



Gerard McErlane

Senior Cognitive Behavioural Psychotherapist

#TOXIC16

In collaboration with and supported by



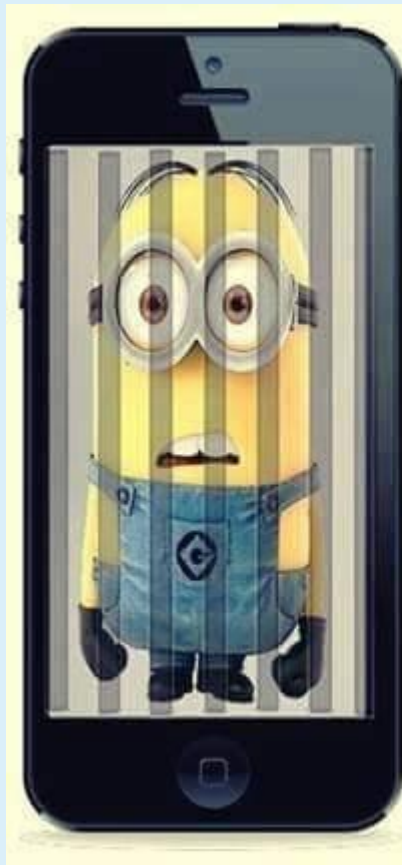
CBT MODEL AS A CATALYST FOR CHANGE

**GERARD MCERLANE
SENIOR COGNITIVE BEHAVIOURAL
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OPERANT CONDITIONING

-if a particular behaviour was consistently followed by a reward the behaviour was more likely to occur again. This phenomenon became known as the “Law of Effect” which states that behaviour which is followed by satisfying consequences will tend to be repeated and behaviour which is followed by unpleasant consequences will occur less frequently.

(Hawton et al 1996)

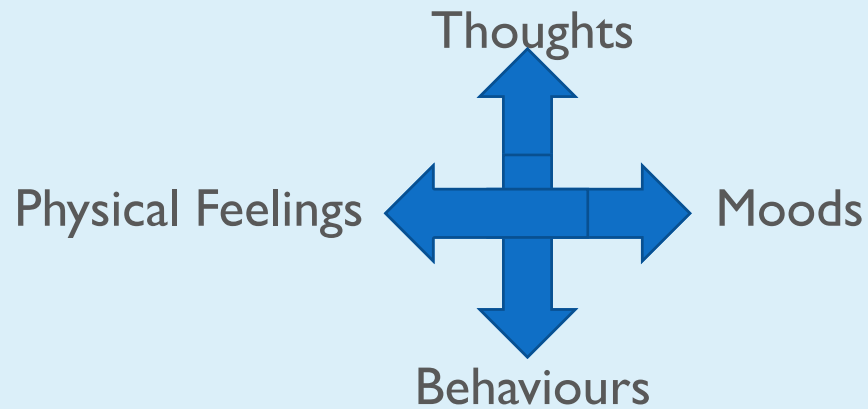


I finally realized it that people are prisoners of their phones that's why it's called cell phones.

CBT MODEL

QUID EST PROBLEMA

Environment (Triggers)



CONCEPTUALISATION

Why this person?

Why now?

What keeps the problem going?

FUNCTIONAL ANALYSIS

Intended

∨

Unintended consequences

(What is the motivation for doing what we do?)

WHAT DO YOU KNOW ABOUT.....

StReSs

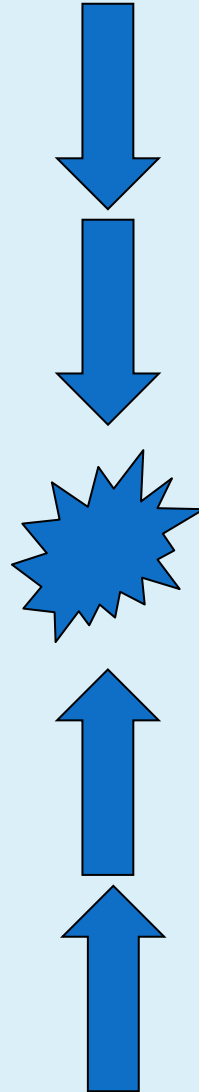


SIMPLE REFLECTIVE MODEL

- What works?
- What doesn't work?
- What keeps the problem going?

(In the context of no blame and no judgement!)

PROCESS OF CHANGE

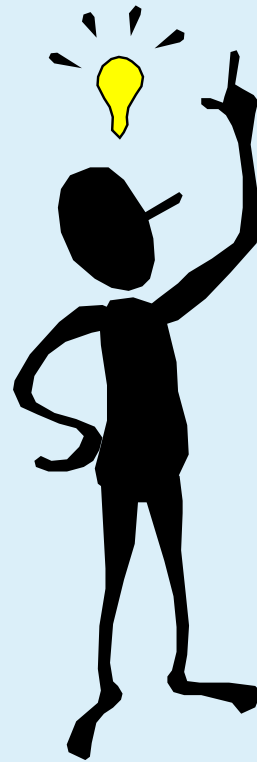


READINESS FOR CHANGE

- Who's responsibility?
- What strategies to employ?
- Challenges?
- Where's the balance?



