

CBT Skills Group

Go beyond medication and help your patients build mental health self-management skills with CBT Skills Group for challenges including depression and anxiety

KEY MESSAGES

1. CBT Skills Group is a MSP-covered skills training program designed by psychiatrists and taught by physicians.
2. It is not group therapy but rather an eight-week skills training course that empowers patients through neuroscience, mindfulness, and cognitive behavioural therapy skills and concepts.
3. This is evidence-based training with over 85 communities being served and 7500 participants.
4. Referring family physicians ranked the value of the program at 4.7/5.

FREQUENTLY ASKED QUESTIONS

WHO SHOULD BE REFERRED TO CBT SKILLS GROUP?

Patients aged 17.5+ with a PHQ9 score of ≤ 18 who struggle with:

- Anxiety
- Depression
- Eating & Adjustment Disorders
- Insomnia
- Addictions
- Chronic Pain
- And More

[Click here for a more comprehensive list of inclusion and exclusion criteria](#)

HOW ARE THE GROUPS FORMATTED?

Eight weeks of 1.5 - 2 hour virtual sessions with 10-60 minutes of home practice each week. The groups run during the day, evening and even weekends. Women-only and new parent groups are also available.

HOW MUCH DOES CBT SKILLS COST THE PATIENT?

There is an initial \$65 dollar no-show deposit fund. Patients who attend at least 7/8 sessions, will be refunded the deposit.
***MSP FUNDED**

WHY A GROUP?

Groups are the most accessible, cost efficient and effective way to provide CBT Skills Group. It aids in meeting the high demand for mental health support while avoiding private billing fees.

CAN MY PATIENT REPEAT THE COURSE?



Yes, if your patient wishes to take the course again or wants ongoing support, they can take it as many times as they want to before moving on to other levels.

QUICK STATISTICS

Through our member survey, we learned that in an average week 37% of your patients meet the CBT Skills criteria.



of those who completed the
CBT Skills Program



in their ability to manage their
mental health symptoms

25.5% - 40%

improvement on PHQ-8 and GAD-7 test scores



TESTIMONIALS

"Through the CBT Skills program I have learned simple approaches I can use to maintain more objectivity in situations where I could become anxious or overly emotional. I have more ways to remain calm and feel more control over my moods/emotions." - **Participant**

"I feel empowered that I direct my life, I have the power to control and change my thoughts, behaviors and feelings, and i'm worth it to do so." - **Participant**

"I think the program is incredibly well organized. It's accessible and affordable and just so valuable. I had no options to offer folks, and so CBT Skills is a really good one." - **Dr. Christine Singh**