



<u>SCHEDULE</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
8:00-8:30	~Continental Breakfast, Welcome, Introductions & Overview~	
<u>Parent-Teen (13-18 yo) Group Cognitive Behavioral Therapy (CBT) Protocols for Anxiety & OCD</u>		
8:30-9:30	<i><u>Week 1: Preparatory & Psychoeducation Group</u></i>	<i><u>Week 5: Challenging/Changing Cognitive Distortions</u></i>
9:30-11:00	<i><u>Week 2: Feeling Identification & Awareness</u></i>	<i><u>Week 6: Attitude & Mindset Adjustments</u></i>
11:00-11:15	BREAK (Coffee Provided)	
11:15-12:30	<i><u>Week 3: Relaxation & Mindfulness</u></i>	<i><u>Week 7: Social Skills Training</u></i>
12:30-1:30	LUNCH (Box Lunch Provided)	
1:30-3:00	<i><u>Week 4: Cognitive Distortions (Thinking Traps)</u></i>	<i><u>Week 8: Aftercare & Relapse Prevention</u></i>
3:00-4:30	<i>Overview Service Delivery Model Questions, Discussion</i>	<i>Review Questions, Discussion</i>