

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 group runs monthly from **3:30pm-5:00pm**.

The monthly schedule for 2023 is as follows:

Date	Topic
Thursday January 12th, 2023	A-B-C Worksheets
Thursday February 2nd, 2023	Blame and Responsibility
Thursday March 2nd, 2023	Challenging Questions
Thursday April 6th, 2023	Patterns of Problematic Thinking
Thursday May 4th, 2023	Challenging Beliefs Worksheet
Thursday June 1st, 2023	Safety
Thursday July 6th, 2023	Trust
Thursday August 3rd, 2023	Power and Control
Thursday September 7th, 2023	Esteem
Thursday October 5th, 2023	Intimacy
Thursday November 2nd, 2023	Trauma Recovery and Stuck Points
Thursday December 7th, 2023	Natural vs. Manufactured Emotions

