

# Culturally Adapted

## Virtual Group CBT Therapy

For South Asian women\* with:

- Low mood/depression
- General anxiety or social anxiety



### Refer a client today!



SCAN ME

- 1 Review exclusionary criteria & info for clients
- 2 Complete online referral form and note referral is for: 'March CA-CBT Group'
- 3 Send email advising of referral: [nancy.bahl@carepointhealth.ca](mailto:nancy.bahl@carepointhealth.ca)

Ages Starts:  
**18-35** **March 4, 2024**

Cost: Format:  
**FREE** **Virtual**

### ONTARIO STRUCTURED PSYCHOTHERAPY PROGRAM

OSP provides government-funded, short-term cognitive-behavioural therapy (CBT) and related services for adults in Ontario.

This culturally-adapted CBT group is for South Asian women\* (ages 18-35) who:

- feel anxious, stressed or worried
- feel low, hopeless or down
- find it hard to cope with daily life
- struggle with or avoid social situations

*\*This includes people who identify as women*

### Culturally Relevant

Culturally adapted CBT teaches practical skills and techniques specifically within a South Asian cultural context. These skills and techniques can help people change the way they feel, think and act.

### Group Info

- Mondays at 12:00-1:30pm
- 12 weekly virtual sessions
- 3 trained group facilitators
- 8-12 participants
- Participants expected to practice skills between sessions
- Offered in English only

## Exclusionary Criteria

### Mental Health Circumstances

- **Suicidality** - Active suicidality and/or attempted suicide *in past 6 months*
- **Risk of harm** - Poses high risk of self-harm or harm to others; requires specific treatment for physical self-harm (cutting, burning etc.)
- **Experiencing significant symptoms of mania, hypomania or a psychotic disorder** - *currently or within the past year*

### Ability to Participate in Treatment

- **Severe/complex personality disorder** that would seriously impact their ability to actively participate in CB. NB: This program is not appropriate for clients for whom personality disorder is the problem currently causing the most distress and impairment
- **Problematic substance use** - *currently or in the past 3 months* that would seriously impact their ability to actively participate in CBT
- **Severe eating disorder** that would seriously impact their ability to actively participate in CBT
- Moderate to severe **impairment of cognitive function** (e.g. dementia or acquired brain injury)
- Moderate to severe **impairment due to a developmental disability or learning disability**

## Please ensure your client meets the following criteria:

- Available for the group time: Mondays at 12:00-1:30pm starting March 4, 2024
- Has access to a computer, phone or tablet for virtual therapy
- Identifies as a woman
- Aged 18-35
- Looking for support with low mood/depression, general anxiety or social anxiety

*Note: Ontario Health card, family doctor or formal diagnosis not required*

## Additional information for your client:

After referral, clients will be contacted for an intake assessment and provided with further information about the group.