



What is CBTm?

Cognitive Behaviour Therapy with Mindfulness (CBTm) is an education program designed to help you build resilience and improve your mental wellbeing through evidence-based self-management strategies. Please read the information below to find out if this program is right for you.

Why should I participate in CBTm?

- To learn key cognitive & behavioural concepts and how to apply them for yourself and your patients
- To learn about good quality resources
- To learn new skills and strategies to manage stress and improve well-being
- To connect with other physicians in a supportive environment



- The CBT model
- Mindfulness
- Goal Setting
- Healthy & Realistic Thinking
- Basics of Behaviour Therapy

What will I learn about?

- Healthy Living & Sleep
- Anger, Assertiveness & Self Compassion
- Problem-Solving
- Coping with Stress

Is CBTm right for me?

- Stress is having a negative impact on my health and wellbeing
- I'd like to learn new skills to manage stress
- I have some time and energy to put into learning and practicing new skills



Option 1: Facilitator-led Classes

Classes are led by a trained clinician and are held virtually over Zoom. Sessions are 90 minutes and occur once per week for 5 weeks. The sessions include a PowerPoint presentation in lecture format. Participants will be encouraged to discuss and ask questions of the facilitator. Skills practice will be assigned weekly.

Option 2: Web-based Course

Participants have access to a 5 session, web-based, self-guided CBTm course. The course has been created to mirror the facilitator-led CBTm classes. Each module will take about 90 minutes to complete. Material may be completed in a single sitting or the participant can choose to pause the session and return to it at a later time. Skills practice will be assigned at the end of each module. A new module will be available 1 week after completion of the prior module material.



Option 3: CBT Skills Workshop



The 10-session workshop is a more in-depth look into development of CBT skills in a small-group setting. Sessions will be facilitated by a trained clinician and held virtually over Zoom. These 90-minute sessions will occur weekly for 10 weeks. Similar to the other formats, skills practice will be assigned at each session.

Research Info

In order to determine whether the CBTm programs are helpful, individuals will be asked to fill out a set of questionnaires each week and following course completion. The questionnaires will ask you about your mental health, as well as gather feedback on the sessions. All information collected will be held on secure servers and will be made anonymous.

To register for one of the above programs or to find out more information, please click on the link: <https://rcsurvey.radyfhs.umanitoba.ca/surveys/?s=WADNMAF938> or scan the QR code. You can also connect with the CBTm Team directly using the contact information included.



CBTm Team Contact Info:

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Website: www.cbtm.ca