worksheets and Checklists

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## Cognitive-Behavior Therapy Case Formulation Worksheet

Patient Name:		Date:
Diagnoses/Symptoms:		
Formative Influences:		
Situational Issues:		
Biological, Genetic, and Medical Factors:		
Strengths/Assets:		
Treatment Goals:		
Event 1	Event 2	Event 3
Automatic Thoughts	Automatic Thoughts	Automatic Thoughts
Emotions	Emotions	Emotions
Behaviors	Behaviors	Behaviors
Schemas:		
Working Hypothesis:		
Treatment Plan:		

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## **What's Happening to Me?**

### **A Voice Hearing Pamphlet**

The difficulties you have been having may be related to the stresses you have been facing. You may be having strange experiences that frighten or excite you. There may be problems with your family or at your work. You may be thinking that neither your family nor anybody else understands.

When someone is under stress, it can affect him or her in all sorts of ways. Sometimes the very fact that others don't believe or understand can seem to be part of the problem.

Perhaps you are having trouble sleeping—lack of sleep can make you vulnerable. As an example, some people can start to hear people talking when nobody is around, or else the talking seems to come from places or directions where nobody seems to be. The conversation you hear might be about you, discussing or even criticizing you. There might even be commands telling you to do things—often things that you don't want to do. The voices that you hear may be quite abusive and rude.

At some time or other, many people hear voices or see things when nobody's around them. Surveys suggest that voice hearing can occur in one in six people at some time, and in even more people when put under certain sorts of stress. So voice hearing is not uncommon, but it can be very worrying, particularly if it keeps happening.

### *What Can I Do About It?*

First, are you sure that nobody else can hear what is being said? Sometimes people speaking from outside a room, or machinery (for example, air conditioning), can be deceiving. If you need to, check with someone you trust—maybe a member of your family, a close friend, or the doctor, nurse, or psychologist whom you are seeing—whether they can hear the voices that you are hearing.

If they can't hear the voices, you need to consider why that could be. Do you think there is some special method by which the voices are being transmitted to you? It is difficult to imagine what method there could be, but talk with your therapist about any ideas you have.

Finally, it might be worth considering the possibility that pressures you have been under have stimulated the voices and that your mind is "deceiving" you. These pressures might have occurred recently or been around at the time when you first heard the voices. Voices, or hallucinations, can come on when you are not sleeping properly or when you have been very isolated. They can occur when people are put in solitary confinement or held hostage. Very emotional events—like being in an accident or being assaulted—can produce images and sounds that are very vivid. These images and sounds can come on as flashbacks. These types of experiences can also occur during drug taking and after drugs have been abused. Some people have described hallucinating as being just like "dreaming awake." Voice hearing and other hallucinations can happen with severe depression, schizophrenia, or nervous breakdowns.

### *What Can Help With Coping?*

When voices seem to be caused by other people or agencies, it can be very frightening. Being able to understand them better can reduce some of that fear and can make the voices less intense and worrying.

Fortunately, there is also medication that can be useful. You will probably be offered medication by your doctor. Medication will be able to help you with sleeping—if that is a problem—and in more complex ways, help with worries and hallucinations. If you have any concerns about the medication you are taking, or are offered, ask your doctor or therapist. There is good information available about how medication works and what it does.

Sometimes when people are hearing voices, they find that developing ways of coping can help, like listening to the radio or to some music. Others have found assistance from physical exercise, such as going for a walk, or chatting with friends or family. If the voices persist, it is worth trying to work out ways to help you cope.

But most of all, find someone you can trust and let them know how you feel. Ask about the problems and worries you have. There are likely to be ways of helping you deal with the problems you are experiencing.

