



Cognitive Behavioral Therapy/Dialectical Behavior Therapy: A Christian Perspective



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Description

Learn key CBT and DBT coping skills and interventions designed to help clients and guests increase mental flexibility, manage overwhelming emotions, and cope with distress. Discover how to integrate these evidence-based techniques from a Christian perspective, offering spiritual tools to support emotional healing. Equip your staff to guide residents toward healthier coping strategies and emotional resilience.





Foundations





A little bit about me.....

Education:

- **B.S interdisciplinary Studies** (*social behavioral sciences & life & biomedical sciences*)
- **M.A Clinical Mental Health & Counseling**
 - *Adult Women/Men*
 - *Trauma (DV, sexual abuse, physical abuse, early childhood traumas*
 - *Acute & chronic/complex trauma*
- **Affiliations**
 - American Counseling Association

Certifications:

- Associate professional clinical counselor (CA # 18369)
- Mental Health First Aid
- National Certified Counselor (NBCC)
- Genesis Process
- **Trained in the following modalities**
 - EMDR (*Eye Movement Desensitization and Reprocessing*)
 - CBT (*Cognitive Behavioral Therapy*)
 - DBT (*Dialectical Behavioral Therapy*)



Allies or Enemies ?

- Various viewpoints about the role of clinical counseling in a believers life :
 - **Allies:** the two worlds can be integrated and work hand in hand to provide healing for others
 - **Enemies:** therapy and psychology do not mix



Allies

God created ALL things

Colossians 1:16- 20 Preeminence of Christ

15 He is the image of the invisible God, the firstborn of all creation. **16** For by[f] him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. **17** And he is before all things, and in him all things hold together. **18** And he is the head of the body, the church. He is the beginning, the firstborn from the dead, that in everything he might be preeminent. **19** For in him all the fullness of God was pleased to dwell, **20** and **through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.**



Great Counselor – God

- Ultimately God is our Great Counselor

Isaiah: 9:6

*For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called **Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace***



Vessels for God

Vessels for God

- **Ephesians 2:8-10**

⁸ For by grace you have been saved through faith. And this is ^bnot your own doing; it is the gift of God, ⁹^dnot a result of works, ^eso that no one may boast. ¹⁰ **For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.**



Vessels for God

Honorable Vessels for Good Works

- **2 Timothy 2 20 – 26**

²⁰ Now in ¹a great house there are not only vessels of gold and silver but also of wood and clay, ^{some} for honorable use, some for dishonorable. ²¹ Therefore, ^{if} anyone cleanses himself from what is dishonorable, ⁴he will be a vessel for honorable use, set apart as holy, useful to the master of the house, ready for every good work.

²² So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart. ²³ Have nothing to do with foolish, ignorant controversies you know that they breed quarrels. ²⁴ And the Lord's servant⁵ must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil, ²⁵ correcting his opponents with gentleness. God may perhaps grant them repentance leading to a knowledge of the truth, ²⁶ and they may come to their senses and escape from ~~the~~ the snare of the devil, after being captured by him to do his will.



Spiritual Gifts

Counselors, therapist, psychologist ect. can be vessels of God, who possess unique gifts to be able to see things in someone, helping them overcome life challenges and brining them to the ultimate truth of God

- **1 Corinthians 12: 4- 27**

7 Now to each one the manifestation of the Spirit is given for the common good.⁸ To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, 9 to another faith by the same Spirit, to another gifts of healing by that one Spirit, 10 to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues,[a] and to still another the interpretation of tongues.[b] 11 All these are the work of one and the same Spirit, and he distributes them to each one, just as he determines.

27 Now you are the body of Christ, and each one of you is a part of it. 28 And God has placed in the church first of all apostles, second prophets, third teachers, then miracles, then gifts of healing, of helping, of guidance, and of different kinds of tongues. 29 Are all apostles? Are all prophets? Are all teachers? Do all work miracles? 30 Do all have gifts of healing? Do all speak in tongues[d]? Do all interpret? 31 Now eagerly desire the greater gifts.



Spiritual Gifts

- **Exodus 3: 9-19**

And now, behold, the cry of the people of Israel has come to me, and I have also seen the oppression with which the Egyptians oppress them.

10 **Come, I will send you** to Pharaoh that you may bring my people, the children of Israel, out of Egypt."

