



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

Date: December 6, 2010

Title: Cognitive Behavioral Therapy (CBT)

Component: Community Rehab & Support (CRS)

Service: Wellness Self Management (WSM)

Population: Any member of the PROSper community

Frequency: 1 time per week

Duration: 50 minutes

Description: Cognitive Behavioral Therapy is a structured approach to help members process ineffective thinking and behaviors. CBT utilizes techniques to help members move ahead in their mental health recovery and to reframe and learn new approaches to handling all of life's situations.

Mode of Work:

Purpose: To assist members in changing ineffective thinking and behaviors and learning effective replacements for such.

Group Framework: Verbal therapy combined with worksheets, skill building activities, socializing techniques, role-playing, psychoeducation

Expected Outcome: Members will understand the connection between thoughts and behaviors and gain mastery over such. Members will learn to reframe situations so that they can handle difficulties more effectively and have a positive outlook on life.