

Living Life to the Full with God

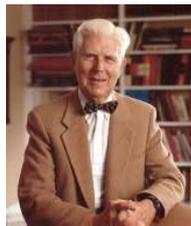
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I've got a problem

- Am I always happy?
- Do I always have solutions?
- Am I always confident?
- Do I always make wise decisions/ choices?

Cognitive behavioural therapy (CBT)

- Aims to reduce symptoms by changing specific behaviours and thoughts which worsen how people feel.
- Main person who developed it is Professor Aaron Beck (USA)



CBT- the main form of psychotherapy recommended by NICE/SIGN

Depression in Adults
(update)
Depression: the treatment and management of depression in adults
National Clinical Practice Guidelines Number 5
National Collaborating Centre for Mental Health
Commissioned by the
National Institute for Health and Clinical Excellence



www.nice.org.uk

Recommends no antidepressants for mild depression

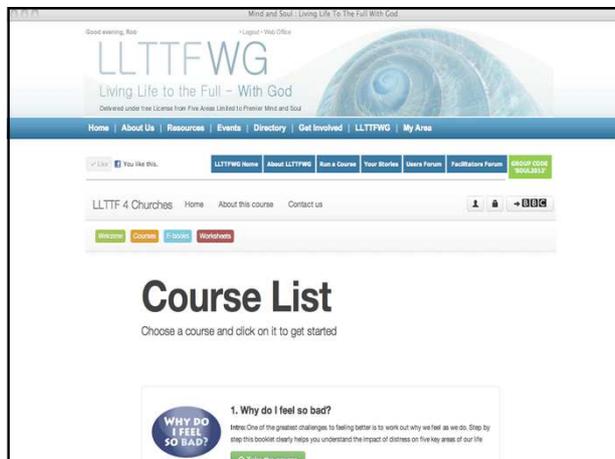
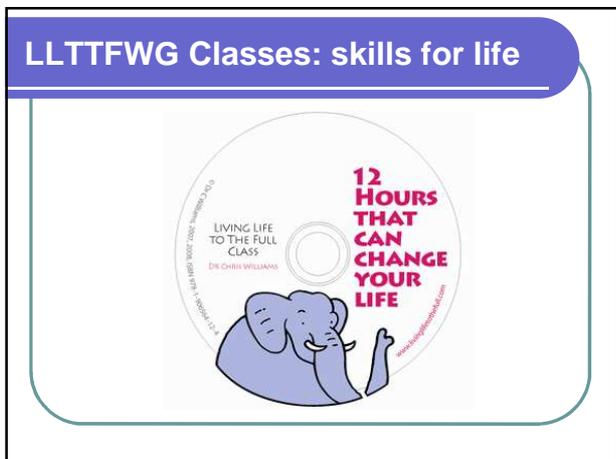
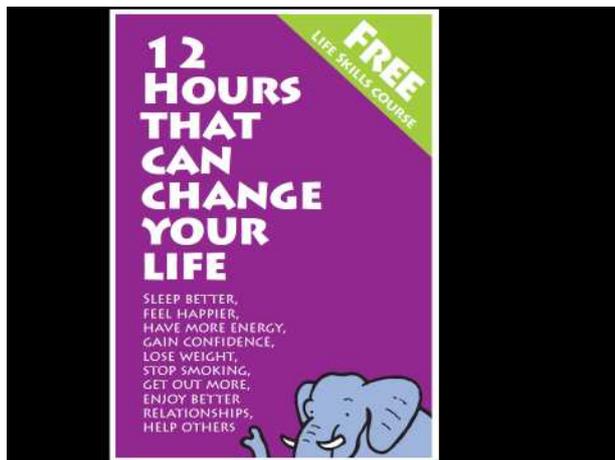
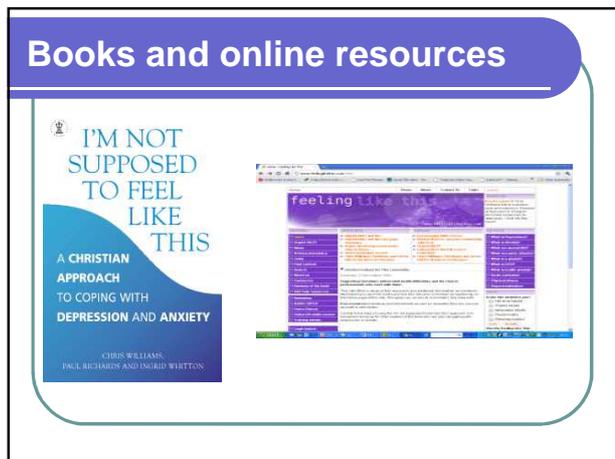
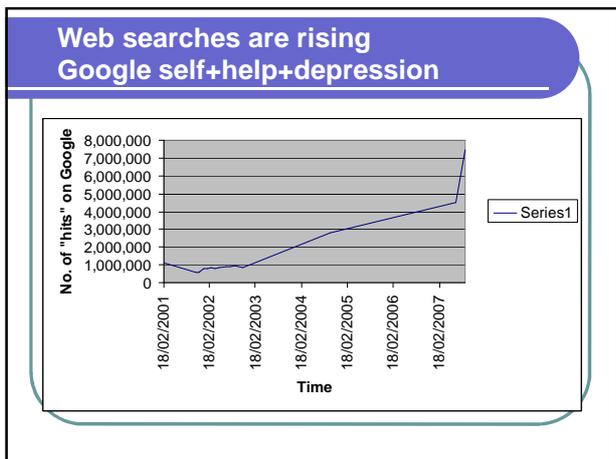
CBT resources for mild to moderate depression

