

# 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 ATRC CPT group clinicians.

## 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 2024 is as follows:

<b>Date</b>	<b>Topic</b>
<b>Thursday January 11<sup>th</sup>, 2024</b>	<b>A-B-C Worksheets</b>
<b>Thursday February 1<sup>st</sup>, 2024</b>	<b>Blame and Responsibility</b>
<b>Thursday March 7<sup>th</sup>, 2024</b>	<b>Challenging Questions</b>
<b>Thursday April 4<sup>th</sup>, 2024</b>	<b>Patterns of Problematic Thinking</b>
<b>Thursday May 2<sup>nd</sup>, 2024</b>	<b>Challenging Beliefs Worksheet</b>
<b>Thursday June 6<sup>th</sup>, 2024</b>	<b>Safety</b>
<b>Thursday July 4<sup>th</sup>, 2024</b>	<b>Trust</b>
<b>Thursday August 1<sup>st</sup>, 2024</b>	<b>Power and Control</b>
<b>Thursday September 5<sup>th</sup>, 2024</b>	<b>Esteem</b>
<b>Thursday October 3<sup>rd</sup>, 2024</b>	<b>Intimacy</b>
<b>Thursday November 7<sup>th</sup>, 2024</b>	<b>Trauma Recovery and Stuck Points</b>
<b>Thursday December 5<sup>th</sup>, 2024</b>	<b>Natural vs. Manufactured Emotions</b>

