

Changing Patterns Treatment Group

What is the Changing Patterns Treatment Group?

Changing Patterns is a 12-week treatment group that encourages participants to challenge their thoughts and feelings to help them create healthy relationships with people close to them. Patterns are long-standing habits that are made in coping with relationships where there is a lot of conflict. In this treatment group, we look at how these patterns shape your emotions and thoughts. We will look at how negative events that happen to us as children or as adults add to our feelings of sadness, anxiety, and anger, which lead us to feeling depressed.

How many people are in the treatment group?

There are 10-12 people in the treatment group. People may come to the treatment group and go to regular therapy, or the treatment group may be the only group they go to.

How do I join?

You can be referred (sent) by a healthcare provider or by talking to the treatment group facilitators.

What long is the treatment group?

Each session is 2 hours long and the sessions run for 12 weeks.

What will I learn?

Session 1	Introduction to treatment group
Session 2	Safety themes
Session 3	Grounding techniques
Sessions 4 & 5	Emotional needs of children
Session 6	Creating meaning
Session 7-11	Focus on interpersonal issues using materials covered during the treatment group sessions
Session 12	Evaluation