11 But Moses said to God, "Who am I that I should go to Pharaoh and bring the children of Israel out of Egypt?"

12 He said, "But I will be with you, and this shall be the sign for you, that I have sent you: when you have brought the people out of Egypt, you shall serve God on this mountain."

The Great Healer

- Ultimately you can not heal people without the Healer himself
- Practicing therapy without God, without the influence and Insite from the Holy Spirit will only scratch the surface but will not result in sustainable change and transformation





Bible is the Blueprint

- The Bible is the blue print for therapy not the DSM-IV
- The Bible contains the original ideas and concepts that we use in the mental health field today



Clinical Terms & Concepts

- Addictions
- Detoxing
- Self Care
- Boundaries
- Affirmations
- Gratitude's
- Cognitive Distortions,
Negative thoughts ect...

Spiritual Concepts & Disciplines

- Idols
- Fasting
- Sabbath
- Commandments
- Biblical Declarations
- Blessings
- Strongholds



Cognitive Behavioral Therapy





CBT (*Cognitive Behavioral Therapy*)

Psychotherapy that focuses on modifying dysfunctional emotions, behaviors, and thoughts by interrogating and uprooting negative or irrational beliefs

- Psychological problems are based:
 - in part on faulty or unhelpful ways of thinking
 - learned patterns of unhelpful behavior



CBT (*Cognitive Behavioral Therapy*)

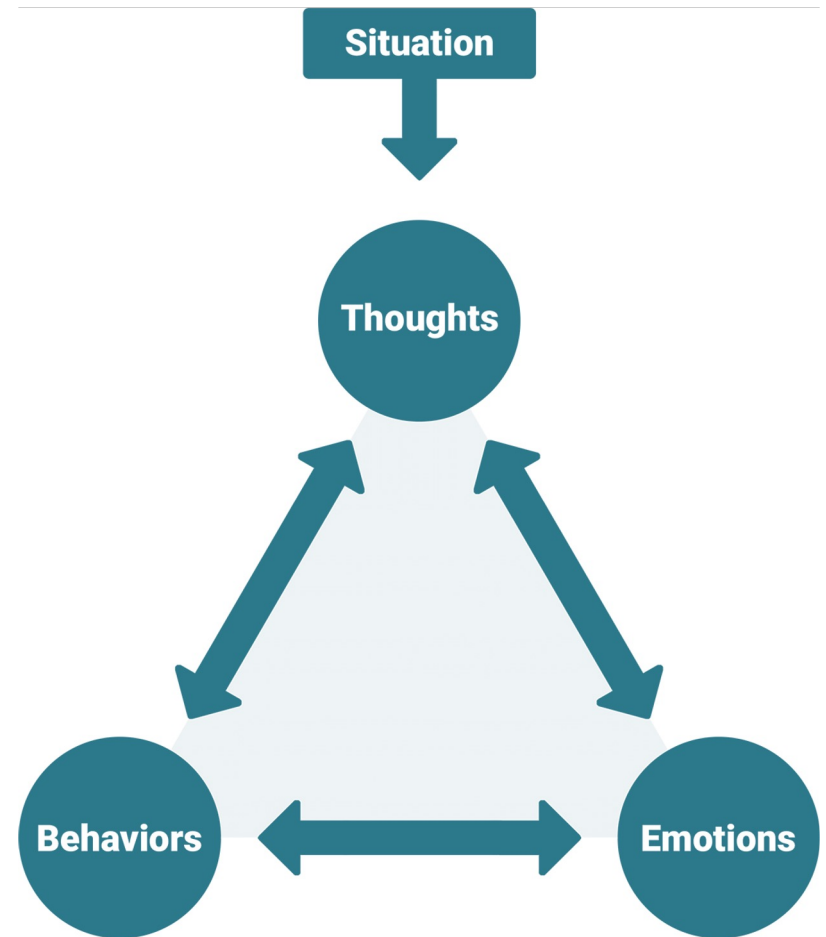
Goal of CBT:

- Learn to recognize one's distortions in thinking that are creating problems, and then to reevaluate them in light of reality
- Gain a better understanding of the behavior and motivation of others
- Use problem-solving skills to cope with difficult situations
- Learn to develop a greater sense of confidence in one's own abilities

