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Journal 8

The focus of this week's lesson was CBT and DBT. Cognitive behavioral therapy focuses on helping a client change the way they think and behave. This has been used to treat people with mental illnesses such as depression , anxiety, bulimia , OCD and many more. Dialectical behavioral therapy is similar to CBT however it helps a client recognize and accept their challenging emotions. The overall goal is to help clients gain control of their feelings , which will eventually help improve their quality of life. This weeks group activity focused on teens suffering from traumatic experiences. These experiences included domestic violence, community violence, escape from war torn countries, poverty, anti asian and other Issues. During the session we all agreed that we would use CBT as a form of therapy. This was chosen because it has been proven to work for people who have ptsd and depression. This form of therapy can be performed in many different ways. During the first session rules and expectations will be established. The social worker would let the teens know that this is a safe space and everything said in this space will remain confidential as long as it doesn't cause harm to themselves or others. Each participant will be given a journal in which they will document their thoughts and feelings. The social worker will give a prompt at the end of each session , and the participant must have it completed by the next meeting. Participants will learn about the different ways to manage stress and choose the one that works best for them. Finally each session will have a role playing activity which will help participants learn the different ways to deal with their trauma, while receiving help from their peers and the social worker. The overall goal of these sessions is to let participants know that they are not alone in the fight called life , while teaching them healthy and effective ways of processing and dealing with trauma.

