







If you are dealing with something in your life that your mind or thoughts tells you is bad or unpleasant than you are most likely going to feel bad or unpleasant.

Action Thoughts Feelings



4

www.kinafk.on.ca

Action	Thought	Feeling
	I'll be late!! 	Nervous 

5

www.kinafk.on.ca

What we think causes our moods and feelings.

Action -----Thoughts ----- Feelings

You are in control of your feelings. You can't change what has happened but you can change the way you think about it and this will change how you feel about it.


When you begin to change you think you begin to change the way you feel


Let's look at the way your thinking is sometimes

6

www.kinafk.on.ca

Action	Thought	Feeling


 **KEEP YOUR CHIN UP**



  www.kinafolk.on.ca

We would like to teach you how to change your thoughts so that you can see things in a way that will make you feel happier.

Would you like to learn how to do this?

We will have a visit every Friday at _____ to do this!!





  www.kinafolk.on.ca

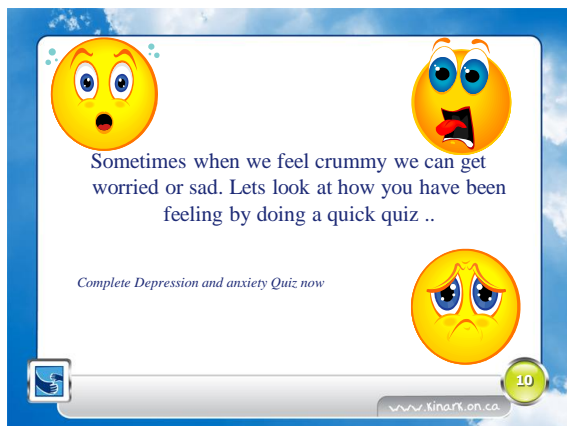
Visit #2

Last week we learned.....

You are in control of your feelings.

You can't change what has happened but you can change the way you think about it and this will change how you feel about it.

  www.kinafolk.on.ca

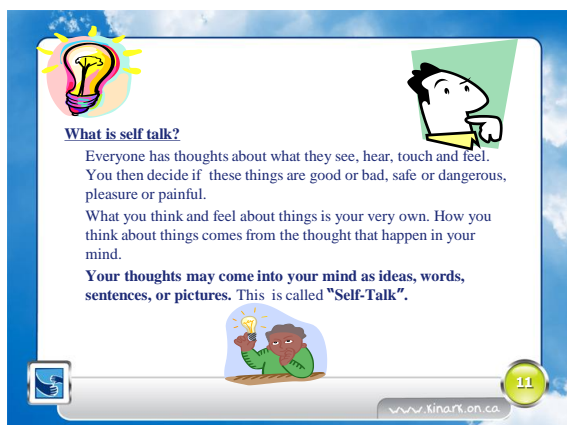


Sometimes when we feel crummy we can get worried or sad. Lets look at how you have been feeling by doing a quick quiz ..

Complete Depression and anxiety Quiz now

10

www.kinaf.on.ca



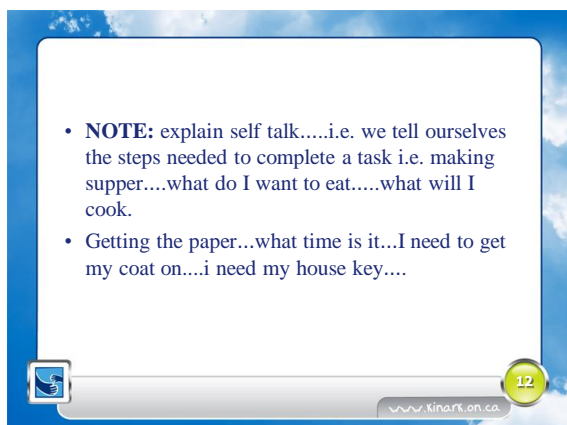
What is self talk?

Everyone has thoughts about what they see, hear, touch and feel. You then decide if these things are good or bad, safe or dangerous, pleasure or painful. What you think and feel about things is your very own. How you think about things comes from the thought that happen in your mind.

Your thoughts may come into your mind as ideas, words, sentences, or pictures. This is called "Self-Talk".

11

www.kinaf.on.ca




- **NOTE:** explain self talk.....i.e. we tell ourselves the steps needed to complete a task i.e. making supper....what do I want to eat.....what will I cook.
- Getting the paper...what time is it...I need to get my coat on....i need my house key....



