

# Cognitive-Behavioral Therapy (CBT) for Parkinson's disease & Movement Disorders

*Tools for Thinking & Feeling Better*



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"What gets us into trouble is not what we don't know.  
It's what we know for sure that just ain't so."

~ Mark Twain

"There is only one person who could ever make you happy,  
and that person is you!"

~ David Burns, Intimate Connections

"The greatest weapon against stress  
is our ability to choose one thought over another."

~ William James



# Overview

- 🌀 Why Psychotherapy for PD & Movement Disorders?
- 🌀 What is Cognitive-Behavioral Therapy?
- 🌀 Applying CBT to PD & Movement Disorder Issues
- 🌀 Demonstration





# Why Psychotherapy for PD & Movement Disorders?

- 👁 Improve coping with disease
- 👁 Physical changes often produce emotional changes
- 👁 Help reduce depression & anxiety
- 👁 Research supported & effective

“Depressive disorders affect approximately 40% of patients with PD. They are linked to functional impairment, cognitive decline, and faster disease progression and are the main determinant for poor quality of life in PD”. Charidimou, et al, 2011





# Why Psychotherapy for PD & Movement Disorders?

Control

Self-Esteem  
& Identity



Future  
Fears





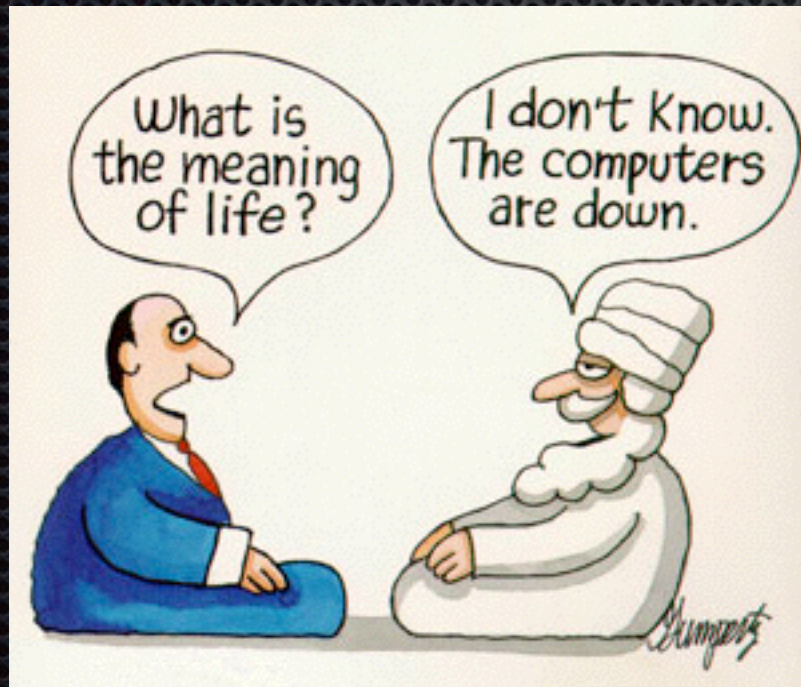
# Why Psychotherapy for PD & Movement Disorders?

Coping With Pain

Life Meaning  
& Purpose



Depression





# What is Cognitive-Behavioral Therapy?

## *Background*

***Epictetus, Greek philosopher (AD 55-135)***



People are not disturbed by things that happen, but by the view they take of things that happen.



Suffering arises when we attempt to control what is uncontrollable, or from neglecting what is within our power.

***Aaron Beck, MD Psychiatrist in the 1960's.***



Leading developer of CBT



Originally for treatment of depression



Now used in treating anxiety, depression, addictions, OCD, eating disorders, trauma and others





# What is Cognitive-Behavioral Therapy?

## *Assumptions*

- 👁️ The way we feel and act is determined by how we perceive and structure our experience
- 👁️ Internal process is accessible to introspection
- 👁️ People's beliefs have highly personal meanings
- 👁️ Faulty inferences can be traced to earlier experiences





# What is Cognitive-Behavioral Therapy?

## *Purpose*

- 👁️ Increase awareness of unhelpful or negative thinking
- 👁️ Connect thoughts to feelings and behaviors
- 👁️ View challenging situations more clearly
- 👁️ Respond more effectively and with better coping
- 👁️ Learn healthier skills and habits





