



### ***Referral Criteria***

Individuals diagnosed with a wide range of affective/mood disorders, anxiety disorders, and various long-standing personality problems may be referred for the CBT+ group.

### ***Referral Procedure***

Any physician or allied health professional at the Grey Nuns Community Hospital can refer to the CBT+ group. In addition, referrals from physicians in the community are accepted. Upon receiving the referral, your name will be placed on the waitlist until such time as there is a space in a new group. At this time you will be contacted to schedule a screening appointment. Upon completion of the screening appointment, if it is decided that the CBT+ group will appropriately meet your needs, you will be registered to start the new group.

Groups run approximately two to three times per year (depending on waitlist lengths and availability of co-facilitators). Specific start dates and times will be determined on a group by group basis.

### **Where can you get more information?**

- ask your doctor or nurse
- call the Psychology Department at the Grey Nuns Hospital (780) 735-7575

Notes

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This information was written by the co-facilitators of the CBT+ Group in the Mental Health Program, Covenant Health ©Revised January 2016. Permission is given to photocopy as is. Reorder Form# CV-0493

# **COGNITIVE BEHAVIOURAL THERAPY PLUS GROUP (CBT+)**

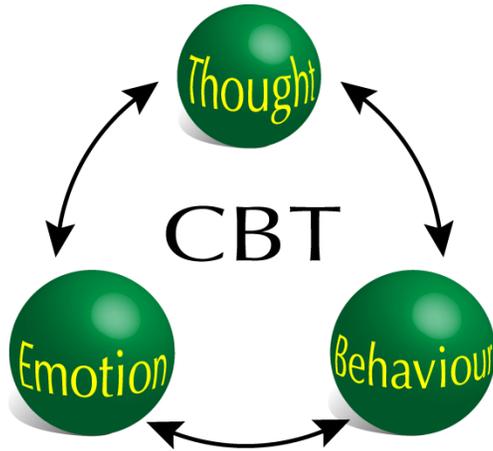
## **Information for Patients and Families**

## **Covenant Health Mental Health Program**

## **Grey Nuns Community Hospital**

## What is CBT+?

Cognitive behavioural therapy (CBT) is an evidence-based treatment for a wide variety of problems, including depression and anxiety. It is based on the premise that thoughts and behaviours affect feelings.



Essentially the idea is that the way a person interprets their experiences determines how they will feel and behave. For example, if a person interprets a situation as dangerous, this might result in anxiety (feeling) and attempts to escape (behavior). Many times the way we interpret an experience is accurate, however there are times when we get it wrong. This can result in behavior or feelings that cause problems for us.

CBT is a structured approach to helping people learn how to examine their thoughts, feelings and behaviors in the light of available evidence. The goal of such analysis is to help people to determine if their thinking is realistic (supported by the evidence) and helpful (is working for them). The outcome is that the individual learns to generate other ways of thinking (and feeling) about this type of situation or points to changes he/she needs to make in the situation itself.

In addition to this traditional CBT approach, CBT+ incorporates skills from another therapeutic approach known as Dialectical Behaviour Therapy (DBT), developed for individuals who have difficulty regulating their emotions.

## What to Expect in CBT+

### Psychoeducation:

1. Understand the nature of depression, anxiety, and other emotion regulation problems.
2. Learn how unhealthy lifestyle factors, such as isolation, lack of sleep and exercise, and lack of pleasant activities, contribute to and perpetuate emotional regulation problems.

### Thought challenging:

1. Learn to be aware of automatic thoughts and develop a nonjudgmental approach
2. Learn the effect that the interpretation of a situation has on your response
3. Learn to be aware of automatic thoughts and recognize thinking errors that contribute to negative emotions
4. Learn to critically evaluate thoughts so, if necessary, they can be replaced with new, more balanced and helpful thoughts

### Activating healthy behaviours:

1. Learn how to recover motivation and energy through goal-setting and building mastery
2. Learn to approach and remain in situations that trigger emotional reactions through the use of skills such as distraction, self-soothing, mindfulness, and other relaxation techniques including visual imagery and progressive relaxation

3. Learn the importance of developing a social network, maintaining social balance, and how to be assertive
4. Learn how to solve problems that can be solved and how to accept difficult but inescapable situations and emotions.

## Commitment to CBT+

This program is most effective when you do the following:

1. Attend each 3 hour group for the 12 week duration
2. Actively listen and participate in group discussion and activities
3. Show respect to other group members to build trust and close relationships among the group
4. Complete homework each week
5. Practice skills that are learned in group outside of group (i.e., several times a week)
6. Continue to apply knowledge and skills from group after the group sessions are over



**Note:** the largest commitment happens outside of group, during your own time. Homework is an essential component of CBT, and as such, makes up the majority of therapy. In addition, it is important to keep in mind that it may take months or longer after the program has finished to fully master these skills, so it is important to keep up your practice even after the group concludes.