



COGNITIVE BEHAVIOURAL THERAPY FOR CHILDREN 12 AND UNDER

COURSE OBJECTIVES

This course is currently offered to children 9-12. The first parts of the workbook ask the child to tell us about his/herself, their family, and the story of their life. Part 4 through 11 is about learning different life-skills, like expressing feelings, planning good times and managing anger.

In completing this workbook we hope the child will:

- Have fun
- Learn about his/herself
- Think more about their life and the good or bad experiences that they have had.
- Become more aware of their own strengths
- Become more aware of the people around that support the child
- Learn helpful skills that you can use to cope with the challenges of life
- Begin to think about positive changes that can help in the child's life.

The workbook has lots of illustrations and interesting characters for the child to meet along the way. The workbook has 11 parts and is completed in about 8-10 Weeks in a group setting and facilitated by a therapist.

UNIT 1: How I See Myself

UNIT 2 My Family

UNIT 3: The Story of My Life... The Past, the Present and the Future

UNIT 4: Expressing How I Feel

UNIT 5: The Things I Do

UNIT 6: Thinking Straight

UNIT 7: Communication Skills

UNIT 8: Good Times

UNIT 9: Learning to Relax

Unit 10: Learning How to Rethink Angry Feelings

Unit 11: Problem Solving

