

met ggz

the shortest way to recovery

Trans- diagnostic CBT group



This group is aimed at young adults between the age of 18-30 years old whom suffer from symptoms of anxiety and/or mood disorder (with the exception of specific phobias).



Do you suffer from problems like avoiding difficult situations or bottling up your emotions? Does this hinder you in your day-to-day life? You may be suffering from anxiety or mood disorder symptoms and may benefit from this group.

Transdiagnostic approach

Symptoms of an anxiety or mood disorder vary and are not completely identical, but scientific studies have shown us that similar underlying mechanisms are at play.

The transdiagnostic CBT group focuses on these mechanisms, which can be regarded as vulnerabilities. CBT stands for cognitive behavioural therapy and helps you to better understand, become aware of, and change your thoughts, feelings, and behaviour.

Research has shown that people with anxiety or mood disorder symptoms display the following vulnerabilities:

- a tendency to experience (negative) emotions more frequent and more intense
- a tendency to interpret or label emotional experiences as negative
- a tendency to avoid or suppress emotions

This specific treatment teaches you how to deal with emotions in a different way in order to reduce your symptoms.

If you take part in the group, you must be willing to share something about yourself and your symptoms. In a group therapy it is also important to listen to the experiences of fellow group members, as you could also learn from them.

Sharing your experiences with others and trying to find similarities and differences can provide you with new insights that can help you to understand and reduce your own symptoms.

What the therapy entails

In eight modules, you will learn five important skills to help you deal with your emotions. These skills can be viewed as steps you can take to manage your anxiety and depression.

Step 1

Gaining a better understanding of your emotions and becoming aware of them.

Step 2

Challenging negative thoughts linked to your emotions.

Step 3

Recognising and changing problematic emotional behaviour(s), including reducing patterns of avoidance.

Step 4

Increasing awareness and tolerance of physical sensations associated with emotions.

Step 5

Integrating all of the above skills through emotion exercises, using step-by-step exposure exercises to alter or break patterns of avoidance and to recognise and reduce safety behaviour.

These steps will help you deal with your emotions in a different way and in doing so reducing the intensity of your complaints.

Practical information

Transdiagnostic Group

This transdiagnostic CBT group forms part of your treatment and is tailored to your learning goals as set out in your treatment plan. Your individual therapist is your contact person outside the group sessions. The group itself will be led by two group therapists and consists of twelve two-hour sessions.

The group has a maximum of ten participants. The therapy includes homework assignments to prepare in advance of the sessions. There is no fee - including literature costs - for participants.

Registration

Registration takes place in consultation with (and via) your main therapist. Before the group starts, you will receive an invitation for a short screening session with both the group therapists. Here we will check together with you whether this group is suitable for you.

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