

Mental Health Matters: Caring for Yourself

CBT Group Therapy Program

Fall 18' Semester

Starting 9/17/18, \$10 a session

Monday Evenings, 4:30-6:30 PM

Led by Dr. Tom Treadwell and Brittini Gettys

WCU Community Mental Health Services

Wayne Hall 8th Floor

125 W Rosedale Ave

West Chester, PA 19383

610-436-2510

14-week group program exploring the foundations of Cognitive Behavior Therapy (CBT) for people experiencing low to moderate anxiety and depression. For many people, mental health concerns are exacerbated by life events or the pressures of daily life. A brief program of Cognitive Behavioral Group Therapy can help shift to more effective emotion management/regulation.

Signs to Seek Help:

- When your mood state interferes with your ability to function at work or school
- When you're finding it difficult to get to work or class, don't want to spend time with others and you're having difficulty concentrating because you feel so stressed.

Objectives of the Group:

- Adapt skills for coping with anxiety and/or depression in collegiate stressful situations.
- Learn the connection between our thoughts, feelings, and behaviors
- Start to identify and challenge unhelpful patterns
- Come up with different ways to view problems when they pop up
- Develop your own coping skills 'toolbox' of practical self-help strategies
- Work to bring about positive changes to improve your quality of life