

# What We Offer

The CBT Skills Group Program is proud to offer different groups that explore a variety of concepts and skills to support patients to self-manage their mental health. These groups introduce the foundational concepts of Cognitive Behavioural Therapy (CBT), weaving in aspects of mindfulness, emotion regulation and Acceptance and Commitment. Specific CBT Skills Foundations groups are designated for defined populations, in addition to the general groups: Women only & New parents

## CBT Skills Building Blocks groups

Once the CBT Skills Foundations group is completed folks qualify for CBT Skills Building Blocks groups that further explore skills and concepts learned in the Foundations.

- **Introduction to Mindfulness**
- **Mindfulness-based Cognitive Therapy**
- **CBT Skills for Insomnia**
- **Avoidance: Procrastination & Perfectionism**
- **Values**
- **Self-compassion**

## New Group Offerings

### Raising Resilient Kids Group

For caregivers with kids 0-6 years old to learn skills to prepare and support you in raising a secure, resilient child based on the best evidence from child development, mindfulness, attachment, and reflective parenting.

### ADHD Skills for Success

ADHD Skills for Success group is for adults (19-70 years old) with a past or current diagnosis of ADHD. In this group, we use evidence-based strategies to help set realistic goals, prioritize, manage time, and reduce distractions. Participants will use the group to develop consistent habits and will learn skills to cope with feeling overwhelmed.

## How to Refer to the Program

- STEP 1** Determine if your patient is a good fit for the program by using our **inclusion and exclusion criteria** below.
- STEP 2** Ask your patient about their comfort with participating in an online classroom-like group and inform them there is a \$65 initial deposit, which is returned if they attend at least 7 of the 8 groups. If your patient is interested, have them fill out the **PHQ9 form**.
- STEP 3** If your patient scores 18 or lower on the PHQ9 and is not suicidal, then fill out the **one referral form** for all programs (CBT Skills, Raising Resilient Kids, mindfulness, booster groups & pilot projects). When submitting the referral form please ensure you have filled out all portions of the form or it cannot be accepted and will be returned to you.
- STEP 4** Fax the referral form out to 778-265-0298. This number is also on the top right-hand corner of the referral form.
- STEP 5** Once the referral is accepted, we will contact the patient via email and they can self-select into the program of their choice at a time that suits their schedule. If the patient completes a group (attends 6/8 sessions) they will be contacted about level 2 groups that we **offer**.



### WE ENCOURAGE REFERRING PATIENTS WITH A PHQ9 SCORE OF 18 OR LESS WHO STRUGGLE WITH:

- Anxiety or depression
- Chronic medical conditions with associated mental distress
- Insomnia
- Chronic pain
- Addictions
- Eating disorders
- Hormonal disorders
- Adjustment disorders (stress causing symptoms, and/or affecting ability to function in relationships, parenting, or at work/school)
- Problems with spending, overeating, or other out-of-control behaviours
- Attention regulation problems



### WHO DOES NOT FIT WELL— INDIVIDUALS WITH:

- Cluster B personality disorders
- High severity of any of the illnesses listed above
- Trauma history with high potential to destabilize
- Cognitive impairment
- Psychosis, mania, or impairing substance use
- Active suicidal ideation or behaviour
- Social anxiety that would prohibit group participation
- Individuals below 18 years of age

