

Group Cognitive-Behavioral Therapy for Depression

CBT is a collection of skills and techniques designed to help people deal with life problems more effectively. Through practice, people form new mental habits that drastically reduce symptoms promote well being and prevent relapse. The central principle of CBT is that our thoughts, feelings, physiology and behaviour all inter-relate and affect one another.

Changes in thoughts and behaviour can impact our moods and physical functioning. When people are in distress (be it from depression, anxiety, body image concerns, substance abuse, etc.), it is often because of a downward spiral effect between these variables.

CBT aims to reverse that spiral to an upward momentum toward health. CBT, regardless of the specific target of change (thoughts, behavior, or interpersonal contacts) has been used successfully to treat Depression and improve the cognition, behaviour and mood of the individual struggling with depression. The goal of this group is: 1) a convincing rationale for the intervention, 2) training in practical skills to change mood-related thoughts or behaviors, 3) encouraging practice of the skills outside of the therapy sessions, and 4) attribution of improvement to the use of the skills outside the therapist contact.

Issues:

Mood, Cognition, Behaviour

Treatment Orientation:

Family of origin, Social Learning Theory, Trauma

Age:

Adults

Date

Thursdays from 8:00PM – 9:15PM

Weekly Cost

\$75 per Attendee + HST

EDUCATION

- Academic Coaching
- Private School Entrance Exam Prep
- Traditional/Online counselling
- Assessments (psycho-educational/ socio-emotional/psycho-diagnostic)
- Cogmed Working Memory and Attention Training
- Parent Education Treatment Courses

CORPORATE

- Career Assessments (psycho-vocational)
- Quality of Life Assessment
- Leadership Workshops (team building)
- Assistive Technology Workshops



KMT
THE LEARNING GROUP

1412 Eddie Shain Drive, Oakville, ON, L6J 7C6

Phone: 905.829.4378

905.829.9905

Fax: 1.866.259.2058

email: info@kmtlearning.com

website: www.kmtlearning.com



KMT

THE LEARNING GROUP



Programs
& Services

Anxiety Disorder Support group using CBT approach

Anxiety Disorders

We all feel nervous or worried at times. This anxiety can be a helpful feeling when it motivates us or warns us of danger. An anxiety disorder, on the other hand, causes unexpected or unhelpful anxiety that seriously impacts our lives, including how we think, feel, and act.

Anxiety disorders can affect anyone at any age, and they are the most common mental health problem. Sometimes, anxiety disorders are triggered by a specific event or stressful life experience. Anxiety disorders may be more likely to occur when we have certain ways of looking at things (like believing that everything must be perfect) or learn unhelpful coping strategies from others. But sometimes there just doesn't seem to be a reason.

Many people who experience an anxiety disorder think that they should just be able to 'get over it' on their own. Others may need time to recognize how deeply anxiety affects their life. However, anxiety disorders are real illnesses that affect a person's well-being. It's important to talk to a doctor about mental health concerns. Some physical health conditions cause symptoms of anxiety. A doctor will look at all possible causes of anxiety.

Normal, expected anxiety is part of being human. Treatment should look at reducing unhelpful coping strategies and building healthy behaviours that help you better manage anxiety.

Issues:

Anxiety, Coping, Strategies, Trauma

Treatment Orientation:

Self-confidence, Automatic Thoughts, Experiences, Culture

Age:

Adults

Date

Tuesday from 8:00PM – 9:15PM

Weekly Cost

\$75 per Attendee + HST

Relationship Support Group for Women

"Women it is time to address those relationship issues in our lives by understanding the reasons why it's hard to let go". This is a group for women designed to tackle issues relating to divorce, separation, and infidelity, lack of intimacy, low self-esteem or feelings of loneliness.

Participants are provided with helpful skills in communication, boundaries, assertion and healthy self-imagining. The understanding of a healthy, loving relationship begins with identifying common challenges encountered in a relationship. Change starts with the self and expands outward shifting us out of stagnation, helplessness/frustration. The relationship you are most response-able for is the one nurtured with the self. Make healthy changes.

Issues:

Divorce, Relationship Issues, Self Esteem

Treatment Orientation:

Family Systems, Attachment, Bonding, Social Learning Theory

Age:

Adults



Date

Saturdays from 4:00PM – 5:30PM

Weekly Cost

\$75 per Attendee + HST

Men's Support Groups



The men's support group addresses topics such as relationship issues, trauma, family origin issues, parenthood, anger management, sexuality, sex addiction, domestic abuse and drugs and alcohol.

- Anger Management
- Domestic Violence
- Intimate Connection: A Program for Partners of Sex Addiction
- Men's Psychotherapy
- Nurturing Dads Support Group
- Sex Addiction Treatment
- Substance Abuse Support

Treatment Orientation:

Family Systems, Attachment, Bonding, Social Learning Theory

Age:

Adults

Date

Saturdays from 6:00PM – 7:30PM

Weekly Cost

\$75 per Attendee + HST