



5 Stages of Emotional Adjustment
Is this your client? “Debbie Denial”
How can “ostrich policy” help?

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5 Stages of Emotional Adjustment
C. BARGAINING
Bargaining is when a person makes a desperate plea (usually to a higher power or to a healthcare professional) how they will change their life, in exchange for taking away the diabetes.

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5 Stages of Emotional Adjustment
B. ANGER
Anger is the direct result of a person’s thoughts, not of the event.

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5 Stages of Emotional Adjustment
Is this your client? “Barry Bargainer”
Makes a deal to be “good” from now on.

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5 Stages of Emotional Adjustment
Is this your client? “Angie Anger”
Asks “Why me?” and thinks “This is so unfair!”

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5 Stages of Emotional Adjustment
D. DEPRESSION/DIABETES DISTRESS
Clinical depression is defined by symptoms that have lasted more than 2 weeks. IF the depression is *unrelated* to diabetes, the person should consider seeking professional treatment with a licensed clinical psychologist or clinical social worker.

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D. DEPRESSION/DIABETES DISTRESS

Diabetes distress arises from living with the emotional burden of diabetes self-management and blood glucose control.

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My story of diabetes acceptance

Living successfully for 41 years with type 1 diabetes.

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Is this your client? "Dee Dee Depression"

She cries at the mere mention of the word "diabetes".
She feels hopeless that she will ever be able to manage her diabetes.

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II. The A-B-C's of Cognitive Behavior Therapy (CBT)

The basic idea of CBT is that the way a person thinks about an event is directly related to how a person feels about the event. If the thoughts are negative, the feelings will be negative. If the thoughts are positive, then the feelings will be positive.

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5 Stages of Emotional Adjustment

E. ACCEPTANCE

Acceptance is our goal. Helping people with diabetes to accept their diagnosis of diabetes and make lifestyle choices that keep them healthy and happy.

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The A-B-C's of CBT

A. ANTECEDENTS

An antecedent is the event which is not within a person's control – such as having diabetes.

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The A-B-C's of CBT

B. BELIEFS

- 1- Irrational (unreasonable) thinking
- 2- Rational (reasonable) thinking

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III. Spiritual Approach

Note: A Belief in God is not a requirement to adopt the message of empowerment.

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The A-B-C's of CBT

C. CONSEQUENCE

- 1- Negative feelings
- 2- Positive feelings

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Spiritual approach

A. Serenity Prayer

God, grant me the serenity
To accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.
Amen.

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The A-B-C's of CBT

Revisit your clients:

- “Debbie Denial” – an example of “Minimization”
- “Angie Anger” – an example of “Should” statements
- “Barry Bargainer” – an example of “The Fortune-Teller Error”
- “Dee Dee Depression” – an example of “All-or-nothing Thinking”

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Spiritual Approach

B. “Four-pronged” approach to diabetes care

- 1- Medication
- 2- Diet
- 3- Exercise
- 4- Spirituality

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Spiritual approach
C. Closing thoughts
Selected quotes about acceptance and attitude:

- "The primary cause of unhappiness is never the situation but your thoughts about it." - Eckhart Tolle
- "Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think." - Dale Carnegie

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Spiritual approach
Selected quotes about acceptance and attitude:

- "A bad attitude is like a flat tire - you don't get anywhere until you change it." – Anonymous
- "There is nothing good or bad, but thinking makes it so." - William Shakespeare

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Spiritual approach
Selected quotes about acceptance and attitude:

- "When you change the way you look at things, the things you look at change." - Max Planck
- "Choosing to be positive and having a grateful attitude is going to determine how you're going to live your life." - Joel Osteen

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Spiritual approach
Selected quotes about acceptance and attitude:

- "If you change yourself you will change the world. If you change how you think then you will change how you feel and what actions you take. And so the world around you will change. Not only because you are now viewing your environment through new lenses of thoughts and emotions but also because the change within can allow you to take action in ways you wouldn't have – or maybe even have thought about – while stuck in your old thought patterns." - Mahatma Gandhi

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Spiritual approach
Selected quotes about acceptance and attitude:

- "If you don't like something, change it. If you can't change it, change your attitude." - Maya Angelou
- "Change your thoughts and you change your world." - Norman Vincent Peale

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Helping Clients Achieve Acceptance with CBT and a Spiritual Approach
Thank you!
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