

Group Program Outline – CBTm

At the end of the sessions, participants will have reviewed:

Session 1:

- Mindfulness
- Basics of Cognitive Therapy
- Thinking Traps
- Thought Records

Session 2:

- Mindfulness
- Basics of Behaviour Therapy
- Goal-Setting

Session 3:

- Mindfulness
- Principles of Healthy Living
- Goal-Setting

Session 4:

- Mindfulness
- Anger/Assertiveness
- Thought Records
- Problem-Solving

Session 5:

- Mindfulness
- Thought Records
- Coping with Stress