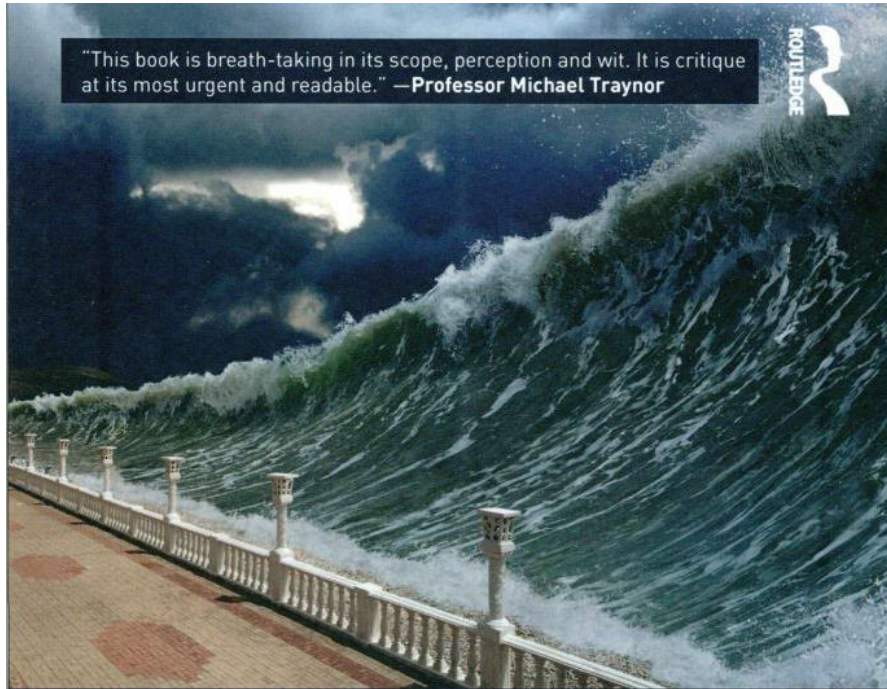


"This book is breath-taking in its scope, perception and wit. It is critique at its most urgent and readable." —**Professor Michael Traynor**

ROUTLEDGE



CBT: THE COGNITIVE BEHAVIOURAL TSUNAMI

MANAGERIALISM, POLITICS AND THE CORRUPTIONS OF SCIENCE

FARHAD DALAL

On the website of the Royal College of Psychiatrists...

CBT has been shown to help with many different types of problems. These include: anxiety, depression, panic, phobias (including agoraphobia and social phobia), stress, bulimia, obsessive compulsive disorder, post-traumatic stress disorder, bipolar disorder and psychosis. CBT may also help if you have difficulties with anger, a low opinion of yourself or physical health problems, like pain or fatigue.

<http://www.rcpsych.ac.uk/expertadvice/treatments/cbt.aspx>



The Tsunami Begins...

Seligman – Learned Helplessness
(= depression)

Layard – economist, unemployment,
utilitarian happiness agenda

Clarke – clinical psychologist



Layard 'Happiness' 2005, p.9

‘for some people it seems impossible to be positive without some physical help. Until fifty years ago there was no effective treatment for mental illness’



Kant: Cause vs. Reason

Material world – mechanical –
predictable

– causes

Human world – rational thought –
unpredictable –

– reasons

The bottom of the slide features a decorative graphic consisting of several overlapping geometric shapes. On the left, there is a bright orange triangle pointing towards the center. Adjacent to it is a teal-colored triangle pointing towards the right. The rest of the bottom section is filled with a solid light blue color.

The Vienna Circle – logical positivism & hyper-rationality

Only the countable counts

And that which *happens to be*
countable is MADE TO count

And that which cannot be counted,
is simply discounted.



The Neem Tree

Evidence: 'Scientific' and Anecdotal



Watson - Behaviourism

[readers of my book will] find no discussion of consciousness and no reference to terms such as sensation, perception, attention, will, image and the like. These terms are in good repute but I have found that I can get along without them...I frankly do not know what they mean.

(Watson, 1919, p. xii)



CBT Treatment...

If an event automatically gave rise to an emotion... it would follow that the same event would have to result in the same emotion for anyone who experienced that event . . . [therefore] there must be something else... CBT says that this 'something else' is cognition

- (Westbrook et al., 2008, p. 3)

CBT Treatment...

