

PTSD BOOSTER GROUP

The PTSD Booster group is designed for clients who have recently completed treatment at the Anxiety Treatment & Research Centre (ATRC) for Posttraumatic Stress Disorder. The group occurs monthly and is on a drop-in basis. The sessions are facilitated by Jennifer Robinson, MSW, RSW, Irena Milosevic PhD., C. Psych and Jenna Boyd, PhD., C. Psych. (Supervised Practice).

GOALS

Prevent Relapse
Help with Continued Skill Practice
Provide Support

HOW WE GO ABOUT THIS

Reinforce Skills: We review and practice the skills learned during the treatment sessions. Group members are encouraged to support each other and help one another address stuck points.

*All Booster groups are facilitated virtually until further notice. Please contact the clinic at **(905) 522-1155 ext 35377** to register.

The Monthly Schedule for the remainder of 2020 and 2021 is as follows:

Date	Topic
Thursday October 1st, 2020	Open
Thursday November 5th, 2020	Trauma Recovery and Stuck Points
Thursday December 3rd, 2020	Natural vs. Manufactured Emotions
Thursday January 7th, 2021	A-B-C Worksheets
Thursday February 4th, 2021	Blame and Responsibility
Thursday March 4th, 2021	Challenging Questions
Thursday April 1st, 2021	Patterns of Problematic Thinking
Thursday May 6th, 2021	Challenging Beliefs Worksheet
Thursday June 3rd, 2021	Safety
Thursday July 8th, 2021*	Trust
Thursday August 5th, 2021	Power and Control
Thursday September 2nd, 2021	Esteem
Thursday October 7th, 2021	Intimacy
Thursday November 4th, 2021	Trauma Recovery and Stuck Points
Thursday December 2nd, 2021	Natural vs. Manufactured Emotions

**Please note that July's group will be on the 2nd Thursday of the month due to the Canada Day Statutory Holiday on the 1st.*