

## Using the ‘Situational Analysis’ Tool Borrowed From CBASP in the Pursuit of ‘Chosen Values’ in a Range of Psychiatric Conditions`

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### Short Communication

#### Abstract

The ‘Situational Analysis’ tool (SA) is part of Cognitive Behavioural Analysis System of Psychotherapy (CBASP). CBASP was developed by Dr James McCullough specifically for the treatment of chronic depression. The concept here is to capture a ‘slice in time’ and work towards examining and changing thoughts and behaviour in the service of achieving a ‘Desired Outcome’, which is also an integral part of orienting the client towards values based behaviour in Acceptance and Commitment Therapy. Whilst the SA was developed for chronic depression, it is unsurprisingly effective in many psychiatric disorders as ‘psychological overwhelm’ and suffering, as a result of being triggered by past traumatic experiences is, as the Buddha said, is a ‘feature of the human condition’, and therefore only to be expected. When we are ‘triggered’ we tend to lose contact with the present moment. The SA succinctly and eloquently captures a frame in time so that both the therapist and client are able to remain grounded in a specific situation that is the cause of distress to the client. It facilitates being ‘present’ in the moment so as to engage with thoughts and behaviours that lead to the ‘Desired Outcome (DO)’ as opposed to the familiar but distressing ‘Actual Outcome-(AO)’ that perpetuates suffering. Noting the gap and building on what is required to achieve the DO allows the person to find and remain on the path of their ‘Chosen Values’. The tool also serves to impart agency to the client which strengthen their belief in their capacity to effect change and therefore also engenders hope. Conclusion: This workshop will teach participants how to use this tool which directly engages the client in the process of change and helps provide a meaningful and ‘value based’ aim: that of discovering and/or building on working towards chosen goals ‘in the moment’, ultimately also leading to achieving these also more effectively in the future.

#### Biography

Deepa Tilak is a Consultant Psychiatrist in Psychotherapy working in the NHS (Scotland). She is a passionately committed as a therapist, searching for and developing meaningful tools in the increasingly crowded array of emerging evidence based therapies, to enable her to empower service users. She is skilled in a variety of ‘third wave therapies’ including ACT, CBASP and newer Psychological Trauma Therapies, with her core model being CBT. She has been a trainer and supervisor for over 20 years and remains fresh in her approach to examine features common to all psychiatric disorders, so as to find tools that work at the ‘heart’ of these conditions. This work has arisen from her work in the CBASP and ACT models of psychotherapy. Psychological Trauma Therapies, with her core model being CBT. She has been a trainer and supervisor for over 20 years and remains fresh in her approach to examine features common to all psychiatric disorders, so as to find tools that work at the ‘heart’ of these conditions. This workshop has been developed from her work using and teaching CBASP and ACT models of psychotherapy, concentrated on the growing adolescent population within the Middle Tennessee area and surrounding counties, which has led to service through community events, and partnerships with various organizations. He has also provided trainings for many audiences, on the topics of sexual violence prevention, alcohol and drug abuse trends, anxiety relief, deep-breathing techniques, and Adverse Childhood Experiences.

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