Cognitive Triangle

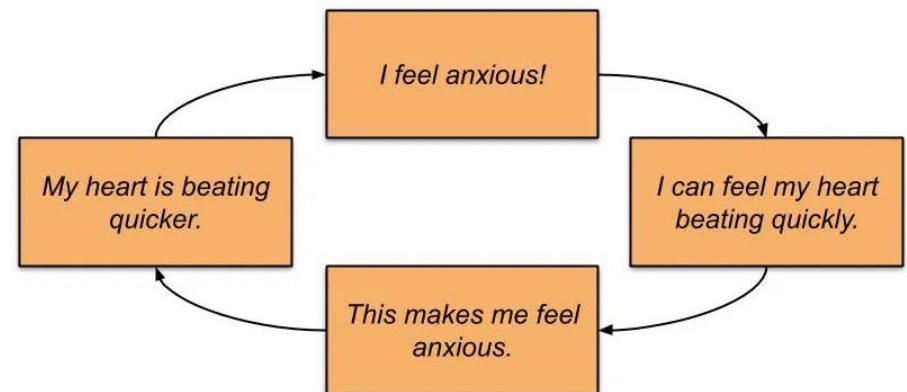
- A **situation** is anything that happens in your life, which triggers the cognitive triangle.
- **Thoughts** are your *interpretations/belief* of a situation
- **Emotions** are *feelings*, such as happy, sad, angry, or worried. Emotions can have physical components as well as mental, such as low energy when feeling sad, or a stomachache when nervous.
- **Behaviors** are your *responses* to a situation. Behaviors include *actions* such as saying something or doing something (or, choosing not to do something).

[Cognitive triangle worksheet](#)



Cognitive Distortions

- Cognitive distortions are faulty beliefs and perspectives we have about ourselves and/or the world around us (*Beck, 1976*). They are irrational thoughts that can be subconsciously reinforced over time
- Cognitive distortions exacerbate conditions such as depression and anxiety by creating a feedback loop of negative thoughts (*Hofmann et al., 2013*).
- Distorted thoughts lead directly to negative emotions, which reinforce the distorted thinking patterns.



Cognitive Distortions Worksheet



Cognitive Distortions

All or nothing thinking



Sometimes called 'black and white thinking'

If I'm not perfect I have failed

Either I do it right or not at all

Over-generalising

"everything is always rubbish"
"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter



Only paying attention to certain types of evidence.

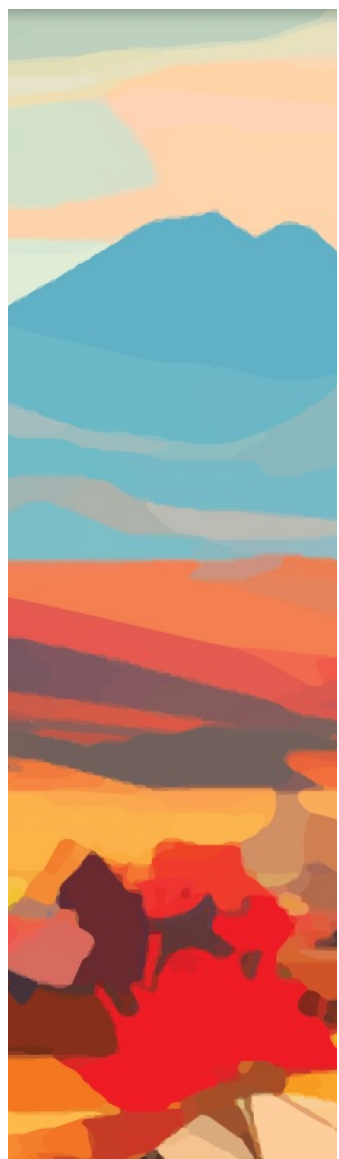
Noticing our failures but not seeing our successes

Disqualifying the positive

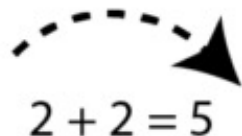


Discounting the good things that have happened or that you have done for some reason or another

That doesn't count



Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading**
(imagining we know what others are thinking)
- **Fortune telling**
(predicting the future)

Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

I feel embarrassed so I must be an idiot

should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people

*I'm a loser
I'm completely useless
They're such an idiot*

Personalisation

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.



