

Mind over Mood Schedule

Session Number	Topic	Reading
1	Introductions Intro to CBT Behavioural Activation Activity Planning	MOM Chp. 1-4 (ed. 1) MOM chp. 10 or 11 (ed. 2) MOM chp. 13 or 14
2	Relaxation Strategies Paced Breathing Progressive Muscle Relaxation	Handouts
3	Depressogenic/Anxiogenic Thinking Introduction to Thought Records	(ed. 1) MOM chp. 4-5 (ed. 2) MOM chp. 6 -7
4	Working with thought records to gather evidence Using thought records to challenge thoughts	(ed. 1) MOM chp. 6-7 (ed. 2) MOM chp. 8-9
5	Working with core beliefs and assumptions Developing behavioural experiments	(ed. 1) MOM chp. 8-9 (ed. 2) MOM chp. 11-12
6	Problem Solving Goal Setting	Handouts
7	Assertiveness Communication Skills	Handouts
8	Wrap up	Handouts