



Depression & Anxiety Group

Cognitive Behavioural Group Therapy (CBTG) is an empirically supported treatment that is both structured and collaborative. It is based on a scientific understanding of the relationship between thoughts, emotions, and behaviours.

This short-term treatment approach is helpful for clients interested in increasing their control over the unhelpful thoughts, feelings and actions that get in the way of meeting personal values-based goals. Group participants will learn about the CBT model (i.e. the relationship between thoughts, emotions, and behaviours) and how this model can be used to facilitate therapeutic change. Participants will be taught to identify unhelpful patterns of thinking and behaving, as well as develop skills for coping with difficult experiences. With practice, clients can change their unhelpful automatic responses by replacing them with ones that are healthier and more effective.

This service is recommended for individuals when symptoms of generalized anxiety, social anxiety and/or depression have mild to moderately significant impacts on daily functioning. This service is not recommended for individuals living with multiple diagnoses or mental health disorders beyond those mentioned. Consistent with the OICBT's stepped care philosophy, your suitability for group therapy will be determined during the assessment phase of treatment.

Group Format and Dates

The anxiety and depression group consists of 15 sessions total with different themes - sessions occur once per week for two hours. For maximal clinical gains, attending all sessions is required. Themes explored in the group include:

- **Introduction to Emotions and Thoughts** - Understanding and becoming aware of emotions and thoughts
- **Making Behavioural Change** – Understanding and changing emotionally-driven behaviours
- **Identifying and Challenging our Thoughts** – Practice challenging unhelpful thinking patterns and collecting new evidence
- **Problem Solving Training** – Enhancing problem solving skills by developing tangible solutions and action plans
- **Introduction to Exposure Therapy** – Reducing anxiety through exposure to feared situations, objects, and bodily sensations

Group sessions are offered on a specified weekday and time. Updated scheduling information will be provided upon your request and/or referral to the group.

For more information on day/time of services please visit our OICBT homepage or use this link: <https://www.ottawacbt.ca/groups-schedule-and-fees>.

What is the process & how long does it take?

- We have provided an infographic (end of document) that provides a depiction of the steps in our program. Wait times vary depending on the next group start date (new groups occur approximately every 15 weeks and can vary throughout the year). You will be advised of the current wait-time at the earliest possible juncture.
- Please note that all clients must complete a general intake session prior to enrolling in the program to assure suitability.

Stage 1: Individual therapy + Depression/Anxiety Group?

It is highly recommended to implement the combination of Individual therapy + Group as this can lead to expedited (faster) progress and gains by the combination of group therapy that allows the learning of structured therapy strategies at a reduced rate (group) and individual therapy aimed at tailor strategies to your unique needs/circumstances.

Stage 2: Core Beliefs Group:

Following completion of the Depression & Anxiety Group, enrollment in our Core Beliefs Group is highly recommended. The Core Beliefs Group is aimed at understanding Core Beliefs: deeply ingrained modes of thinking that are the essence of how we see ourselves, others, the world, and our future; often in ways that are unknown to us. Please see the fact sheet on www.ottawacbt.ca for additional information.

How will my involvement in this service connect to other OICBT services (if applicable)?

Involvements in programs/services can occur in parallel (e.g., being involved in two programs/services simultaneously) or sequentially (one after the other) based on a careful assessment of clinical needs and what will allow an individual to best gain from therapy services. The OICBT uses a stepped care model to assess i) type of service needed, ii) intensity level of services, and iii) order/sequencing of services (if applicable). All OICBT services/programs are interconnected so that one can be triaged across services/programs in a way that allows continuity of care and flow throughout (Services: Assessment Stream, Bridging Program, Group Therapy Programs (Anxiety/Depression Group, Core Beliefs Group, ADHD Group (module 1 and 2), Individual Therapy, DBT Program, Intensive Treatment Program). The OICBT uses standardized treatment/transfer planning documents that will be shared with your subsequent treatment teams/therapist (if applicable): which entails a detailed summary of your case conceptualization, uniquely tailored therapy strategies implemented; goal and progress attainment, obstacles encountered (or ongoing), and remaining goals and suggested strategies.

Why Group Therapy?

Concerns about privacy and/or treatment effectiveness can deter individuals from participating in group therapy. Clients are often relieved to know that group participants are not expected to share detailed personal information. Furthermore, much of what differentiates group from individual therapy is shown by research to have added benefits unique to this format. For example, group therapy:

- is more affordable/cost effective than individual therapy
- offers opportunities to learn from peers with shared experiences
- supports an increased sense of community, connection, and belonging.
- provides opportunity to learn from others (increasing self-awareness and insight)
- provides a structured and supportive environment for practicing CBT skills
- Allows opportunities to give support (which can improve self-confidence, self-esteem)

What is the process & how long does it take?

We have provided an infographic (end of document) that provides a depiction of the steps in our program. Wait times can vary depending on the next start date (new groups begin every 15 weeks). You will be advised of the current wait-time at the earliest possible juncture.

Please note that all clients must complete a general intake session prior to enrolling in the program to assure suitability. For direct booking of an intake please go to www.ottawacbt.ca, (section new clients) and click on the “Book Now Intake Session Adults/Seniors”

Cost

Please access our website for pricing (<https://www.ottawacbt.ca/current-fees>) on intakes or any other service

Insurance coverage

This type of service is usually covered for individuals with extended health care benefits; however, we recommend that you follow-up with your insurance company to confirm this.

Who should I contact if I wish to discuss this service?

To make an appointment, or to get more information about this service, including the fees, please go to www.ottawacbt.ca, and click on the “Book Now – Free Information Call Adults/Seniors”. If you have any other questions, you can contact us by phone (613-820-9931 x:0) or by email at info@oicbt.ca

OICBT DEPRESSION & ANXIETY GROUP

GETTING STARTED

Go to www.ottawacbt.ca to book an information session with one of our administrative staff.



INTAKE ASSESSMENT

One of our front-line clinicians will conduct a comprehensive intake assessment with you



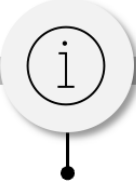
APPOINTMENT BOOKED

When an opening is available, our admin staff will schedule your first appointment



INFORMATION SESSION

Our administrative staff will collect basic information from you and if appropriate, refer for an intake assessment.



WAITLIST

After the intake you will be placed on the waitlist.



QUESTIONS?

Contact us by phone (613-820-9931 x 0) or by email at info@oicbt.ca



GROUP ENDS

After 15 weeks, the group is finished.



PAYMENT

Payment for the first session is collected on the Monday of the week of the first session and a receipt issued thereafter. Payment is collected weekly & receipts are issued once attendance has been confirmed.



PROCESS COMPLETE!

Following the group, you may be provided with additional treatment recommendations.



GROUP BEGINS

The Depression & Anxiety group begins at the designated time and runs for 15 weeks. Sessions are 3hrs in length.