Core Beliefs

- Core beliefs are beliefs that we hold about ourselves, other people, and about the world we live in.
- Core beliefs develop over time, usually from childhood and through the experience of significant life events or particular life circumstances. Some of the core beliefs that we have developed can be helpful or unhelpful
- We may or may not be consciously aware of these beliefs at work – some of our beliefs may remain reasonably unconscious and require a bit of work to uncover, while other beliefs may be quite noticeable and easily retrieved in our minds

Core Beliefs





Automatic Thoughts

- Usually stem from core beliefs
- Almost always negative
- Automatic negative thoughts, or ANTs, are spontaneous, often fleeting thoughts that can cast a shadow over your mood and perception
- They appear without conscious effort, typically as a response to certain triggers or situations, and often involve pessimistic or beliefs about yourself, others, or the future



Automatic Thoughts

Negative Thoughts

- “I feel like I’m up against the world.”
- “I’m no good.”
- “Why can’t I ever succeed?”
- “No one understands me.”
- “I’ve let people down.”
- “I don’t think I can go on.”
- “I wish I were a better person.”
- “I’m so weak.”
- “My life’s not going the way I want it to.”
- “I’m so disappointed in myself.”

Positive Thoughts

- “I am respected by my peers.”
- “I have a good sense of humor.”
- “My future looks bright.”
- “I will be successful.”
- “I’m fun to be with.”
- “I am in a great mood.”
- “There are many people who care about me.”
- “I’m proud of my accomplishments.”



Spiritual Integration of CBT

Philippians 4: 8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things.** ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

2 Corinthians 10:3-6

For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ **We demolish arguments and every pretension** that sets itself up against the knowledge of God, and **we take captive every thought** to make it obedient to Christ. ⁶ And we will be ready to punish every act of disobedience, once your obedience is complete.



Spiritual Integration of CBT

Colossians 3:2-10

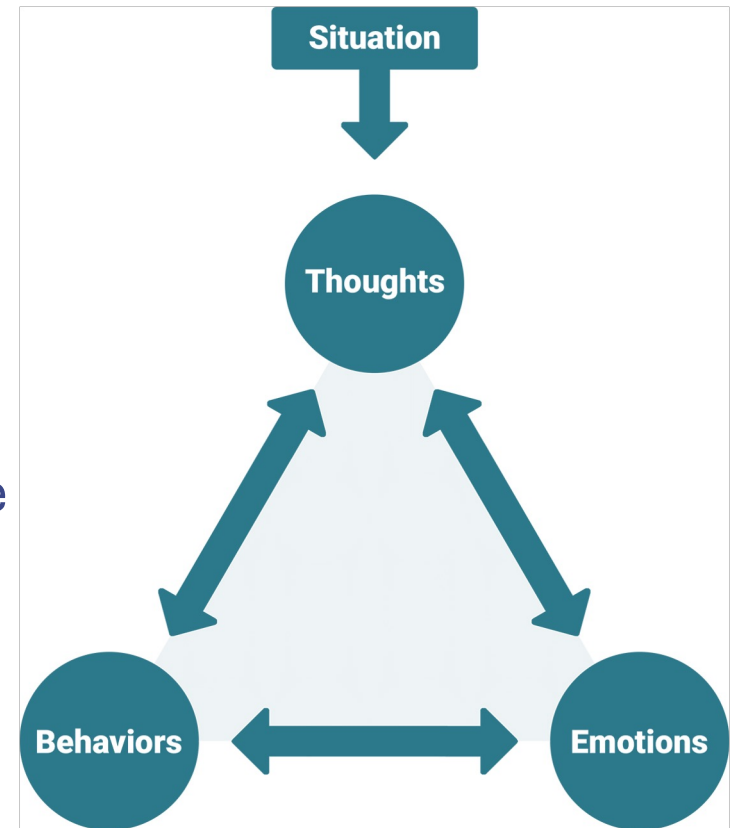
Set your minds on things that are above, not on things that are on earth.³ For you have died, and your life is hidden with Christ in God.

Romans 12:2

Do not be conformed to this world,^[a] but **be transformed by the renewal of your mind,** that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Spiritual Integration of CBT

- Help client identify negative thinking and thoughts and align them up to the Word of God
- Help clients have new filters where they are percieving their life through the eyes of God





Addressing Cognitive Distortions

- Help client identify their faulty thinking
- Increase their awareness
- Reframe/ Restructure their thinking
 - Socratic Questioning
 - Untwist Your Thinking
 - Thought Record

Practice

Your thoughts

God's Word



DBT : Dialectical Behavioral Therapy





DBT : Dialectical Behavioral Therapy

Definition:

- DBT is a structured treatment that focuses on teaching individuals skills to effectively manage their emotions and behaviors, cope with stress, and improve relationships with others. Helps identify thoughts beliefs and assumptions that makes life hard, role play interactive , decreases frequency and severity of self destructive behavior

