

WHAT IS CBTM?

The Cognitive Behaviour Therapy with mindfulness (CBTm) program focuses on improving mental well-being using CBT skills.

This adaptation of CBTm has been tailored for youth ages 12-17.



KEY TOPICS

- How CBT works
- Mindfulness
- Effective goal setting
- What is balanced and realistic thinking
- How behaviour therapy works
- Healthy living and sleeping
- Anger, assertiveness and self compassion
- Effective problem-solving
- Managing stress

CBTM WORKS TO HELP YOUTH

- Improve resilience by focusing on building coping and problem-solving skills
- Learn to shift thinking patterns to be more balanced and realistic
- Learn healthy ways to respond to stress and worries
- Enhance self-esteem and improve communication skills
- Learn evidence-based self-management strategies



CLASS STRUCTURE

- Virtual and led by trained clinicians
- Weekly for 1.5 hours (5 classes total)
- Format includes didactic learning and discussion
- Participants are encouraged to engage in discussion and ask questions
- Caregivers and supports are welcome to attend

IS CBTM A GOOD FIT?

All youth looking to learn mental wellness skills are welcome. Youth with a DSM diagnosis do not require a formal assessment.

- Target group: 12-17 year olds
- Grade 6 reading ability is recommended
- Ability to sit in class for 1.5 hours
- Access to a digital device in a private space, with headphones and wifi access are required

PROGRAM EVALUATION



- CBTm is engaged in research on program effectiveness
- Measures of mood and feedback questionnaires are required
- Measures are short and usually take about 10-15 minutes to complete



REFERRAL INFORMATION

- Complete the **Client Referral Form** and send to CBTm via fax or email
- Caregiver contact information is required
- CBTm will inform clinicians upon completion of the program

If you have any questions about the CBTm program, please reach out to a member of our team by using the contact information below.