12

www.kinaf.on.ca


What we think causes our moods and feelings.
Action -----Thoughts ----- Feelings


Action	Thought	Feeling

 **KEEP YOUR CHIN UP**

  13

www.kina's.on.ca

 **How you Think**
=
How you ACT





Your thoughts control how you react or behave.
Your dog Heidi bites you. You think she's mean. You stay away from her.

Positive: _____

You miss the bus. You think you are stupid. You get angry and shout.

Positive: _____



End of This visit #2

  14

www.kina's.on.ca

Therapist Note

- Homework this week-Staff to complete thought journal during visit
- **Goal:** Identify Actions=thoughts=feelings can be positive or negative (slide 12). Staff could relate it to the visit they are doing i.e groceries or coffee outings.

  15

www.kina's.on.ca

Visit #3

Last week we learned.....

Everyone has thoughts about what they see, hear, touch and feel. You then decide if these things as good or bad, safe or dangerous, pleasure or painful.


www.kinarf.on.ca

16

**Painful Thoughts**

Painful thoughts may feel crummy but they have no power to make you do things you don't want to do!!

Remember even if you believe they are true they aren't real..

- They are not people
- They don't have houses
- They don't have jobs
- They can not hurt people

Painful thoughts are ideas or beliefs that you have and only you can change


www.kinarf.on.ca


17

Let's look at some of your painful thoughts

Action	Thought	Feeling


www.kinarf.on.ca





18




Everyone has painful thoughts sometimes. It is part of life and being human. It is how you deal with the painful thought that counts!

When was the last time you felt crummy?

Do you remember what you were thinking or what was happening?












Everyone has **GREAT** thoughts sometimes. It is part of life and being human. It is how you deal with the **GREAT** thought that counts!

When was the last time you felt **GREAT**?


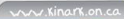

Do you remember what you were thinking or what was happening?

Therapist Note


Homework this week-Staff to complete thought journal during visit



Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts. Walk through each day of week with them to look for times they were upset and thoughts they had during these times. 2) Ask client to do one nice thing for themselves this week....i.e. listen to music for 10 min (outside of time with team).

Let's look at some of your painful thoughts
Homework Sheet

Action	Thought	Feeling



 **KEEP YOUR CHIN UP**


  www.kinark.on.ca

Visit # 4


Last week we learned...



Everyone has painful thoughts sometimes. It is part of life and being human. It is how you deal with the painful thought that counts!

  www.kinark.on.ca

Beliefs 


- Review sheets brought back by Staff and see if they believe true or not true




  www.kinark.on.ca

Is it True or Not True?


How much do you believe the painful thought?
Eg: _____




Not true



Maybe true



True

 www.kinaf.on.ca 25




Dealing with Painful Thoughts


The best way to deal with painful thoughts is when you say a positive, supportive thought. It is important to practice this skill.

Practice Practice Practice



You can start by asking your painful thoughts these questions:

1. Is this true?
2. Was this *always* true?
3. What is the worst that can happen?
4. Are my "glasses dirty"?
5. What could I do if the worst happens?


 www.kinaf.on.ca 26


How you Think = How you ACT

Your painful thoughts control how you react or behave.
Your dog Heidi bites you. You think Heidi is mean.

1. Is this true?
2. Is this *always* true?
3. Are my "glasses dirty"?
4. What is the worst that can happen?
5. What could I do if the worst happens?



 www.kinaf.on.ca 27



How you Think = How you ACT

Your painful thoughts control how you react or behave.
You miss the bus. You tell yourself that you are stupid.



1. Is this true?
2. Is this *always* true?
3. Are my "glasses dirty"?
4. What is the worst that can happen?
5. What could I do if the worst happens?



28

Therapist Note




Homework this week-Staff to complete thought journal during visit. True, maybe, and not true

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts. Walk through each day of week with them to look for times they were upset and thoughts they had during these times. 2) Ask client to do one nice thing for themselves this week....i.e. listen to music for 10 min (outside of time with team).



29

Let's look at some of your painful thoughts Homework Sheet

Action	Thought	Feeling




30

Visit #5

Last week we learned...