# What is Cognitive-Behavioral Therapy?

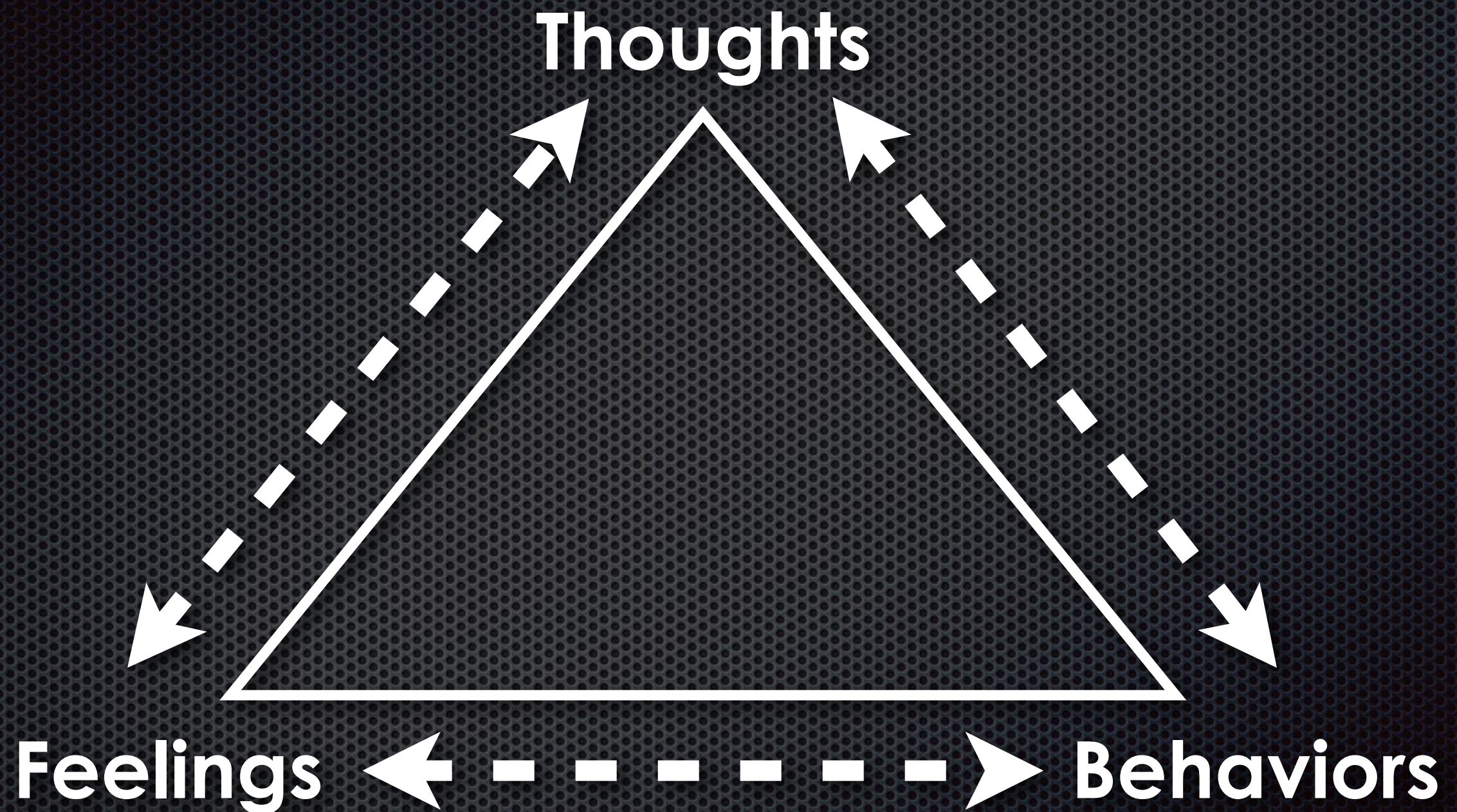
## *Key Tools*

- 👁 Thought record
- 👁 Behavioral Activation
- 👁 Guided Imagery, Breathing, & Relaxation