Event → Cognition → Emotion

Cause and Maintenance

‘if you want to put out a fire then you had better tackle what keeps it going – heat, fuel, oxygen etc. – rather than look for the match that started the fire’ (Westbrook et al. 2008, p. 40).

Command and Control

‘Human beings have largely *conquered* nature, but they have still to *conquer* themselves’ (Layard, 2005, p. 9).

The inner life . . . determine[s] how we react to life . . . So how can we gain control over our inner life?’ (Layard, 2005, p. 184).

Patient Health Questionnaire 9

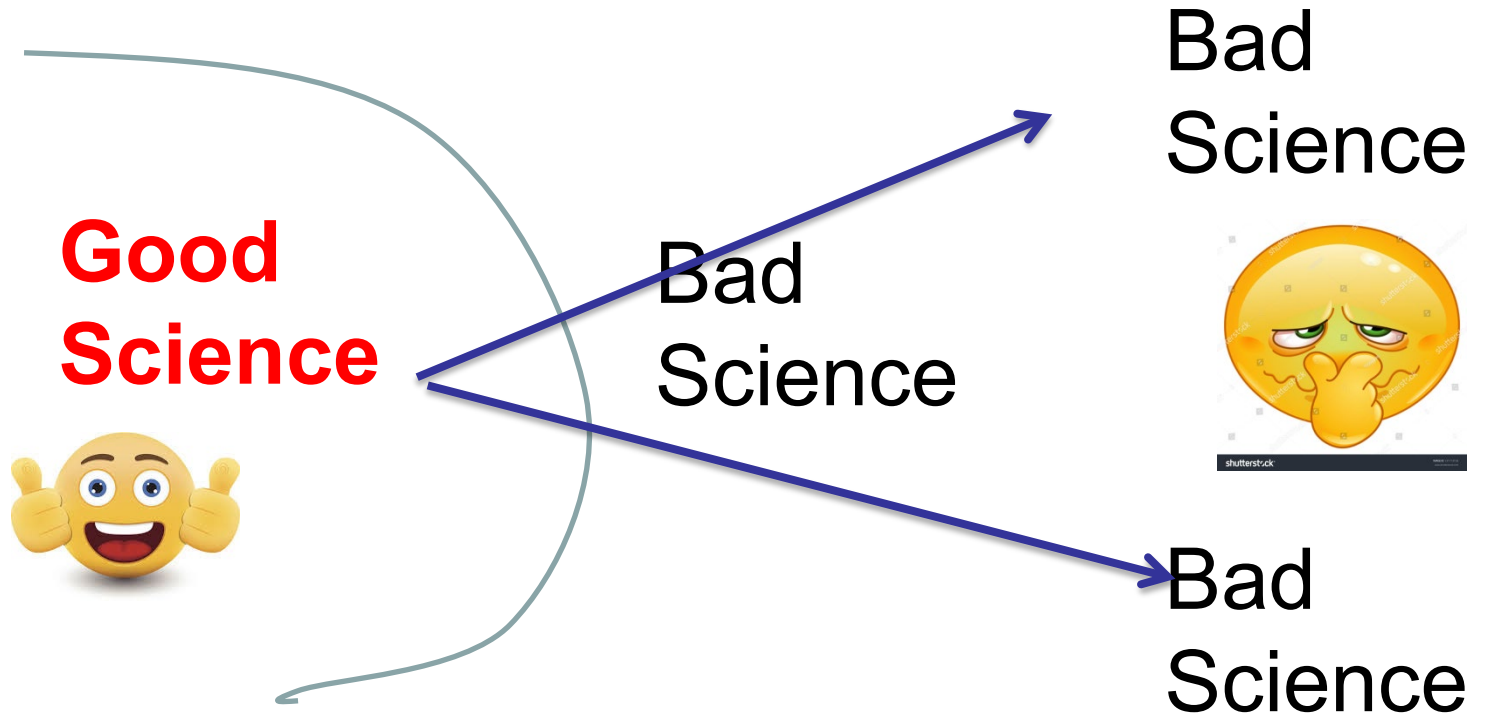
Over the last 2 weeks, how often have you been bothered by any of the following problems?

Not at all (0), several days (1), More than half the days (2), Nearly every day (3).

- Little interest or pleasure in doing things
- Feeling down, depressed, or hopeless
- Trouble falling or staying asleep, or sleeping too much
- Feeling tired or having little energy
- Poor appetite or overeating
- Feeling bad about yourself — or that you are a failure or have let yourself or your family down
- Trouble concentrating on things, such as reading the newspaper or watching television
- Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual
- Thoughts that you would be better off dead or of hurting yourself in some way

When CBT does not work, then..