**The best way to deal with painful thoughts is
when you say a positive, supportive thought.
It is important to practice this skill**



www.kinark.on.ca

31

*NEGATIVE PATTERNS
OF THINKING
AND FEELING,
CAN SHORT CIRCUIT
YOUR ABILITY
TO FEEL HAPPY!*



www.kinark.on.ca

32

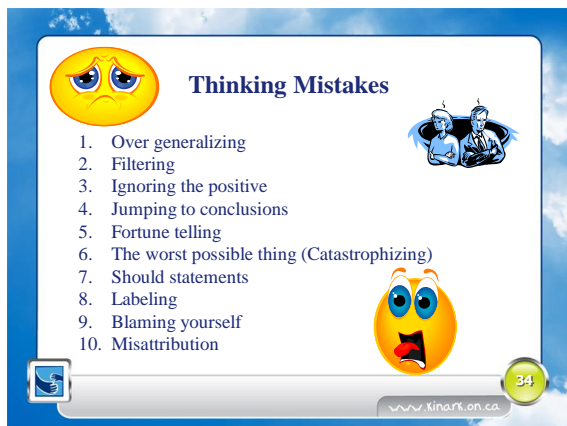
Therapist Note

- Take one of the homework examples and work through the visit at challenging this negative thought.
- Highlight which thinking errors the client has made and focus visit on teaching about this error.
- Review what nice thing the client did this week for them self



www.kinark.on.ca

33

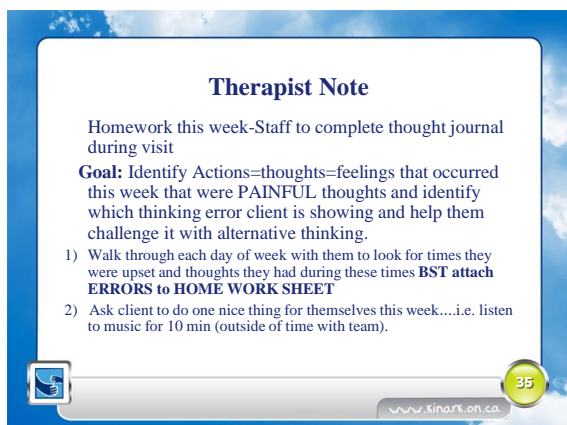


Thinking Mistakes

1. Over generalizing
2. Filtering
3. Ignoring the positive
4. Jumping to conclusions
5. Fortune telling
6. The worst possible thing (Catastrophizing)
7. Should statements
8. Labeling
9. Blaming yourself
10. Misattribution

34

www.kinaark.on.ca



Therapist Note

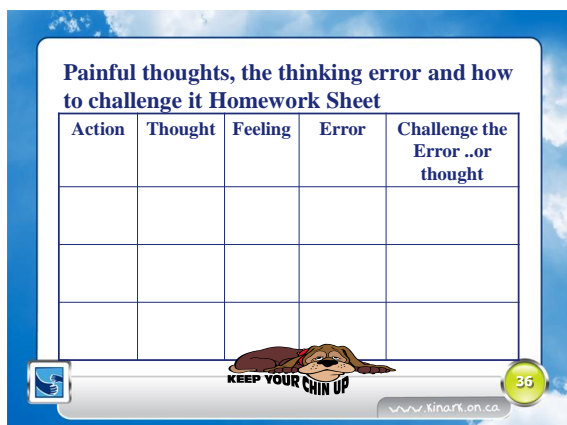
Homework this week-Staff to complete thought journal during visit

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

- 1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times **BST attach ERRORS to HOME WORK SHEET**
- 2) Ask client to do one nice thing for themselves this week....i.e. listen to music for 10 min (outside of time with team).

35

www.kinaark.on.ca



Painful thoughts, the thinking error and how to challenge it Homework Sheet

Action	Thought	Feeling	Error	Challenge the Error ..or thought

KEEP YOUR CHIN UP

36

www.kinaark.on.ca

Visit #6

Last week we learned...

**NEGATIVE PATTERNS
OF THINKING
AND FEELING,
CAN SHORT CIRCUIT
YOUR ABILITY
TO FEEL HAPPY**






37

www.kinarf.on.ca

**The Worst Possible Thing
Thinking Mistake**

When we worry we are usually filled with fear and anxiety. We usually think The Worst will happen. A good way to know you are thinking in this way is if your thoughts start with "What IF"

- What if I can't do my jobs?
- What if a dog bites me?
- What if I have no money?





