

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 2025 is as follows:

Date	Topic
Thursday January 9th, 2025	A-B-C Worksheets
Thursday February 6th, 2025	Blame and Responsibility
Thursday March 6th, 2025	Challenging Questions
Thursday April 3rd, 2025	Patterns of Problematic Thinking
Thursday May 1st, 2025	Challenging Beliefs Worksheet
Thursday June 5th, 2025	Safety
Thursday July 3rd, 2025	Trust
Thursday August 7th, 2025	Power and Control
Thursday September 4th, 2025	Esteem
Thursday October 2nd, 2025	Intimacy
Thursday November 6th, 2025	Trauma Recovery and Stuck Points
Thursday December 4th, 2025	Natural vs. Manufactured Emotions