



# ***Cultural & Linguistic Adaptations Using CBT Groups for Treating Depression***

Tara Nesbitt & Lois Wood

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# Overview: CBT & the WBP

- Historical Beginnings of CBT & the WBP
- Using CBT with WBP Clients
- Current WBP CBT Groups
- Challenges & Limitations
- Modifications
- Successes & Optimization
- Open Discussion

# Historical Beginnings of CBT & the WBP

- Life Skills Groups - IDHHC on Vancouver Island (1998)
- Diana Kane Report; *Looking Forward* (2006)
- WBP Staff Retreat (2010)
- First WBP CBT Group (2011)

# Using CBT with WBP Clients

- Cognitive-Behavioural Therapy (CBT): Evidence Based Approach for Treating Depression.
- Using CBT with Deaf, Hard of Hearing, & Deaf-Blind participants at the WBP.

Challenges / Limitations → Modifications  
→ Successes / Optimization

# Current WBP CBT Groups

- All Deaf and/or hard of hearing; some ASL, some oral
- All have presented symptoms of depression and/or symptoms indicative of depression
- All have completed the Beck Depression Inventory-II (BDI-II) – *at orientation/pre-treatment, mid-treatment, and post treatment*

# Current WBP CBT Groups

- Weekly group sessions; Fridays 1-2:30pm
- ASL-English interpreters are provided and present.
- Currently led by Tara Nesbitt, Lois Wood, and Dr. Kyle Burns
- Only offered in Lower Mainland but looking at options for Province wide access.

# Current WBP Group Outline

- **Orientation and Mindfulness** **2 weeks**
- *Introductions and Group Orientation*
- *Basic principles and practice of mindfulness*
  
- 1. Thoughts** **4 weeks**
- The Cognitive Model of Depression
- Challenging and changing problematic thinking patterns
- Finding joy and meaning
  
- **Orientation and Mindfulness** **2 weeks**
- *Introductions and Group Orientation*
- *Basic principles and practice of mindfulness*
  
- 2. Activation** **4 weeks**
- Depression and deactivation
- Setting goals that are attainable
- Using learning principles to achieve behavior change

# Current WBP CBT Outline

- **Orientation and Mindfulness** **2 weeks**
  - *Introductions and Group Orientation*
  - *Basic principles and practice of mindfulness*
- 3. **Relationships** **4 weeks**
  - Attachment and the interpersonal roots of depression
  - Increasing and improving social connections
  - Assertive communication
  - Grief and Loss
- **Orientation and Mindfulness** **2 weeks**
  - *Introductions and Group Orientation*
  - *Basic principles and practice of mindfulness*
- 4. **Emotions** **4 weeks**
  - Understanding emotions
  - Primary and secondary emotions
  - Changing emotions



# Challenges & Limitations

- Challenges of maintaining Evidence Based Integrity while being Culturally & Linguistically Sensitive.
- Wide range of functioning
- BDI-II not English-ASL friendly
- Depression scores / issues vary
- Confidentiality / Privacy

# Modifications

- Prepare powerpoint presentations and homework handouts/ Hand out binders
- Use visuals, i.e. SMART board
- Repeat and summarize information as needed
- Offer individual counselling/ support (1-1) as needed
- Outreach, i.e. not only limited to Vancouver

# Modifications

- Allow flexibility
- Encourage group interaction and participation
- Cultural Specific dysfunctional beliefs:  
i.e. Audism or “I can’t” / Oppression or Normal Life Challenges
- Provide full communication access

# Successes & Optimization

- Mindfulness at the beginning of each group session
- Use of SMART board
- Participation and homework
- Greater empathy
- Application of skills learned

# Open Discussion

- Do you practice CBT in groups with deaf and/or hard of hearing adults? What are your challenges? Successes?
- What are your experiences with using the BDI-II with a range of deaf and/or hard of hearing adults with various cognitive, linguistic, and/or mental health issues?

# Thank you

- [Tara.Nesbitt@vch.ca](mailto:Tara.Nesbitt@vch.ca)
- [Lois.Wood@vch.ca](mailto:Lois.Wood@vch.ca)

# Resources & Links

- **The Well-Being Program (WBP):**  
<https://vch.eduhealth.ca/PDFs/GN/GN.905.D278.pdf>
- **Psychotherapy with Deaf Clients from Diverse Groups:**  
<http://gupress.gallaudet.edu/bookpage/PDC2bookpage.html>
- **Cognitive Therapy:**  
Judith Beck (2011) Cognitive Behavior Therapy: Basics and Beyond (2nd edition). New York: Guilford
- **Behavior Activation:**  
Dan Blisker and Randy Patterson: Antidepressant Skills Workbook.  
<http://www.comh.ca/publications/resources/asw/SCDPAntidepressantSkills.pdf>
- **Mindfulness:**  
[Zindel V. Segal, J. Mark G. Williams and John D. Teasdale. Mindfulness-Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse \(Nov 14, 2001\)](#)
- **Interpersonal Therapy:**  
[John C Markowitz](#) and [Myrna M Weissman](#). Interpersonal Psychotherapy: Principles and Applications. World Psychiatry. 2004 October; 3(3): 136–139.
- **Emotions:**  
Marsha M. Linehan. Skills Training Manual for Treating Borderline Personality Disorder.

# Ethical Dilemma

- Client profoundly Deaf since birth
- Communicates using ASL
- Fed up with Deaf community & wants to be a part of hearing community
- Considering getting a cochlear implant
- Is this a cognitive distortion that needs challenging or a valid potential action?