## List of 60 Coping Strategies for Hallucinations

- Distraction**
1. Hum
  2. Talk to yourself
  3. Listen to modern music
  4. Listen to classical music
  5. Prayer
  6. Meditation
  7. Use a mantra
  8. Painting
  9. Imagery
  10. Walk in the fresh air
  11. Phone a friend
  12. Exercise
  13. Use a relaxation tape
  14. Yoga
  15. Take a warm bath
  16. Call your mental health professional
  17. Attend the day center/drop in
  18. Watch TV
  19. Do a crossword or other puzzle
  20. Play a computer game
  21. Try a new hobby

- Focusing**
1. Correct the cognitive distortions in the voices
  2. Respond rationally to voice content
  3. Use subvocalization
  4. Dismiss the voices
  5. Remind yourself that no one else can hear the voice
  6. Phone a voice buddy and tell him or her the voice is active
  7. Remember to take antipsychotic medication
  8. Demonstrate controllability by bringing the voices on
  9. Give the voices a 10-minute slot at a specific time each day
  10. Play a cognitive therapy tape discussing voice control
  11. Use a normalizing explanation
  12. Use rational responses to reduce anger
  13. List the evidence in favor of the voice content
  14. List the evidence against the voice content
  15. Use guided imagery to practice coping with the voices differently
  16. Role-play for and against the voices
  17. Remind yourself that voices are not actions and need not be viewed that way
  18. Remind yourself that the voices don't seem to know much
  19. Remind yourself that you don't need to obey the voices
  20. Talk to someone you trust about the voice content
  21. Use rational responses to reduce shame
  22. Use rational responses to reduce anxiety
  23. Use a diary to manage stress
  24. Use a diary to manage your time
  25. Plan your daily activities the night before
  26. Use a voice diary in a scientific manner

27. Mindfulness
28. Try an earplug (right ear first if right-handed)

**Meta-cognitive Methods**

1. Use schema-focused techniques
2. Acceptance
3. Assertiveness
4. Use a biological model
5. Consider shamanistic views of voice hearing
6. Consider cultural aspects of voice hearing
7. Keep a list of daily behaviors to prove that you are not as bad as the voices say
8. Use a continuum relating your own worth to that of other people
9. List your positive experiences in life
10. List your achievements, friendships, etc.
11. Act against the voices (show them that you are better than they say)

## Thought Change Record

Situation	Automatic thought(s)	Emotion(s)	Rational response	Outcome
<p><i>Describe</i></p> <p>a. Actual event leading to unpleasant emotion <i>or</i> Stream of thoughts leading to unpleasant emotion <i>or</i> Unpleasant physiological sensations.</p>	<p>a. <i>Write</i> automatic thought(s) that preceded emotion(s).            b. <i>Rate</i> belief in automatic thought(s), 0%–100%.</p>	<p>a. <i>Specify</i> sad, anxious, angry, etc.            b. <i>Rate</i> degree of emotion, 1%–100%.</p>	<p>a. <i>Identify</i> cognitive errors.            b. <i>Write</i> rational response to automatic thought(s).            c. <i>Rate</i> belief in rational response, 0%–100%.</p>	<p>a. <i>Specify and rate</i> subsequent emotion(s), 0%–100%.            b. <i>Describe</i> changes in behavior.</p>

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## Weekly Activity Schedule

**Instructions:** Write down your activities for each hour and then rate them on a scale of 0–10 for mastery (m) or degree of accomplishment and for pleasure (p) or amount of enjoyment you experienced. A rating of 0 would mean that you had no sense of mastery or pleasure. A rating of 10 would mean that you experienced maximum mastery or pleasure.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 A.M.							
9:00 A.M.							
10:00 A.M.							
11:00 A.M.							
12:00 P.M.							
1:00 P.M.							
2:00 P.M.							
3:00 P.M.							
4:00 P.M.							
5:00 P.M.							
6:00 P.M.							
7:00 P.M.							
8:00 P.M.							
9:00 P.M.							

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# Schema Inventory

**Instructions:** Use this checklist to search for possible underlying rules of thinking. Place a check mark beside each schema that you think you may have.

