



Emotions, Acceptance & Art of Coping Group

Our *Emotions, Acceptance & the Art of Coping* group is a 16-session program designed to help clients build on their understanding of core cognitive behavioural therapy (CBT) and acceptance & commitment therapy (ACT) principles, as well as develop emotion regulation skills that are critical to effectively using the tools gained in therapy.

Aims of the Group

Major themes explored within the group include a review of the CBT model, the central role of willingness & acceptance in facilitating behavioural change aligned with our values, appropriately matching our coping to the circumstances of our lives, the impact of behaviour on our mood and anxiety, and finally, core principles of exposure therapy, emotional awareness, letting go of emotional suffering, opposite action to unpleasant emotions, distress tolerance, and tolerating uncertainty with compassionate action. Sessions occur in 50-minute weekly sessions with weekly homework.

Session Breakdown:

- What is Resiliency?
- Personal Power Grid (Emotion-focused vs. problem focused coping)
- Pain vs. Suffering
- Willingness and Action Plan
- Cognitive Model/Restructuring
- Emotional Awareness
- Values and Tolerating Discomfort
- Values Assessment
- Emotion Regulation
- Distress Tolerance
- Interpersonal effectiveness
- Positive vs. Negative Reinforcement (TRAP/TRAC)
- Exposure Therapy (& helpful/unhelpful contributions to learning)
- Finding opportunities in Uncertainty (trading fantasies for reality)
- Attachment Theory
- Self-Compassion

What is the Format of the Group?

- 16 sessions that last 50 minutes in length
- 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 Group be helpful for?

The group is well-suited to clients that would like to integrate Acceptance and Commitment principles and Emotional Resiliency Skills within their therapy process. This can include individuals who would benefit from preparatory work prior to engaging in other services - the group includes motivational components and the foundational integration of some of the most researched CBT strategies available. Additionally, the group is helpful for clients that want and/or are receiving foundational skills for CBT (e.g., a course of treatment for anxiety, depression, trauma, etc.). Additionally, this group is well suited to clients who are ready for additional tools focused on further understanding and changing deeply ingrained modes of relating to their emotions, behaviours, thoughts, and interpersonal patterns.

Is there anyone for whom the Emotions, Acceptance, and Art of Coping Group is not recommended?

This group is transdiagnostic (meaning, this includes strategies and learnings helpful for varied diagnoses, symptoms, and client experiences, including but not limited to Depression, Anxiety, OCD, Health Anxiety, Substance Misuse, Trauma, Interpersonal challenges, etc). If a client has a specific presentation of ADHD or Borderline Personality Disorder, we first recommended our Group therapy programs targeting these presenting issues (i.e., The ADHD Group; The Dialectical Behavioural Therapy Program).

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, (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, 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