What is CBT?

- How does CBT work?
- Model of understanding
- Working on problems relevant to the person
- **Belief and behaviour**

Challenges of faith and CBT

- People with a faith often have issues where faith and mental health problems overlap
- Faith can be a help ...
 - Or add to problems?
- Support/counselling in other settings e.g. ACC
- Accredited practitioners (www.babcp.com)
- Many people want something helpful, that can work and can be delivered in churches



Course List

- WHY DO I FEEL SO BAD?
- I CAN'T BE BOTHERED DOING ANYTHING
- WHY DOES EVERYTHING ALWAYS GO WRONG?
- I'M NOT GOOD ENOUGH
- HOW TO FIX ALMOST EVERYTHING
- THE THINGS YOU DO THAT MESS YOU UP
- ARE YOU...
- 10 THINGS

Worksheet example

HOW TO FILL IN THIS SHEET

CHOOSE A FEELING WHICH YOU FEEL BAD THROUGHOUT THE DAY AND AT THIS TIME:

- ABOUT YOUR...
- ABOUT YOURSELF...
- ABOUT YOUR...

MY BAD THOUGHTS

E-Books

- WHY DO I FEEL SO BAD?
- I CAN'T BE BOTHERED DOING ANYTHING
- WHY DOES EVERYTHING ALWAYS GO WRONG?
- I'M NOT GOOD ENOUGH
- HOW TO FIX ALMOST EVERYTHING

Example E Book

I FEEL TIRED ALL THE TIME

I DON'T EVEN LISTEN TO MUSIC MUCH ANY MORE

I DO WHAT I HAVE TO DO AND NO MORE

I do things for everyone else but there's never any time for me

Know what? You're in a vicious circle

Wide range of topics

- I feel so bad I can't go on
- Fix your drinking problem in 7 days
- Reclaim your life
- Live longer: here's a heart attack

The Worry Box

- The Worry Box - Book 1 - The Worry Box
- The Worry Box - Book 2 - Face It
- The Worry Box - Book 3 - Fix It
- The Worry Box - Book 4 - Forget It

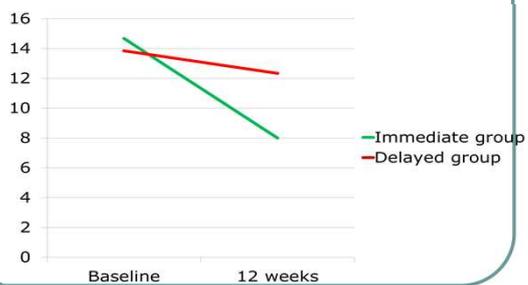
Being added shortly

- Changes to text/audio
- Automated email supports
- TV versions
- Online discussions
- Option of telephone support in the future?

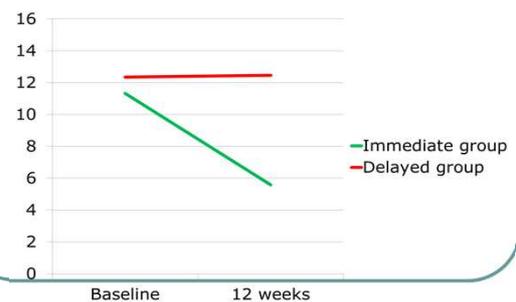
LLTTFWG Classes: skills for life



Depression results



Anxiety results (GAD-7)



Any questions?

- Classes/books www.fiveareas.com
- Log in to Mind and Soul to access
- Keep looking...