Pillars

- Mindfulness
- Interpersonal Effectiveness
- Emotional Regulation
- Distress Tolerance

DBT : Dialectical Behavioral Therapy

Mindfulness

The practice of being fully aware & present in this one moment



Emotional Regulation

How to change emotions that you want to change



Distress Tolerance

How to tolerate pain in difficult situations, not change it



Interpersonal Effectiveness

How to ask for what you want & say no while maintaining self-respect & relationships with others





DBT : Dialectical Behavioral Therapy

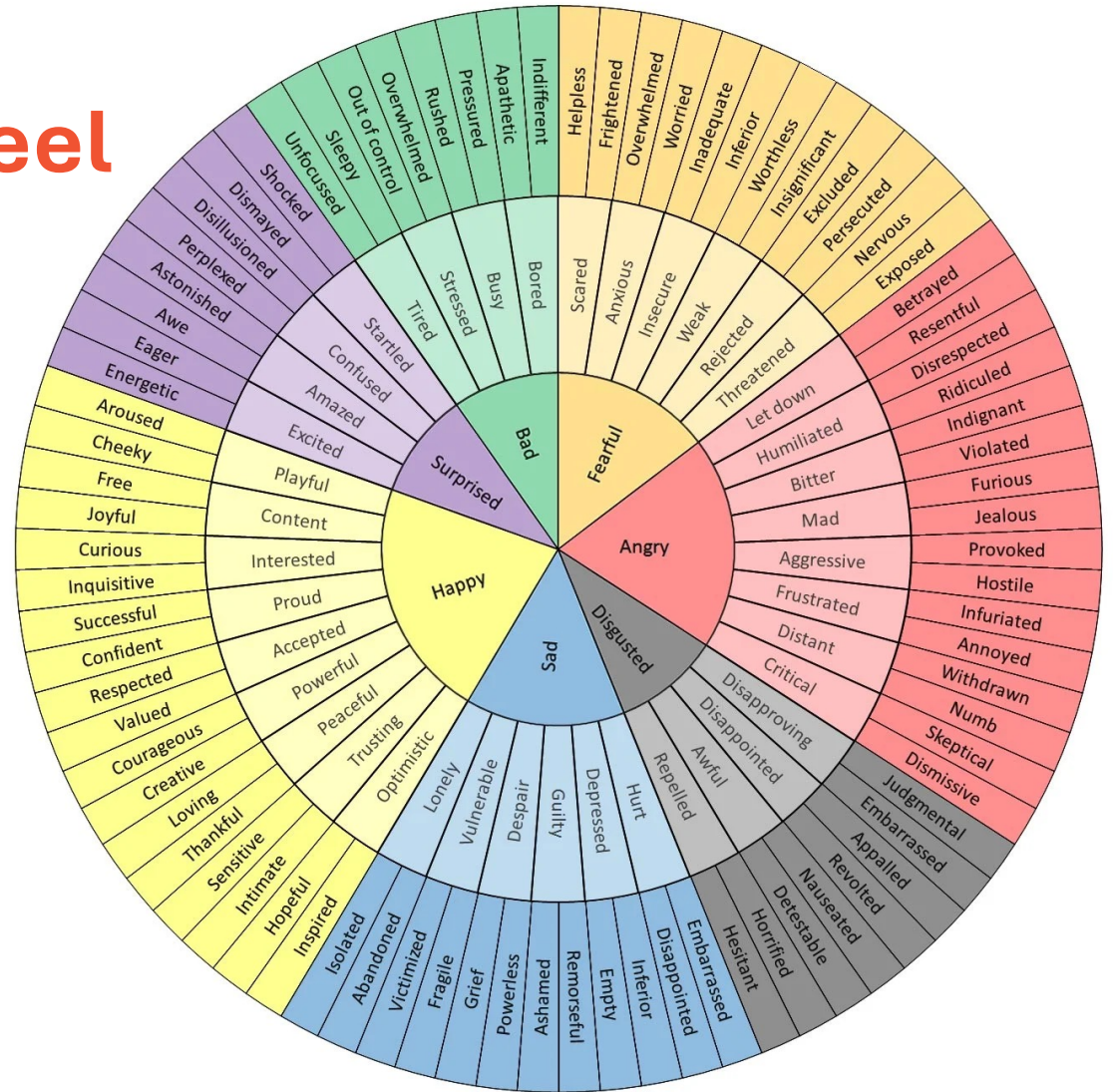
- **Mindfulness**
 - Be in the moment
 - Acceptance based
- **Emotion Regulation**
 - Identify and deal with emotions
 - Change based
- **Distress Tolerance**
 - Cope with super-strong emotions
 - Acceptance based
- **Interpersonal Relationships**
 - Set boundaries and communicate clearly
 - Change based