## Healthy Schemas

- No matter what happens, I can manage somehow.
- If I work hard at something, I can master it.
- I'm a survivor.
- Others trust me.
- I'm a solid person.
- People respect me.
- They can knock me down, but they can't knock me out.
- I care about other people.
- If I prepare in advance, I usually do better.
- I deserve to be respected.
- I like to be challenged.
- There's not much that can scare me.
- I'm intelligent.
- I can figure things out.
- I'm friendly.
- I can handle stress.
- The tougher the problem, the tougher I become.
- I can learn from my mistakes and be a better person.
- I'm a good spouse (and/or parent, child, friend, lover).
- Everything will work out all right.

## Dysfunctional Schemas

- I must be perfect to be accepted.
- I'm invincible.
- I'm stupid.
- Without a woman (man), I'm nothing.
- I'm a fake.
- I always know the best way.
- I'm unlovable.
- I'm useless.
- I'll never be comfortable around others.
- I'm damaged.
- No matter what I do, I won't succeed.
- The world is too frightening for me.
- Others can't be trusted.
- I must always be in control.
- I'm unattractive.
- Never show your emotions.
- Other people will take advantage of me.
- I'm lazy.
- If people really knew me, they wouldn't like me.
- To be accepted, I must always please others.



# Appendix 2

## Cognitive-Behavior Therapy Resources

### Books for Patients and Families

- Basco MR: *Never Good Enough: How to Use Perfectionism to Your Advantage Without Letting It Ruin Your Life*. New York, Free Press, 1999
- Basco MR: *The Bipolar Workbook: Tools for Controlling Your Mood Swings*. New York, Guilford, 2006
- Beck AT, Greenberg RC, Beck J: *Coping With Depression* (booklet). Bala Cynwyd, PA, The Beck Institute, 1995
- Burns DD: *Feeling Good: The New Mood Therapy*, Revised Edition. New York, Avon, 1999
- Greenberger D, Padesky CA: *Mind Over Mood: Change How You Feel by Changing the Way You Think*. New York, Guilford, 1996
- Miklowitz DJ: *The Bipolar Survival Guide: What You and Your Family Need to Know*. New York, Guilford, 2002
- Mueser KT, Gingerich S: *The Complete Family Guide to Schizophrenia*. New York, Guilford, 2006
- Romme M, Escher S: *Understanding Voices: Coping With Auditory Hallucinations and Confusing Realities*. London, Handsell, 1996
- Turkington D, Rathod S, Wilcock S, et al: *Back to Life, Back to Normality: Cognitive Therapy, Recovery and Psychosis*. Cambridge, England, Cambridge University Press, 2008
- Wright JH, Basco MR: *Getting Your Life Back: The Complete Guide to Recovery From Depression*. New York, Free Press, 2002

### Personal Accounts of Mental Illness

- Duke P: *Brilliant Madness: Living With Manic Depressive Illness*. New York, Bantam Books, 1992
- Jamison K: *An Unquiet Mind*. New York, Knopf, 1995
- Nasar SA: *A Beautiful Mind* (biography). New York, Touchstone, 1998
- Shields B: *Down Came the Rain*. New York, Hyperion, 2005
- Styron W: *Darkness Visible: A Memoir of Madness*. New York, Random House, 1990

## Computer Programs

*Beating the Blues* ([www.thewellnessshop.co.uk/products/beatingtheblues](http://www.thewellnessshop.co.uk/products/beatingtheblues))

*Good Days Ahead* ([www.mindstreet.com](http://www.mindstreet.com))

## Web Sites With Educational Information for Patients and Families

**Academy of Cognitive Therapy** ([www.academyofct.org](http://www.academyofct.org))

How to find a cognitive therapist, recommended reading, new research

**Depression and Bipolar Support Alliance** ([www.dbsalliance.org](http://www.dbsalliance.org))

An advocacy and support group

**Gloucestershire Hearing Voices and Recovery Groups** ([www.hearingvoices.org.uk/info\\_resources11.htm](http://www.hearingvoices.org.uk/info_resources11.htm))