# What is Cognitive-Behavioral Therapy?

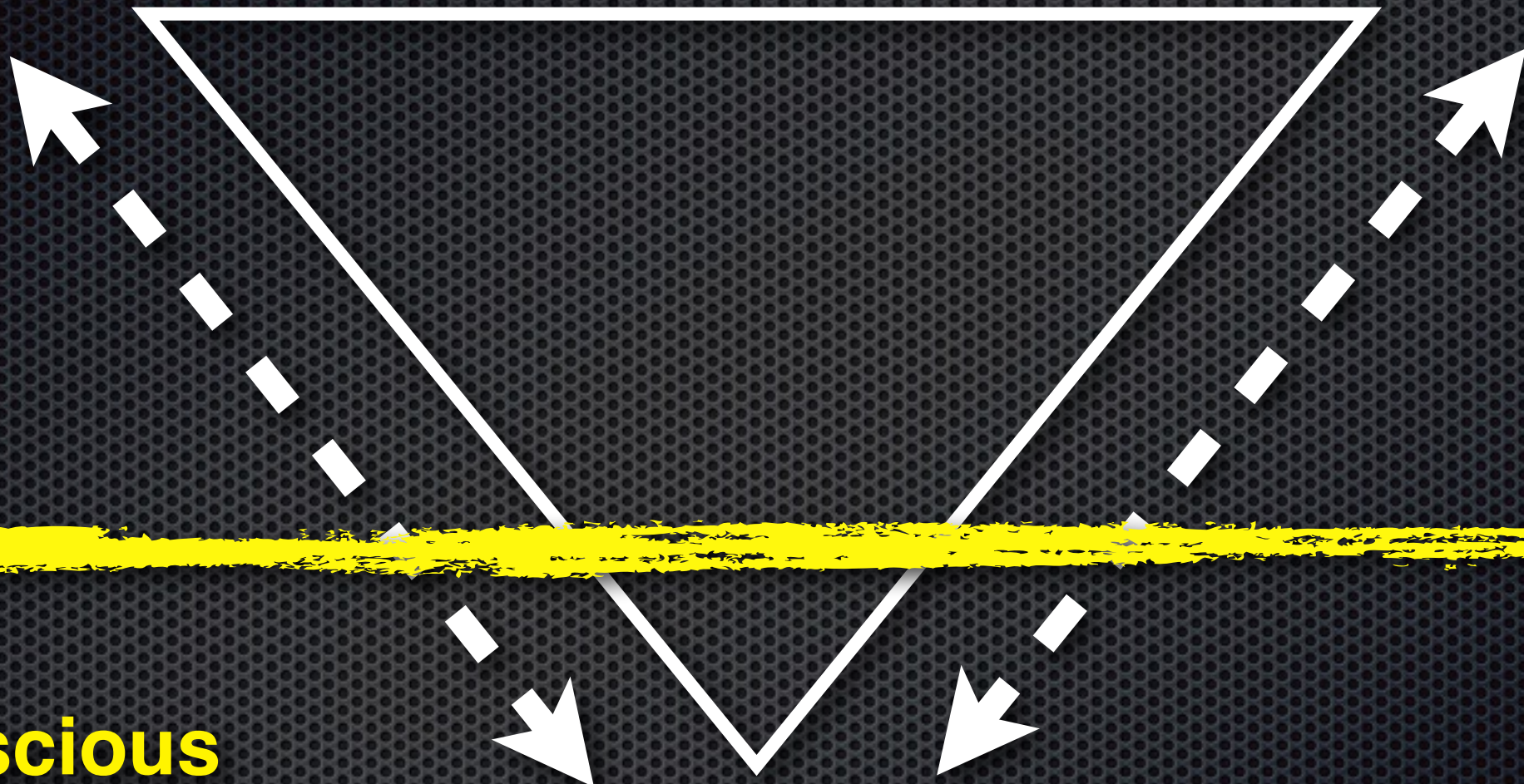




**Thoughts**



**Behaviors**



**Unconscious**



**Feelings**

**Schemas**





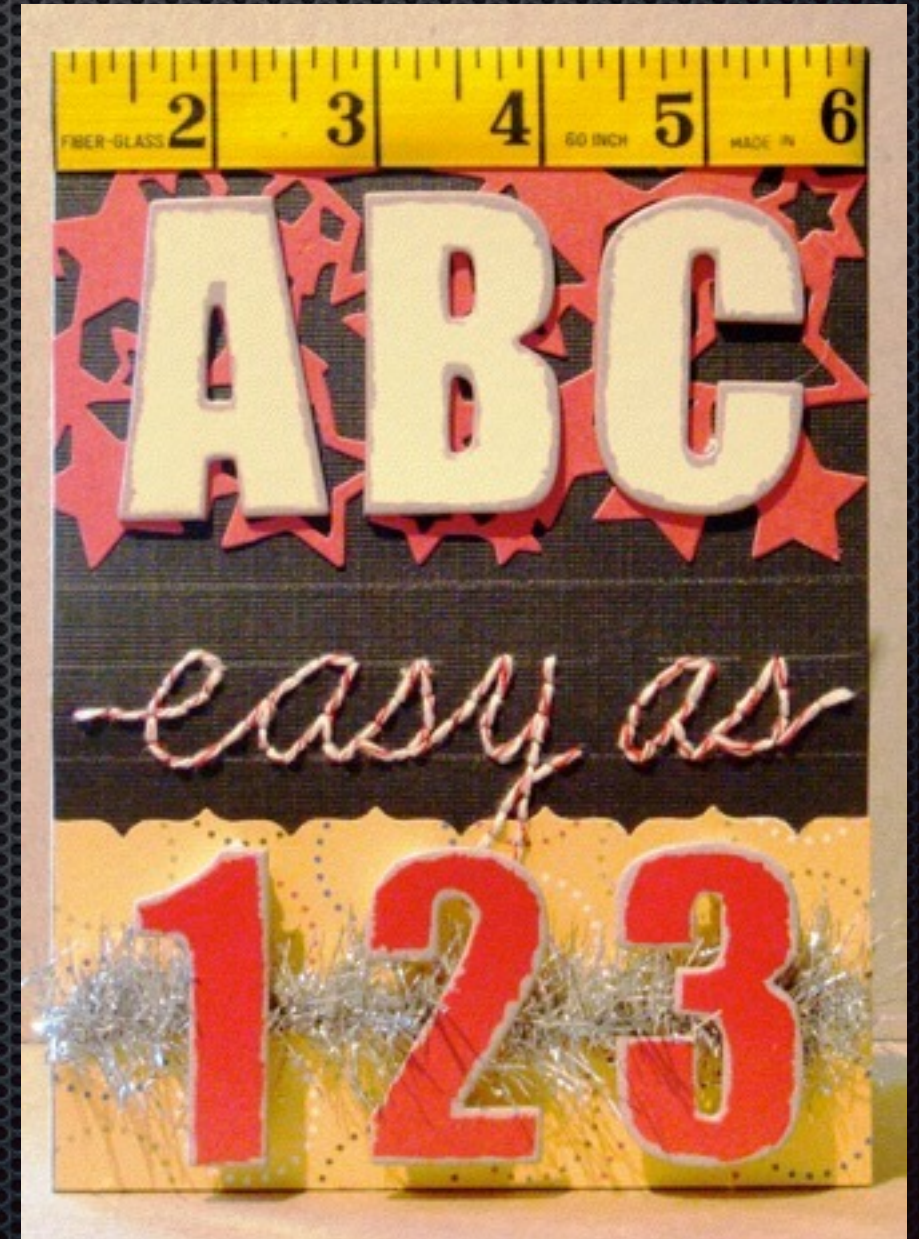
# What is Cognitive-Behavioral Therapy?



**A = Activating Event** (Situation)

**B = Beliefs/Thoughts** (Response to Situation)

**C = Consequences** (Feelings/ Behaviors)





# Applying CBT to PD & Movement Disorders



**A = Activating Event**

**B = Beliefs/Thoughts** (Response)

**C = Consequences** (Feelings/  
Behaviors)



# What is Cognitive-Behavioral Therapy?

## *Behavioral Activation*

- 👁 Identifying & engaging in pleasurable activities
- 👁 It is difficult to feel down, if you are regularly engaging in activities that bring you pleasure





# What is Cognitive-Behavioral Therapy?

## *Guided Imagery & Mindfulness Meditation*

- 👁️ Involves practice of paying attention to breathing and being fully in the present and self-compassionate
- 👁️ Reduces stress, better ability to deal with feelings, increased sense of peace and well-being