Emotional Regulation

- Important to help clients identify their emotions. Give clients words to what their feeling
- We often describe how we feel with metaphors or descriptions but never truly identifying the emotion itself. If we do, it's often some of the simple emotions (*happy, sad, bad, angry, mad*)
- [DBT - Emotional regulation packet](#)

Feelings Wheel





Emotional Regulation

- Emotions are God given tools to help us understand ourselves and to communicate with others
- Goal of emotional regulation – self control
- **Galatians 5: 22-23**
 - *“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!*
- **Ephesians 4:26-27**
 - *26 Be angry and do not sin; do not let the sun go down on your anger, 27and give no opportunity to the devil.*



Emotional Regulation

- Important to distinguish THOUGHTS from FEELINGS
- Thought: “I’m feeling like I'm drowning”
 - Emotion: overwhelmed, helpless
- Thought: “I cant do this anymore”
 - Emotion: tired, hopeless, despair

OPPOSITE ACTION

- Opposite action is also an emotion regulation technique that teaches the client to try doing the opposite of what their emotion is urging them to do.
- Although it may feel forced at first, acting the opposite can shift feelings in a more positive direction
- Opposite action worksheet





Choosing Opposite Action

DBT Skill

Initial Emotion	Urge ✗	Opposite Action ✓	Opposite Emotion
Anger	Yell, Argue, Fight	Whisper, Breathe, Hug	Peaceful, Calm
Sadness	Isolate, Cry, Stay in bed	Connect, Laugh, Get up and out	Engaged, Happy
Frustration	Give up, Move on	Take a break, Try again	Mastery
Unworthy	Self-harm, Destructive behaviors	Self-care, Help others	Worthwhile, Useful
Fear	Avoid	Approach	Confident, Brave