- 'CBT-Resistant'
- 'Treatment Resistant Depression'.
- Operation successful; patient dead.



CBT Research

- ‘there is no limit to the number of trials that can be conducted in search of these two significant trials’ (Kirsch 2011, p 195).
- All they require are two positive trials to give the green light for public use. The FDA in the US has publicly defended...[this] dubious approval process. Davies, 2014 p.71

My manualized treatment...

ArCoT

Arbitrary Cognitive Therapy

RCD

Repeated Conflict Disorder

1. Investigator Allegiance
2. Something always better than nothing.

All Trials for Antidepressants 1987 to 2004

38 trials
treatment
successful

36 trials treatment
not successful

33/36

22 never
published

37/38 successful
trials published

11/36
published as
success

3/36 negative
trials published

48 Antidepressants work

3 Anti-D don't
work

2012 The Lancet

‘CBT provided in addition to usual care including antidepressant medication is an *effective treatment* that reduces depressive symptoms’.

46 per cent of those who received CBT had improved, reporting *at least a 50 per cent reduction in symptoms of depression*, compared to 22 per cent [in the control group].

How the study *should be* written up

About two out of ten people came to feel somewhat better because of having received CBT; however, although feeling better, they are still depressed, only less depressed.

By the way, *eight out of ten people receiving this treatment will not be helped.*

And that's a scientific fact.

Relative vs Absolute Change

2 tickets doubled chances of winning

Chance of winning increased by 100%

Relative to the starting condition of 1 ticket

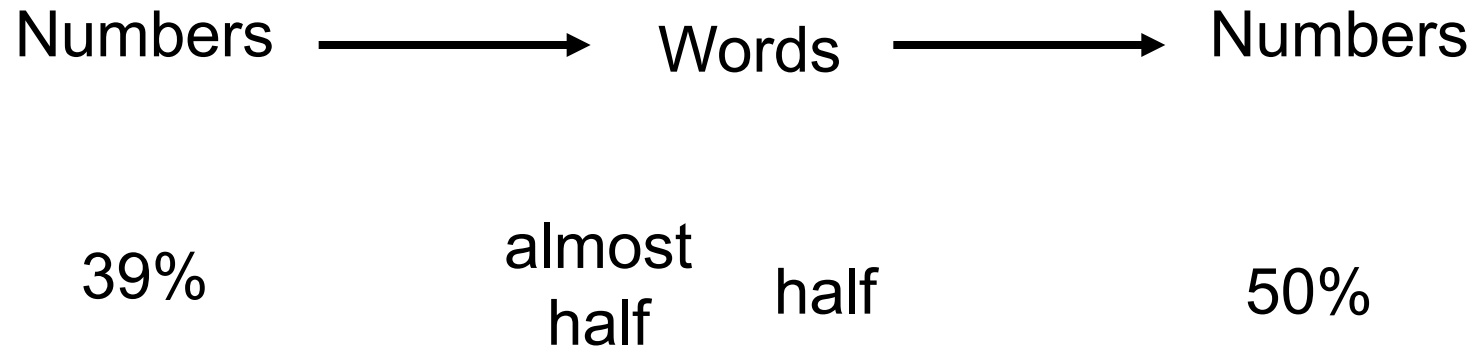
The absolute change....

1 out of 14 million

to

2 out of 14 million

MBCT: The Transmutation Process



Mindfulness Based Cognitive Therapy (MBCT)

The UK *National Institute for Clinical Excellence* (NICE) has recently endorsed MBCT as an effective treatment for **prevention** of relapse... ***The evidence from two randomized clinical trials of MBCT indicates that it reduces rates of relapse by 50% among patients who suffer from recurrent depression.***

MBCT Website

Mindfulness Based Cognitive Therapy (MBCT)

Reversing the finding...

MBCT will be of no help to 7 or 8 out of 10
people suffering from depression

DBT: Dialectical Behaviour Therapy

25 data driven studies all showing that DBT is a very successful treatment...

But

Scheel discovers that all the 25 studies use data from the original study, and that almost all of the 25 papers are written up by members of the original research group.

