

Cognitive Behaviour Therapy (CBT)

focuses on the way people think (cognitive) and act (behavioural). The concept behind CBT is that our thoughts about a situation affect how we feel (emotionally and physically) and how we behave in that situation. CBT provides you with a new way of understanding and thinking about your problems. When you have a better understanding of the role anxiety and/or depression play in your life you can start taking steps to better manage the symptoms.

This course introduces the use of cognitive behavioural skills.

HOW TO REGISTER:

By Phone: 519-772-2322.

⇒ Ask to register for the CBT group or leave a message and someone will return your call

Online: www.wrnplc.ca

⇒ Under "Group Programs"



INTRODUCTION TO COGNITIVE BEHAVIOURAL THERAPY

Waterloo Region

Nurse Practitioner-Led Clinic

13 Water St. North, Cambridge ON

&

123 Pioneer Drive, Suite 101

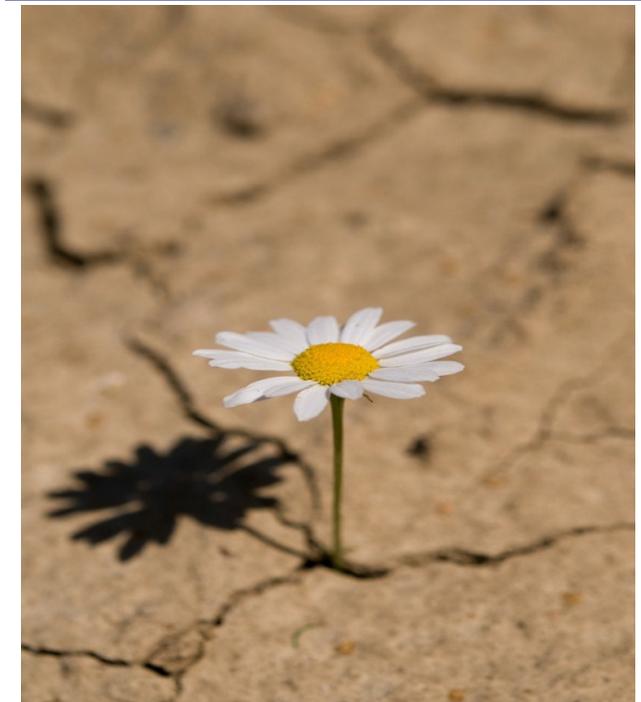
Kitchener, ON

(p) 519-772-2322

www.wrnplc.ca



Stressed? Anxious? Depressed?



INTRODUCTION TO COGNITIVE BEHAVIOURAL THERAPY (CBT) PART I & PART II

**Waterloo Region
Nurse Practitioner-Led Clinic**



1 in 10 Canadians
struggle with anxiety problems

WHO is it for? Patients of the Waterloo Region Nurse Practitioner-Led Clinic struggling with symptoms of depression and/or anxiety. Also beneficial for those who may be dealing with a major life transition or a difficult life situation.

HOW can this group help? By providing a safe and comfortable place to learn skills to cope with stress, depression and anxiety.

WHAT is it?

Part I—3 week course/ 2 hour sessions. Focus is on lifestyle, self-care, and an introduction to CBT principles.

Part II—5 week course/2 hour sessions. Focus is on the role and importance of our thinking, how to apply CBT tools & strategies, and recovery planning.

Participants can take Part I on its own. It is also a pre-requisite for those who would like to take Part II.



What is Depression?

Everyone occasionally feels blue or sad. But these feelings are usually short-lived and pass within a couple of days. When you have depression, it interferes with daily life and causes pain for both you and those who care about you. Depression can affect the way you think and behave and can have physical effects as well.

Common Symptoms:

- Feelings of despair and hopelessness
- Detachment from life and the people around you
- Always feeling tired or having no energy
- Crying for no apparent reason
- Unable to concentrate or make decisions
- Frequent headaches or stomach upsets
- Thoughts of suicide
- Loss of appetite or a change in sleep

patterns



97% of people reporting Depression/Anxiety also reported that their work, home life and relationships suffered as a result



What is Anxiety?

Everyone experiences anxiety at times. Anxiety is a problem when our body reacts *as if* there is danger when there is *no real* danger. It affects our behaviour, thoughts, emotions and physical health. Like a smoke alarm, anxiety is helpful and adaptive when it accurately signals real danger. But, if you feel anxious when there is no real danger, it is not only scary, it is exhausting and can interfere with daily life.

Common Symptoms:

- Excessive, ongoing worry and tension
- Restlessness or feeling “edgy”
- Irritability
- Muscle tension
- Sweating
- Difficulty concentrating
- Nausea, stomach aches
- Trouble falling or staying asleep
- Tiredness
- Increased heart rate
- Shortness of breath