Simple Biblical Examples

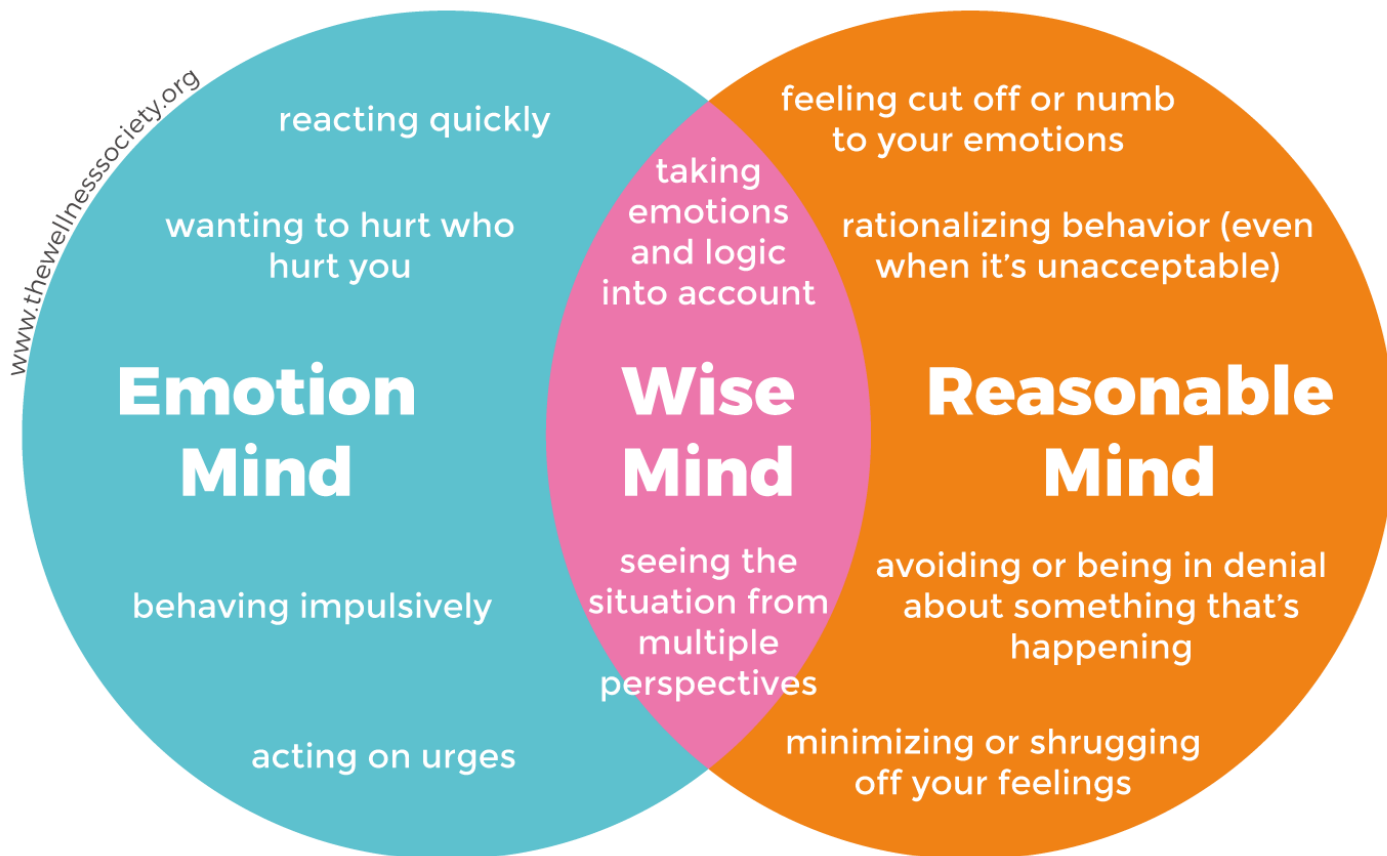
Luke 6:28 - 30

28 bless those who curse you, pray for those who mistreat you. 29 If someone slaps you on one cheek, turn to them the other also. If someone takes your coat, do not withhold your shirt from them. 30 Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back.

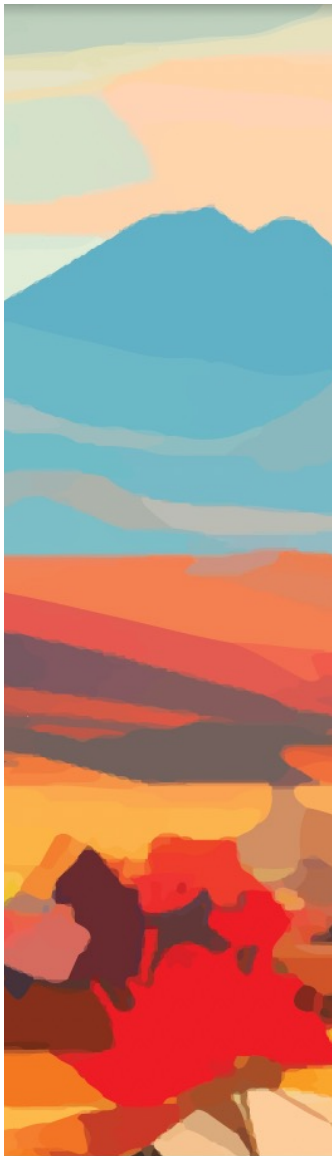
1 Peter 2:23

23 When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly

WISE MIND



[WISEMIND worksheet](#)





Practice, Practice, Practice

- DBT skills require that clients practice the skills on a regular basis until it becomes a habit
- Clients must be intentional about practicing the right behaviors and coping skill to see change in behavior, emotions and relationships



Practice, Practice, Practice

Help clients practice new behaviors. They already have plenty of practice in destructive behaviors

1 John 3 4-10

⁴Everyone who makes a **practice of sinning** also practices lawlessness; sin is lawlessness. ⁵You know that he appeared in order to take away sins, and in him there is no sin. ⁶No one who abides in him keeps on sinning; no one who keeps on sinning has either seen him or known him. ⁷Little children, let no one deceive you. **Whoever practices righteousness is righteous, as he is righteous.** ⁸**Whoever makes a practice of sinning** is of the devil, for the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the works of the devil. ⁹**No one born of God makes a practice of sinning,** for God's^[a] seed abides in him; and he cannot keep on sinning, because he has been born of God. ¹⁰**By this it is evident who are the children of God,** and who are the children of the devil: whoever does not practice righteousness is not of God, nor is the one who does not love his brother



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