LIGHT ON – LIGHT OFF?



A FACEBOOK REFLECTION

It's almost midnight on a Sunday night.

A new week is about to start. I know I have to be up at "stupid o'clock."

Yet, I continue to scroll through Facebook, reading useless stuff about people I don't even say hello to on the street!

What a numpty!

(Text edited in the interests of decency!)

SERIOUSLY.....

*Mind your
own business*

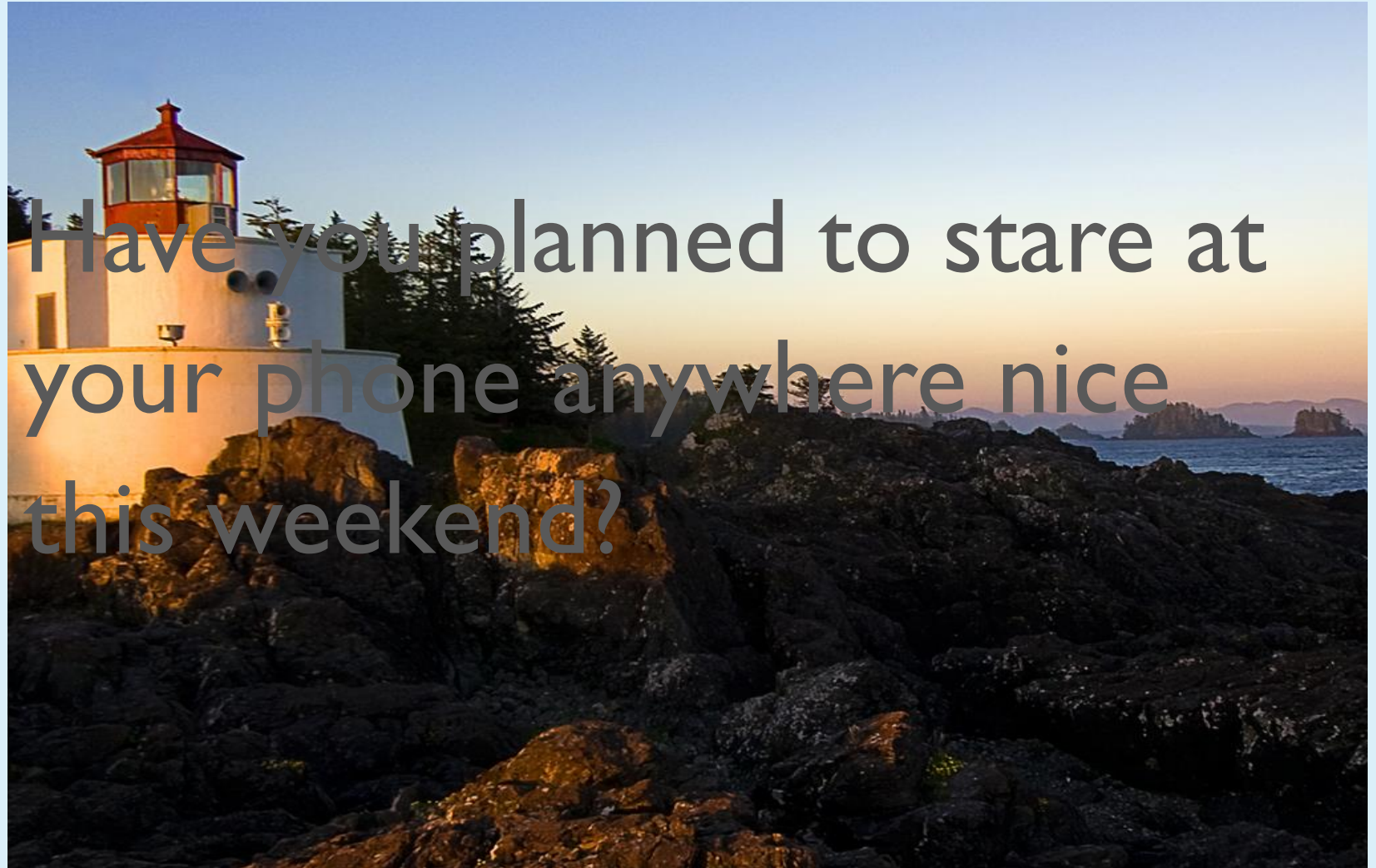


THE FUTURE

ONE DAY YOUTUBE,
TWITTER AND
FACEBOOK WILL JOIN
TOGETHER AND
BE CALLED...



THOUGHT FOR THE DAY



Have you planned to stare at your phone anywhere nice this weekend?

IF AT FIRST WE DON'T SUCCEED


Difficile est tenere quae acceperis
nisi exerceas nos –

It is difficult to retain what we have
learned unless we should practice

HOW WAS IT FOR YOU

Thank you for your undivided attention.

It's good to talk.....and listen!



**TOXIC
CHILD
HOOD**

CONFERENCE
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In collaboration with and supported by

CiNI
Children in Northern Ireland

CYPSP
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 **Armagh City
Banbridge
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