



**Abstract**

## Using the ‘Situational Analysis’ tool borrowed from CBASP in the pursuit of ‘Chosen Values’

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### Abstract

The ‘Situational Analysis’ tool (SA) as part of Cognitive Behavioural Analysis System of Psychotherapy -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 ‘Chosen Values’, 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 which is, as the Buddha said a ‘feature of the human condition’. 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 behaviors that lead to the ‘Desired Outcome- DO’ as opposed to the familiar but distressing ‘Actual Outcome- AO’. Noting the gap and building on what is required to achieve the DO allows the person to find and remain on the path of ‘Chosen Values’. The tool also serves to impart agency to the client which serves to strengthen their belief in their capacity to effect change and builds to a more confident future.

**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 aim i.e. through uncovering or building in, as the case may be of working towards chosen goals in the moment leading to achieving in the longer term ‘chosen values’.



### Biography:

Deepa Tilak is a Consultant Psychiatrist in Psychotherapy working in the NHS (Scotland). She is a passionately committed as a therapist, searching for 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.

### Speaker Publications:

1. Dietary intake of schizophrenic patients in Nithsdale, Scotland: case-control study; *BMJ* 1998;317:784

[2nd World Depression Congress](#), April 27-28, 2020 Istanbul, Turkey

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