



## **Core Beliefs Group**

The Core Beliefs Group focuses on identifying and challenging core beliefs that can be related to problems with depression, anxiety, interpersonal situations, trauma (to name a few) and which may impact one's self-view/concept. Core Beliefs (or "Schemas") are deeply ingrained modes of thinking that are the essence of how we see ourselves, others, the world, and our future; often in ways that are unknown to us. The goal of schema therapy is to help individuals learn how to heal schemas by diminishing the intensity of emotional memories comprising the core beliefs, and by changing the cognitive and behavioural patterns connected to these. The group incorporates emotion-focused, cognitive, and behavioral strategies in order to allow individuals to meet their core needs using healthy and adaptive coping strategies. Please review the Core Beliefs Fact sheet for further details on this group.

### **Aims of the Group**

- Identifying core beliefs and related developmental origins
- Examining the role of core beliefs in everyday interactions, health, and well-being (including how these are "activated/triggered").
- Learning to challenge core beliefs through cognitive exercises
- Identifying alternate behavioural responses to core beliefs
- Practice making behavioral challenges and utilizing adaptive coping strategies in day-to-day life as core beliefs are activated

### **What is the Format of the Group?**

- 12 sessions that last 2 hours in length (first and last session are 3 hrs).
- To participate and benefit from the program, participants need to commit to attending all sessions

### **What days/times are available for this service?**

For more information on day/time of services please visit our OICBT homepage or use this link:  
<https://www.ottawacbt.ca/groups-schedule-and-fees>

### **Who will the Core Beliefs Group be helpful for?**

Individuals who have received foundational skills for CBT (e.g., a course of treatment for anxiety, depression, trauma, etc.) and who are ready for the next stage of CBT therapy focused on understanding

and changing deeply ingrained modes of behavioural, thinking, and interpersonal/relational patterns (including the relationship with oneself).

### **Is there anyone for whom the Core Beliefs Group is not recommended?**

This service is not appropriate for individuals who have not received CBT or empirically/research-based treatment for a primary presenting issue that continues to significantly impact daily functioning (e.g., depression, anxiety, OCD, trauma, substance use disorder, significant interpersonal/relational difficulties, emotion dysregulation, and/or personality disorders, etc). A good understanding of the CBT model and skills is first required, including a degree of symptom management in order to benefit from this group and its application of strategies into everyday life.

### **Why Group Therapy?**

Concerns about privacy and/or treatment effectiveness can deter individuals from participating in group therapy. Clients are often relieved to know that group participants are not expected to share detailed personal information. Furthermore, much of what differentiates group from individual therapy is shown by research to have added benefits unique to this format. For example, group therapy:

- is more affordable/cost effective than individual therapy
- offers opportunities to learn from peers with shared experiences
- supports an increased sense of community, connection, and belonging.
- provides opportunity to learn from others (increasing self-awareness and insight)
- provides a structured and supportive environment for practicing CBT skills
- Allows opportunities to give support (which can improve self-confidence, self-esteem)

### **Individual therapy + Group?**

It is highly recommended to implement the combination of Individual therapy + Group as this can lead to expedited (faster) progress and more affordable services by the combination of a) group therapy aimed at learning and implementing structured therapy strategies and b) individual therapy aimed at tailoring strategies to your unique needs and circumstances.

### **How will my involvement in this service connect to other OICBT services (if applicable)?**

Involvements in programs/services can occur in parallel (e.g., being involved in two programs/services simultaneously) or sequentially (one after the other) based on a careful assessment of clinical needs and what will allow an individual to best gain from therapy services. The OICBT uses a stepped care model to assess i) type of service needed, ii) intensity level of services, and iii) sequencing of services (if applicable). All OICBT services/programs are interconnected so that one can be triaged across programs/services in a way that allows continuity of care and flow throughout (Services: Assessment, Bridging Program, Group therapy (Anxiety/Depression Group, Core Beliefs Group, ADHD Group (module 1 and 2), Individual Therapy, DBT Program, Intensive Treatment Program). The OICBT uses standardized treatment/transfer planning documents that will be shared with your subsequent treatment teams/therapist (if applicable) that summarizes your case conceptualization, uniquely tailored therapy

strategies implemented; goal and progress attainment, obstacles encountered or ongoing, and remaining goals and suggested strategies.

### **What is the process & how long does it take?**

We have provided an infographic (end of document) that provides a depiction of the steps in our program. Wait times can vary depending on the next start date (new groups begin every 12 weeks). You will be advised of the current wait-time at the earliest possible juncture.

Please note that all clients must complete a general intake session prior to enrolling in the program to assure suitability. For direct booking of an intake please go to [www.ottawacbt.ca](http://www.ottawacbt.ca), (section new clients and click on the “Book Now Intake Session Adults/Seniors”).

### **What is the Fee for Services?**

**Please note:** As part of standard clinical practice, rates for services increase regularly (typically, yearly) by approximately \$5 to \$15 per clinical contact hour; however, the increase can vary by program. Please visit <https://www.ottawacbt.ca/current-fees> for a list of current rates for services as well as for any upcoming rate changes (these are published when available, typically 3 months in advance of any rate change). For new clients, the costs of services will be determined by the anticipated or scheduled start date of services, as opposed to when a client is placed on a waitlist.

### **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.

### **Who should I contact if I wish to discuss this service?**

To make an appointment, or to get more information about this service, including the fees, please go to [www.ottawacbt.ca](http://www.ottawacbt.ca), and click on the “Book Now – Free Information Call Adults/Seniors”. If you have any other questions, you can contact us by phone (613-820-9931 x:0) or by email at [info@oicbt.ca](mailto:info@oicbt.ca)

# OICBT CORE BELIEFS GROUP

## GETTING STARTED

Go to [www.ottawacbt.ca](http://www.ottawacbt.ca) to book an information session with one of our administrative staff.



## INFORMATION SESSION

Our administrative staff will collect basic information from you and if appropriate, refer for an intake assessment.

## INTAKE ASSESSMENT

One of our front-line clinicians will conduct a comprehensive intake assessment with you

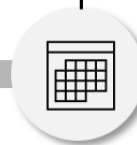


## WAITLIST

After the intake you will be placed on the waitlist.

## APPOINTMENT BOOKED

When an opening is available, our admin staff will schedule your first appointment



## PAYMENT

Payment for the first session is collected on the Monday of the week of the first session and a receipt issued thereafter. Payment is collected weekly & receipts are issued once attendance has been confirmed.

## QUESTIONS?

Contact us by phone (613-820-9931 x 0) or by email at [info@oicbt.ca](mailto:info@oicbt.ca)



## PROCESS COMPLETE!

Following the group, you may be provided with additional treatment recommendations to continue your treatment.

## GROUP ENDS

After 12 weeks, the group is finished.



## GROUP BEGINS

The Core-Belief Group begins at the designated time and runs for 12 weeks. Sessions are 2hrs in length; however, the first and last sessions are 3hrs in length..