Over 20 examples of good advice on coping with voice hearing

**Good Days Ahead** ([www.gooddaysahead.com](http://www.gooddaysahead.com))

General information on cognitive-behavior therapy (CBT), demonstration of computer program for CBT for depression and anxiety

**Making Common Sense of Voices** ([www.peter-lehmann-publishing.com/articles/others/klafki\\_making.htm](http://www.peter-lehmann-publishing.com/articles/others/klafki_making.htm))

A normalizing essay on the subject of voice hearing that could be used as a homework exercise

**Mind** ([www.mind.org.uk/Information/Booklets/Other/The+voice+inside.htm](http://www.mind.org.uk/Information/Booklets/Other/The+voice+inside.htm))

A practical guide to understanding voice hearing, written by the Hearing Voices Network

**Mood Gym** (<http://moodgym.anu.edu.au>)

Self-help program for CBT of depression and anxiety

**National Alliance on Mental Illness (NAMI)**; ([www.nami.org](http://www.nami.org))

Education on severe mental disorders, support for patients and families, advocacy

**National Institute of Mental Health** ([www.nimh.nih.gov](http://www.nimh.nih.gov))

General information on research and treatment of severe mental disorders

**Paranoid Thoughts** ([www.iop.kcl.ac.uk/apps/paranoidthoughts/default.html](http://www.iop.kcl.ac.uk/apps/paranoidthoughts/default.html))

Helpful advice on coping with paranoia; based on the book *Overcoming Paranoid and Suspicious Thoughts* by Freeman, Freeman, and Garety (see "Recommended Readings" below)

**University of Louisville Depression Center** (<http://louisville.edu/depression>)

Depression screening, educational programs with focus on CBT, general information on depression

**University of Michigan Depression Center** ([www.med.umich.edu/depression](http://www.med.umich.edu/depression))

Depression screening, educational programs, general information on depression

## Recommended Readings

Barrowclough C, Haddock G, Tarrier N, et al: "Randomized Controlled Trial of Motivational Interviewing, Cognitive Behavior Therapy, and Family Intervention for Patients With Comorbid Schizophrenia and Substance Use Disorders." *American Journal of Psychiatry* 158:1706–1713, 2001

Basco MR, Rush AJ: *Cognitive-Behavioral Therapy for Bipolar Disorder*, 2nd Edition. New York, Guilford, 2005

Baucom DH, Epstein NB: *Cognitive Behavioral Marital Therapy*. New York, Brunner/Mazel, 1990

Beck AT: *Love Is Never Enough: How Couples Can Overcome Misunderstandings, Resolve Conflicts, and Solve Relationship Problems Through Cognitive Therapy*. New York, Harper & Row, 1988

Beck AT, Rush AJ, Shaw BF, et al: *Cognitive Therapy of Depression*. New York, Guilford, 1979

