

COGNITIVE BEHAVIORAL THERAPY GROUP

COGNITIVE BEHAVIOR THERAPY (CBT)

In the CBT Group you will identify negative thought patterns that are impacting your emotions and behaviors and learn skills to help relieve feelings of stress and anxiety. We will have an intense 4 weeks and because the time is so short, it is easier to make a commitment to finishing. You will have the support of other motivated group members without the embarrassment of having to “spill your guts” to strangers. Think of this group as a cognitive behavioral class. This group is great for introverts.

The first 30 minutes of the group each week will allow you to learn meditation and breathing based on behavioral neuroscience.

The group will have between 2 & 7 people. Ground rules for respect and confidentiality will be set.

WHO IS NOT A GREAT FIT FOR THIS GROUP

The following would be best addressed in individual therapy:

- Previous diagnosis of a personality disorder
- Inability to be present for the entire 4 weeks
- Those looking to improve partnership/marriage through therapy
- Previous diagnosis of psychotic disorders

DETAILS

- We will meet once a week for 4 weeks
- Each session will begin with meditation instruction
- Each week will have CBT homework
- We will use a secured Zoom room
- A CBT book is included
- Price \$205 total