



CoveCare  
Center

COUNSELING THAT  
EMPOWERS CHANGE

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## **PROSper Group Protocol**

**Date:** February 1, 2016

**Title:** Let's Talk 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:** An advanced CBT group for members who want to learn to incorporate CBT into their lives. 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. Worksheets from CPT (Cognitive Processing Therapy) will be utilized.

**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. Members will learn how to use CBT more naturally in their everyday lives.