Group Application

Group Application Module Order

PHASE 1:

Foundation Building (Sessions 1-6)

1. Living Your Values
2. Feelings and Emotions
3. Thought Distortions
4. Deep Breathing
5. Setting Boundaries
6. Frustration Tolerance

PHASE 2:

Interpersonal Skills (Sessions 7-12)

7. Reflective Listening
8. Empathy
9. Healthy Relationships
10. Conflict Resolution
11. Integrity and Accountability
12. Trauma Awareness

PHASE 3:

Advanced Application (Sessions 13-19)

13. CBT in the Workplace
14. Problem Solving
15. Self-Advocacy
16. Goal Setting
17. Knowing Your Rights
18. Social Media 101
19. Using Community Resources