

VIRTUAL 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.

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 2022 is as follows:

<u>Date</u>	<u>Topic</u>
Thursday January 6th, 2022	A-B-C Worksheets
Thursday February 3rd 2022	Blame and Responsibility
Thursday March 3rd, 2022	Challenging Questions
Thursday April 7th, 2022	Patterns of Problematic Thinking
Thursday May 5th, 2022	Challenging Beliefs Worksheet
Thursday June 2nd, 2022	Safety
Thursday July 7th, 2022	Trust
Thursday August 4th, 2022	Power and Control
Thursday September 1st, 2022	Esteem
Thursday October 6th, 2022	Intimacy
Thursday November 3rd, 2022	Trauma Recovery and Stuck Points
Thursday December 1st, 2022	Natural vs. Manufactured Emotions