- Beck AT, Emery GD, Greenberg RL: *Anxiety Disorders and Phobias: A Cognitive Perspective*. New York, Basic Books, 1985
- Beck AT, Wright FD, Newman CF, et al: *Cognitive Therapy for Substance Abuse*. New York, Guilford, 1993
- Beck AT, Freeman A, Davis DD, et al: *Cognitive Therapy of Personality Disorders*, 2nd Edition. New York, Guilford, 2003
- Beck JS: *Cognitive Therapy: Basics and Beyond*. New York, Guilford, 1995
- Carroll KM, Onken LS: "Behavioral Therapies for Drug Abuse." *American Journal of Psychiatry* 162:1452–1460, 2005
- Chadwick P: *Person-Based Cognitive Therapy for Distressing Psychosis*. Chichester, England, Wiley, 2006
- Clark DA, Beck AT, Alford BA: *Scientific Foundations of Cognitive Theory and Therapy of Depression*. New York, Wiley, 1999
- Dattilio FM, Padesky CA: *Cognitive Therapy With Couples*. Sarasota, FL, Professional Resource Exchange, 1990
- Epstein NB, Baucom DH: *Enhanced Cognitive Behavioral Therapy for Couples: A Contextual Approach*. Washington, DC, American Psychological Association, 2002
- Epstein NB, Schlesinger SE, Dryden W: *Cognitive-Behavior Therapy With Families*. New York, Brunner/Mazel, 1988
- Frank E: *Treating Bipolar Disorder: A Clinician's Guide to Interpersonal and Social Rhythm Therapy*. New York, Guilford, 2005
- Frankl VE: *Man's Search for Meaning: An Introduction to Logotherapy*, 4th Edition. Boston, Beacon Press, 1992
- Freeman D, Freeman J, Garety P: *Overcoming Paranoid and Suspicious Thoughts*. London, Robinson, 2006
- Garner DM, Vitousek KM, Pike KM: "Cognitive Behavioral Therapy for Anorexia Nervosa," in *Handbook of Treatment for Eating Disorders*, 2nd Edition. Edited by Garner DM, Garfinkel PE. New York, Guilford, 1997, pp 94–144
- Gumley A, Schwannauer M: *Staying Well After Psychosis: A Cognitive Interpersonal Approach to Recovery and Relapse Prevention*. Chichester, England, Wiley, 2006
- Haddock G, Slade PD (eds): *Cognitive Behavioral Interventions With Psychotic Disorders*. London, Routledge, 1996
- Kabat-Zinn J: *Full Catastrophe Living: Using the Wisdom of Your Body to Fight Stress, Pain, and Illness*. New York, Hyperion, 1990
- Kingdon DG, Turkington D: *A Case Study Guide to Cognitive Therapy of Psychosis*. Chichester, England, Wiley, 2002
- Kingdon DG, Turkington D: *Cognitive Therapy of Schizophrenia*. New York, Guilford, 2005
- Linehan MM: *Cognitive-Behavioral Treatment of Borderline Personality Disorder*. New York, Guilford, 1993
- McCullough JP Jr: *Treatment for Chronic Depression: Cognitive Behavioral Analysis System of Psychotherapy*. New York, Guilford, 2000
- Morrison AP: *A Casebook of Cognitive Therapy for Psychosis*. New York, Brunner-Routledge, 2002
- Morrison AP: *Cognitive Therapy for Psychosis: A Formulation-Based Approach*. New York, Brunner-Routledge, 2002
- Naeem F, Kingdon D, Turkington D: "Cognitive Behavior Therapy for Schizophrenia in Patients With Mild to Moderate Substance Misuse Problems." *Cognitive Behaviour Therapy* 35:207–215, 2005

- Nelson HE: *Cognitive Behavioural Therapy With Schizophrenia: A Practice Manual*. Cheltenham, England, Stanley Thornes, 2005
- Romme M, Escher S: *Accepting Voices: A New Approach to Voice-Hearing Outside the Illness Model*. London, Mind, 1993
- Romme M, Escher S: *Making Sense of Voices: A Guide for Professionals Who Work With Voice Hearers*. London, Mind, 2000
- Safran J, Segal Z: *Interpersonal Processes in Cognitive Therapy*. New York, Basic Books, 1990
- Segal Z, Williams JMG, Teasdale JD: *Mindfulness-Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse*. New York, Guilford, 2002
- Wakefield PJ, Williams RE, Yost EB, et al: *Couple Therapy for Alcoholism: A Cognitive-Behavioral Treatment Manual*. New York, Guilford, 1996
- Weiss RD: "Treatment of Patients With Bipolar Disorder and Substance Dependence: Lessons Learned." *Journal of Substance Abuse Treatment* 27:307–312, 2007
- White JR, Freeman AS (eds): *Cognitive-Behavioral Group Therapy for Specific Problems and Populations*. Washington DC, American Psychological Association, 2000
- Williams M, Teasdale J, Segal Z, et al: *The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness*. New York, Guilford, 2007
- Wright JH (ed): *Cognitive-Behavior Therapy* (Review of Psychiatry Series, Vol 23; Oldham JM, Riba MB, series eds). Washington DC, American Psychiatric Publishing, 2004
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