



<u>SCHEDULE</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
8:00-8:30	~Continental Breakfast, Welcome, Introductions & Overview~	
<b><u>Parent-Child (6-12 yo) Group Cognitive Behavioral Therapy (CBT) Protocols for Anxiety &amp; OCD</u></b>		
8:30-9:30	<u>Week 1: Preparatory &amp; Psychoeducation Group</u>	<u>Week 5: Challenging/Changing Cognitive Distortions</u>
9:30-11:00	<u>Week 2: Feeling Identification &amp; Awareness</u>	<u>Week 6: Attitude &amp; Mindset Adjustments</u>
11:00-11:15	<b>BREAK (Coffee Provided)</b>	
11:15-12:30	<u>Week 3: Relaxation &amp; Mindfulness</u>	<u>Week 7: Social Skills Training</u>
12:30-1:30	<b>LUNCH (Box Lunch Provided)</b>	
1:30-3:00	<u>Week 4: Cognitive Distortions (Thinking Traps)</u>	<u>Week 8: Aftercare &amp; Relapse Prevention</u>
3:00-4:30	<i>Overview Service Delivery Model Questions, Discussion</i>	<i>Review Questions, Discussion</i>