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## Outline of Session Content

- Group 5** Learning to change long-held, unhelpful beliefs
- Group 6** Learning new, helpful behaviours
- Group 7** Learning helpful attitudes, such as assertiveness
- Group 8** Review of implementation strategies and discussion of Cognitive Behavioural Therapy techniques



Cognitive Behavioural Therapy Group will be held in the Outpatient Mental Health Clinic located in:

Oakville Corporate Centre  
700 Dorval Drive, 6th Floor  
Telephone: 905 338 4630  
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# COGNITIVE Behavioural Therapy for DEPRESSION

## What is Cognitive Behavioural Therapy?

It is a form of therapy that focuses on our thoughts and perceptions and how it causes us to feel and behave as we do. Therefore, by evaluating and changing our thoughts first, we can positively influence our emotions and reactions regardless of what is going on around us.

The objective of the group is to teach basic concepts and skills of Cognitive Behavioural Therapy (CBT), which consists of; mindfulness, distinguishing between thoughts and emotions, recognizing cognitive distortions, correcting cognitive distortions, understanding the impact of behaviour on thoughts and emotions

*The group promotes the practise of CBT through 'Thought Record' exercise and activation.*

## Outline of Session Content

- Group 1** Understanding how depression affects our thinking.  
Mindfulness – paying attention to thoughts and emotions  
How our thoughts lead to emotions
- Group 2** Recognizing our “depressed” thinking and how it can be distorted
- Group 3** Using “Thought Record”  
Learning to identify “depressed” thinking.
- Group 4** Cognitive Restructuring  
Learning to change negative thoughts