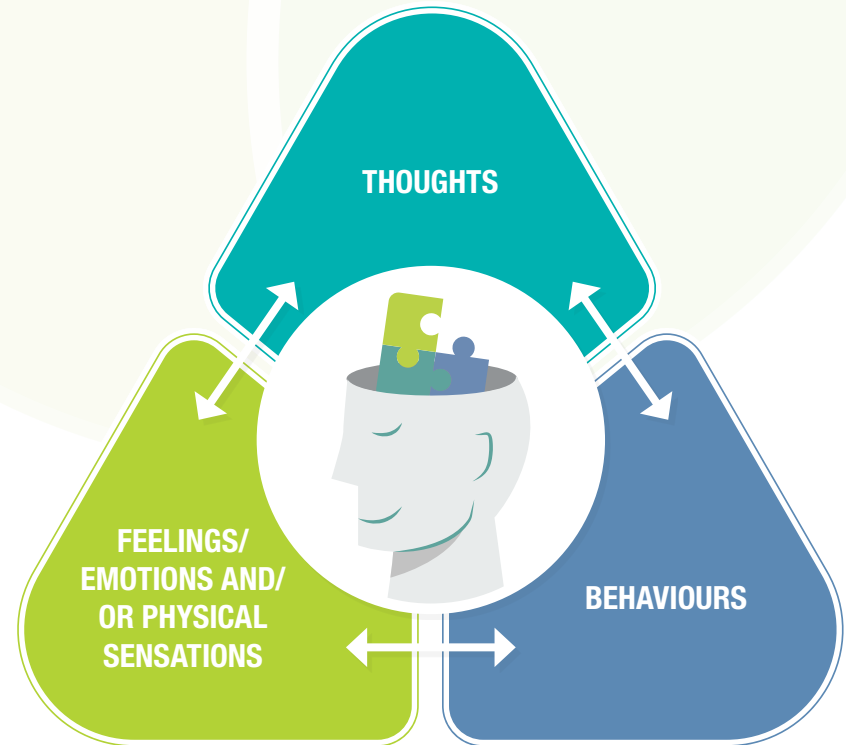


”

A form of psychotherapy that engages the person in examining and challenging their psychotic experiences and developing coping strategies to manage symptoms.

“



## COGNITIVE BEHAVIOURAL THERAPY FOR PSYCHOSIS (CBT-P)

### Canadian Mental Health Association, Kenora Branch

227 Second Street South,  
Second Floor  
Kenora, ON. P9N 1G1

Phone: 1 (807) 468-1838  
Fax: 1 (807) 468-6446  
Web: [www.cmhak.on.ca](http://www.cmhak.on.ca)  
Twitter: @CMHAKenora  
Instagram: cmhakenorabranch



Canadian Mental Health Association  
Kenora  
*Mental health for all*

Association canadienne pour la santé mentale  
Kenora  
*La santé mentale pour tous*

# WHAT IS CBT-P?

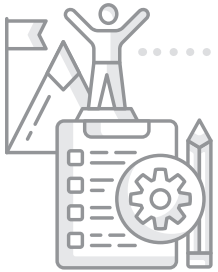
CBT-P is a form of psychotherapy that helps a person experiencing psychosis become more conscious of their distressing beliefs (voices and delusions) and patterns of thinking to help them execute strategies to reshape these patterns to achieve a positive outcome.

## HOW IT WORKS



It is a 16-week program completed individually or in a group format by a regulated health care professional trained in CBT-P. This program includes both professional and self-guided learning. Each session can be tailored to meet everyone's unique needs, preferences, and accommodations.

## PROGRAM OUTCOMES



Our participants will see a decrease in distressing thoughts, emotions and behaviors relating to their psychosis. Participants will be given a toolkit of strategies to build resiliency and strength in working towards their goals in their recovery journey, improving their quality of life.

## REFERRAL PROCESS



Please speak to a Canadian Mental Health Association -Kenora staff member if you are interested in completing this program or have any other questions. They will complete a referral screener to ensure you meet appropriate criteria. Once criteria are met, a CBT-P trained staff will then contact you with the next steps in beginning the CBT-P program.

# GROUP SESSIONS OUTLINE

- Session 1:** Introduction to the Cognitive Behavioural Therapy Group
- Session 2:** Cognitive Behavioural Therapy and What It Can Do for You
- Session 3:** Negative Symptoms and Getting Active
- Session 4:** Getting Active: Thoughts That Get in the Way of Getting Active
- Session 5:** Alternate Thinking Styles: Noticing My Thoughts & Checking Them Out
- Session 6:** Review: Noticing and Checking Out Distressing Thoughts
- Session 7:** Voice Hearing and Other Alternate Experiences
- Session 8:** Voice Hearing and Other Alternate Experiences Continued...
- Session 9:** CBT Strategies for Distressing Thoughts and Alternate Experiences
- Session 10:** CBT Strategies for Distressing Thoughts and Alternate Experiences: Checking Out the Advantages and Disadvantages and Finding Meaning
- Session 11:** CBT Strategies for Distressing Thoughts and Alternative Experiences: Behavioural Experiments
- Session 12:** CBT Strategies for Fearful or 'Paranoid' Thoughts
- Session 14:** Shifting Core Thoughts & Beliefs: Feeling Good About Yourself
- Session 15:** Ongoing Recovery Plan
- Session 16:** Ongoing Recovery Plan and CBT After the Group
- Session 17:** Review of CBT for Psychosis Group: What We Covered and How It's Going