

CBT COACHING PROGRAM OUTLINE

CBT coaching program is offered by Moving Forward Family Services

Course Descriptions:

- Consists of 12 weekly sessions with the duration of 45 to 50 minutes.
- Explores the basic principles of Cognitive Behavioral Therapy, Positive Psychology, and Mindfulness.
- Presents materials in a series of online videos, handouts, and facilitated mindfulness-based exercises.

Goals/Purpose:

- Learn to identify and analyze individuals' dysfunctional patterns of thoughts and behaviors.
- Learn effective CBT skills/strategies to promote individuals' social-emotional wellness.
- Explore the basic principles of CBT and learn how to apply them to individuals' daily issues and stress.
- Obtain useful resources and skills to reduce the symptoms of anxiety, depression, anger issues.
- Promote healthy living and healthy life style choices.

Program Content:

- Session 1 - Phone contact and Introduction
- Session 2 - Introduction and Starting Out
- Session 3 - What is Depression / What is Anxiety
- Session 4 - Anger Warning Sign and Anger Thermometer and Fair Fighting
- Session 5 - Stress Management
- Session 6 - Problem Solving and What is Cognitive Behavioral Therapy?
- Session 7 - Building Activities and The ABC Model
- Session 8 - Balanced Thinking and What are Cognitive Distortions
- Session 9 - Dealing with Unhelpful behavior
- Session 10 - Sleeping Better and Behavior Activation
- Session 11 - Deep Breathing and Progressive Muscle Relaxation
- Session 12 - Healthy Living/Closure

Client Expectations:

- Understand the MFFS's confidentiality policies.
- Commit to at least one and no more than three weekly sessions.
- Attend scheduled appointments on time and make every effort to inform the counselor at least 24 hours in advance for any cancellation.
- Complete the assigned homework after every session and review the materials prior to the next session.

Target Audience:

- Are connected with a primary counsellor at MFFS.
- Will benefit from a CBT, SFT, Positive Psychology and/or Mindfulness support program.
- Have access to internet to watch online videos.
- Have an email account to receive additional materials (i.e., handouts or worksheets)