

# **Cognitive Behavioural Therapy (CBT) Skills Group: Physician & MOA Information**

## **Are your patients struggling with...**

- Sadness or depression
- Worry, nervousness or anxiety illness, pain, or health problems
- Addictions or problems with spending, overeating, or other out of control behaviors
- Anger
- Insomnia
- Guilt or shame
- Grief and loss
- Family or work conflict
- Relationship stress
- Transitions
- Eating disorders
- Attention or distractibility problems

## **Our MSP-covered, physician-led CBT skills program could help.**

### **What is the CBT Skills Group?**

As human beings, stress and pain are inevitable in life. But sometimes the way we respond to distress makes matters worse. We don't have a choice about which curve balls life will throw at us, but we do have a choice about how we respond.

In the CBT Skills program, we take a look at how the mind works, bringing mindful awareness to our patterns of feeling, thinking and behaving. In doing so, we become more aware of our choices. We also practice skills that help us cope with intense emotions, cultivate more helpful thinking, and make choices that move us in the direction of what is truly important to us.

The course material draws on concepts from neuroscience, mindfulness, and cognitive behavioral therapy to teach skills that may help you build a sense of empowerment and begin to cultivate a relationship with yourself that is kind and insightful.

## Who is the course for?

- A screening PHQ9 questionnaire is required, with score 18 or lower

### Who can you refer?

Adults 17.5 years or more with:

- Depression - currently or in the past
- Anxiety
- Insomnia
- Attention regulation problems
- Emotion regulation problems
- Alcohol and substance use problems
- Chronic medical conditions or chronic pain with associated mental distress or preoccupation
- Pregnancy and antenatal disorders
- Disorders related to hormonal changes
- Adjustment disorder (stress resulting in impairment):
  - Loss of a loved one
  - Divorce
  - Relationship stress
  - Parenting stress
  - Job change or distress
  - Financial stress
  - Life transitions
  - Sexuality issues

### Who does not fit well?

Although some patients with the following may personally benefit from the group, their interactions with the group may make it difficult for others to participate. We depend on you NOT to refer patients with:

- Cluster B personality disorders or strong traits (borderline, narcissistic, histrionic, antisocial)
- High severity of any of the illnesses listed above
- Trauma history and a high potential for becoming destabilized
- Cognitive impairment
- Active psychosis, mania, or impairing substance use

These individuals should be referred to individual or group therapists who can better manage their complexity; either through Island Health MHSU Intake, or private therapy.

## **What is the course like?**

Each series consists of 8 weeks of 90-minute sessions, facilitated by a specially trained family physician, psychiatrist, or both. There is also 10-60 minutes of home practice each week. The group medical visits are like an interactive classroom with up to 16 participants. The program involves skills training, not psychotherapy, so personal sharing is very limited, but each participant shares a brief report on their learning each week. Most people say this learning from other participants is the most powerful part of the course.

## **Groups sound terrifying, especially for people with anxiety!**

For those reluctant to participate in a group, we have had extensive feedback from past participant telling us that although they initially felt anxious joining a group, they found it to be extremely beneficial to be in such a supportive environment and to learn that they were not alone in their struggles.

To learn more about others' experiences, you can read an article on our group interviewing part participants at:

[https://issuu.com/divisionsbc/docs/vdfp\\_scope\\_magazine\\_volume\\_1\\_issue](https://issuu.com/divisionsbc/docs/vdfp_scope_magazine_volume_1_issue)

## What do past participants say about the groups?

*"This course has been invaluable. I wish I could have learned these things earlier in life."* - Participant

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*"Through the CBT Skills program I have learned simple approaches I can use to maintain more objectivity in situations where I could become anxious or overly emotional. I have more ways to remain calm and feel more control over my moods/emotions."* - Participant

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*"I feel more capable of managing and reducing my anxiety by using the concepts (and workbook) taught in the class. The group facilitator was compassionate and being with a group helped me feel less isolated and alone."* - Participant

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*"It brought sunshine to the darkness. An oasis of companionship and sharing. Awakening and aha moments of triggers."* - Participant

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*"I feel empowered that I direct my life, I have the power to control and change my thoughts behaviors and feelings, and I'm worth it to do so."* - Participant

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*"Realization that I am not along - everyone is going through something."* - Participant

## What do referring physicians say about the groups?

### Family physicians who have referred notice impacts in:

- Improved skills of patients to manage their conditions
- Reduced reliance on medication
- Improved conversation/communication about mental health between physician and patient
- Ability to return to work, or be more effective in their jobs

## What is the cost?

There is an upfront cost of \$75 that is required at the time your patients register for the program. To encourage their participation and sustain this service, a \$40 deposit out of the total \$75 is collected at the time they register for the program. This \$40 deposit will be returned to patients if they attend 7 or more sessions. If they miss two or more sessions for any reason, the deposit will not be returned. This is a firm policy and does not vary based on the reasons for missing multiple sessions. The remaining \$35 is to cover the cost of the workbook. If patients already own a workbook, they can request a coupon to forego this fee.

If the initial \$75 cost is a financial hardship for your patient, please contact us at 778-746-1705.

## When and where are the courses?

The courses are run on various days and evenings in several locations within the South Island, including Sidney and Langford. Once a patient is referred, he or she will get an email outlining all the upcoming choices.

## How can I refer?

First, a patient needs to decide if he or she has the time and energy to commit to attending all of the 8 weekly sessions. Each week also involves 10-60 minutes of practice at home

Then, the clinician can have the patient complete a screening questionnaire to rule out exclusion criteria (including ensuring that the PHQ-8 is under 18) to determine if the group is suitable.

The referral form can be found embedded in many EMRs, and will also be emailed to

family physicians. Completed referral forms should be **faxed** to the number listed on the referral form.

Once referred and determined to be eligible, we will be in touch with the patient by email about the best series that works with his or her schedule.

**\*\*Referrals must have the patient's PHQ-9 score and email address to be processed.** We will return the referral if this information is missing. If the patient does not have an email, please indicate so on the referral.

## What do participants need to know before they go?

The program's viability depends on a limited number of no-shows and dropouts.

### You can help prevent this by exploring with your patient:

- Are they likely to be able to **attend** 7-8 of the 8 sessions?
- Are other life demands manageable, such that adding weekly 90 minute sessions and 5-30 minutes/day of home practice is **feasible**?
- Are they able to participate in the **group check-ins**? This involves 2-3 minutes of sharing on one's progress in applying CBT Skills, and is a requirement of the group medical visit. The program involves skills training, not psychotherapy, so personal sharing is very limited.

Direct patients to **our website** (<https://www.divisionsbc.ca/victoria/resources/mhsu-program/cbt-skills-group>), where there is more information and a video, email us at [cbtskills@divisionsbc.ca](mailto:cbtskills@divisionsbc.ca) or for general information **call** 1-778-746-1705