



Group Therapy for Trauma

Cognitive Processing Therapy (CPT) for Women* with Posttraumatic Stress



SCAN ME

Refer a client today!

- 1 Review exclusionary criteria & info for clients
- 2 Complete online referral form and note referral is for: 'March CPT Group'
- 3 Send email advising of referral: naomi.ennis@carepointhealth.ca

Ages **18+** Starts: **Week of March 18, 2024**

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

ONTARIO STRUCTURED PSYCHOTHERAPY PROGRAM

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

Group Info

- Weekday at 12:00-2:00pm (day to be determined based on clients' availability)
- 12 weekly virtual sessions
- 2 trained group facilitators
- 8-12 participants
- Participants expected to practice skills between sessions
- Offered in English only

Cognitive Processing Therapy for Trauma

This group is for women* (ages 18+) who have:

- experienced one or multiple traumatic events
- significant posttraumatic stress symptoms (diagnosis not required) such as:
 - struggling with trauma memories, nightmares, flashbacks and/or thoughts or feelings about the trauma(s)
 - avoiding trauma reminders
 - emotional numbing, hypervigilance, self-blame, disturbed sleep and concentration

**This includes people who identify as women*

Questions? Email: naomi.ennis@carepointhealth.ca

www.ospcarepointhealth.ca

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: **Weekday at 12:00-2:00pm** starting week of **March 18, 2024** (day to be determined based on clients' availability)
- Has access to a **computer, phone or tablet for virtual therapy**
- Identifies as a **woman**
- Aged **18+**
- Looking for support with **posttraumatic stress symptoms**

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.