# What is Cognitive-Behavioral Therapy?

*Guided Imagery & Mindfulness Meditation*

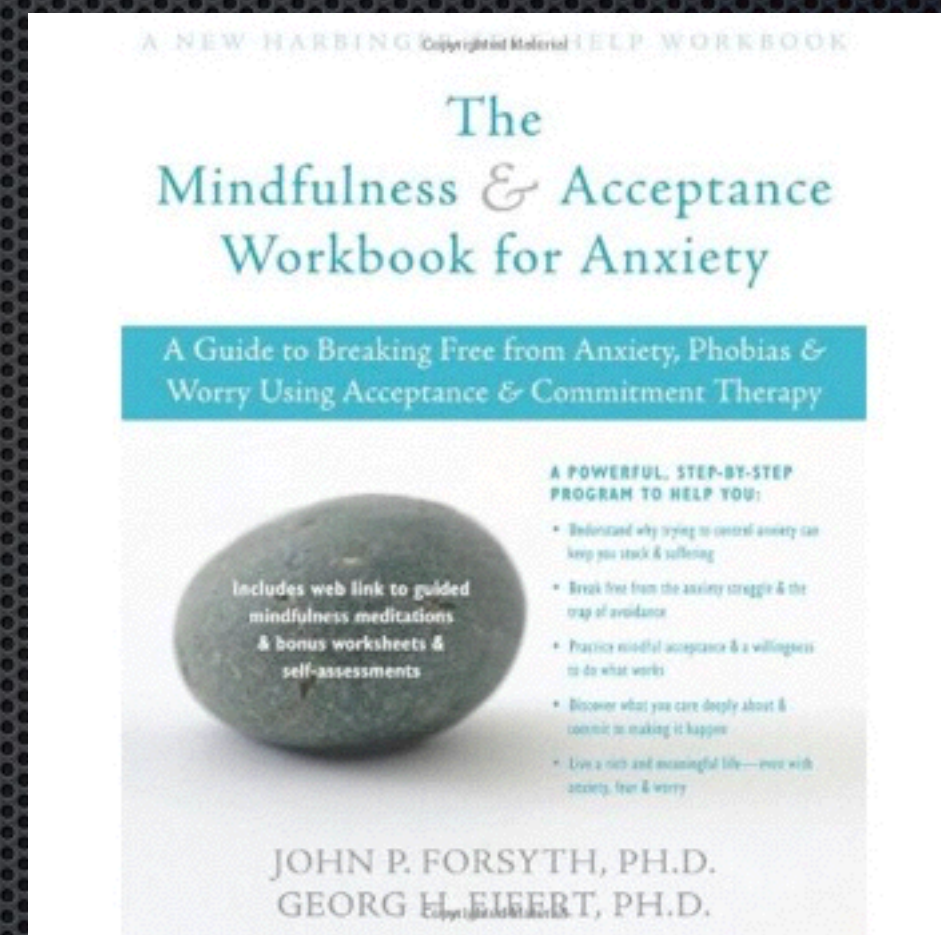
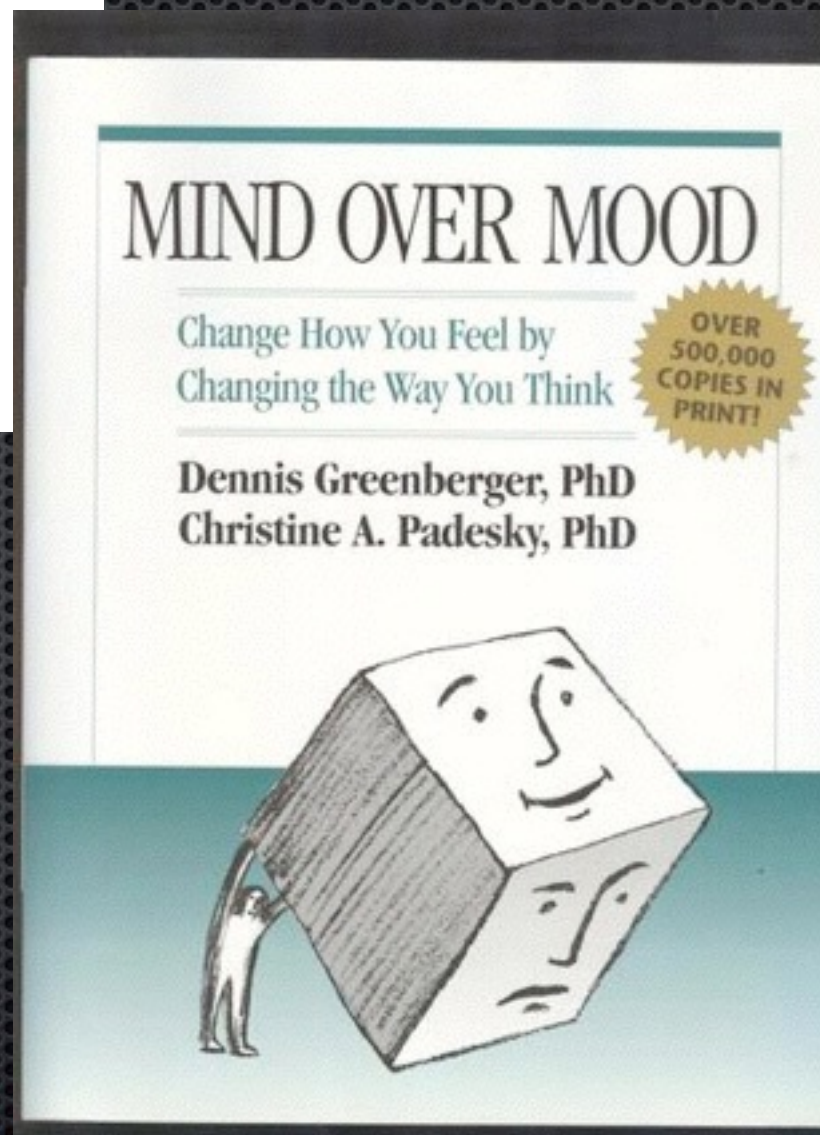
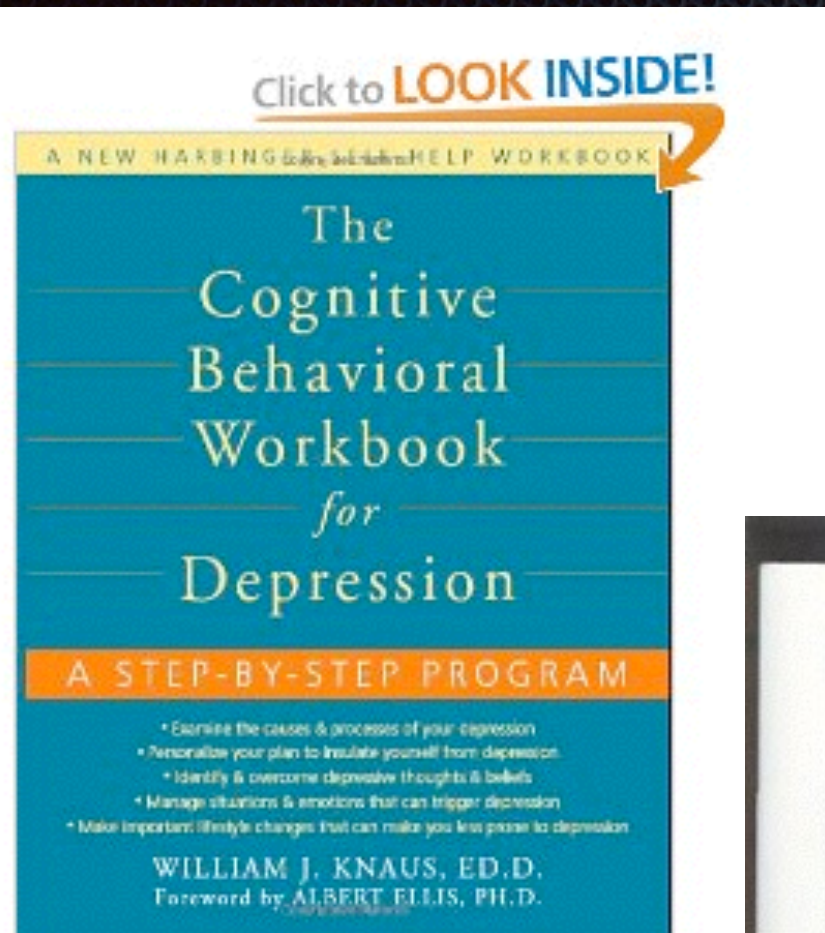


PRACTICE





# Resources - CBT Workbooks





# Resources - Referrals for Psychotherapy

For therapy in at USC Neurology clinic call:  
Kara Barton, MSW, LCSW  
Clinical Instructor/Social Worker  
USC Department of Neurology  
ph# (323) 442-7556

Contact Insurance company ask for:  
“in-network referrals for a psychotherapist”

[www.psychologytoday.com](http://www.psychologytoday.com)

Follow link - “Find a therapist”



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