Sample size in original study is miniscule: 24 in DBT group and 22 in control group

DBT: Dialectical Behaviour Therapy

All positive published outcome findings are from a single study...[and] rest on no more than 24 DBT subjects... all remaining positive findings are based on 13 or fewer DBT subjects, and all process and most follow-up conclusions are based on seven or fewer DBT subjects.

(Scheel)

NICE

National Institute for Clinical and Health
Care Excellence



IAPT

Increasing Access to Psychological
Therapies

IAPT

- In the service in which I work, all assessments are marked as 'assessment and treatment' [which makes it look like more people have been treated than is the case] . . .
- When I discussed this concern with management, I was told that 'NHS England have told us to do it this way' which would indicate either that the service is wilfully lying or the NHS England are actually aware of this and are allowing the data to be manipulated.
(Serioussham, 2016)

IAPT

Completed treatment – 2 sessions

Moving people 'not improving' onto non IAPT lists

IAPT

‘Oh, you’re much better now aren’t you – I’m sure that’s a six. . . .

I think you’ve been doing much better this week, don’t you think that’s a two?’.

(Griffiths et al., 2013, p. 28)

More statistical cooking...

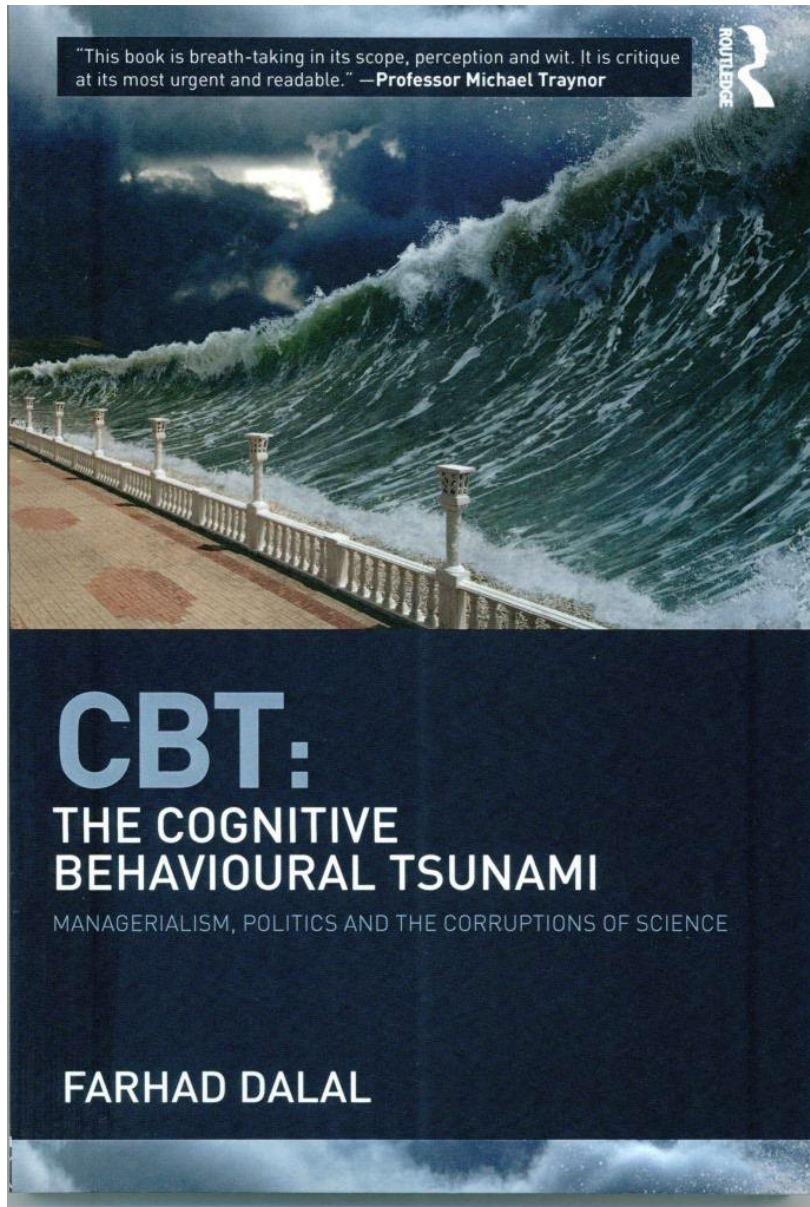
When someone 'relapses' having previously been declared 'recovered' following CBT treatment....

Instead of the reality: 1 person seen twice

Data shows

2 persons seen once

2 successes instead of 1 failure



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