



## CBT Group for Anxiety and Depression

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PROVIDING  
EVIDENCE-BASED  
MENTAL HEALTH  
SERVICES IN A  
COST-EFFECTIVE  
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Cognitive Behavioural Group Therapy (CBTG) is an empirically supported treatment that is both structured and collaborative. It is based on a scientific understanding of the relationship between thoughts, emotions, and behaviours. It is a short-term treatment approach that helps people identify unhelpful patterns of thinking and behaving.

The mood and anxiety group consists of five different modules, with each focusing on a different CBT skill. Each module consists of three sessions and lasts three hours in length. In order to participate in the program, participants need to commit to one module consisting of three weekly group therapy sessions.

### Outline of Sessions:

- **Identifying Thoughts And Emotions**
  - Understanding and labeling thoughts and emotions
- **Behavioural Activation**
  - Putting behavioural goals in place
- **Challenging Unhelpful Thoughts**
  - Practice challenging unhelpful thinking patterns.
- **Facing Feared Objects, Events and Places**
  - Reducing anxiety through exposure exercises
- **Enhancing Problem Solving and Planning Skills**
  - Problem solving training and action plans

### Contact Information

For more information, please contact Lisa at [info@ottawacbt.ca](mailto:info@ottawacbt.ca) or 613.820.9931, ext. 0.

She will be able to provide you with details regarding this service.

### Dates

This program is scheduled to start on Thursdays in the beginning of March 2017 and runs from 5:00 to 8:00pm. Visit our website at [www.ottawacbt.ca](http://www.ottawacbt.ca) for further information about our group program and staff.

### Cost

The cost of each 3-hour group session is \$75. Group participants are asked to commit to one module of treatment consisting of three sessions.

### Insurance coverage

This type of service is usually covered for individuals with extended health care benefits; however, we recommend that you follow-up with your insurance company to confirm this.

*Increasing Access to Services in the Community*

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