38

www.kinarf.on.ca

Your Turn

Give examples of times you worry and statements you make

- What if _____
- What if _____
- What if _____

39

www.kinarf.on.ca

Therapist Note

Homework this week-Staff to complete thought journal during visit

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

- 1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times
- 2) Ask client to do one nice thing for themselves this week....i.e. listen to music for 10 min (outside of time with team).



www.kinaark.on.ca

40

Painful thoughts, the thinking error and how to challenge it Homework Sheet

Action	Thought	Feeling	Error	Challenge the Error ..or thought



www.kinaark.on.ca

41

Visit # 7

Last week we learned.....

We when we think The Worst will happen it fills us with fear and anxiety. Do you remember how to realize you are thinking in this way?

"_____ IF"

Do Depression and Anxiety Quiz



www.kinaark.on.ca

42

Thinking I SHOULD

When we think in a way that is strict we are not allowing any choices to be made. Thinking you SHOULD act or do things in a certain way OR that others SHOULD act or do things in a certain way. This can lead you to FEEL anxious and angry. A good way to know you are thinking in this way is if your thoughts use the word SHOULD or MUST"



43

www.kinafk.on.ca

SHOULD EXAMPLES

- I should be able to clean my house by myself
- I must be able to sleep when I want to
- The cashier should have smiled when I paid for my food
- My family should always call me on my Birthday



44

www.kinafk.on.ca

Your Turn

- Give examples of times you use SHOULD thoughts

- _____
- _____
- _____



45

www.kinafk.on.ca

Therapist Note

Homework this week-Staff to complete thought journal during visit

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

- 1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times **BST add Thinking ERRORS to Homework**
- 2) Ask client to do one nice thing for themselves this week....i.e. listen to music for 10 min (outside of time with team).



www.kinark.on.ca

46

Painful thoughts, the thinking error and how to challenge it homework Sheet

Action	Thought	Feeling	Error	Challenge the Error ..or thought



www.kinark.on.ca

47

Visit #8

Last week we learned.....



Thinking you **SHOULD** act or do things in a certain way **OR** that others **SHOULD** act or do things in a certain way. This can lead you to **FEEL** anxious and angry.



www.kinark.on.ca

48

It's Outta My Control!



When people think that they have no control over their actions or life this can cause anxiety or anger. Thinking other people or things are responsible for your actions can lead to feeling things are Outta your Control. A good way to know you are thinking in this way is if your thoughts sound like "The devil made me do it" or "I am happy if my wife is happy"



49

www.kinafk.on.ca

Your Turn

- Give examples of times you use Outta My control thinking

- _____
- _____
- _____



50

www.kinafk.on.ca

Painful Thoughts



Painful thoughts may feel crummy but they have no power to make you do things you don't want to do!!

Remember even if you believe they are true they aren't real..

- They are not people
- They don't have houses
- They don't have jobs
- They can not hurt people

Painful thoughts are ideas or beliefs that you have and only you can change

51

www.kinafk.on.ca

Therapist Note

Homework this week-Staff to complete thought journal during visit

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

- 1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times **BST add ERRORS to HOMEWORK**
- 2) Ask client to do one nice thing for themselves this week....i.e. listen to music for 10 min (outside of time with team).



www.kinaik.on.ca

52

Painful thoughts, the thinking error and how to challenge it homework Sheet

Action	Thought	Feeling	Error	Challenge the Error ..or thought



KEEP YOUR CHIN UP

www.kinaik.on.ca

53

Visit #9

Last week we learned.....

Thinking other people or things are responsible for your actions can lead to feeling things are Outta your Control.



www.kinaik.on.ca

54

Bad Outcome Thinking

When one bad thing in our life happens and we think everything related to that is or will be bad this can cause anxiety. Thinking in a way where we believe a bad outcome will happen no matter what we do. A good way to know you are thinking this way is if you use words like:
always, never, nobody.



55

www.kinaf.on.ca

Examples of Bad Outcome Thinking

Nobody would stay friends with me if they really knew me

I'll never be able to trust anyone

I'll always be sad



56

www.kinaf.on.ca

Your Turn

- Give examples of times you use Bad Outcome thinking (always, never, nobody)

- _____
- _____
- _____



57

www.kinaf.on.ca

Therapist Note

Homework this week-Staff to complete thought journal during visit

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

- 1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times **BST add ERRORS to HOMEWORK SHEET**
- 2) Ask client to do one nice thing for themselves this week....i.e. listen to music for 10 min (outside of time with team).



www.kinafk.on.ca

58

Painful thoughts, the thinking error and how to challenge it homework Sheet

Action	Thought	Feeling	Error	Challenge the Error ..or thought



KEEP YOUR CHIN UP

www.kinafk.on.ca

59

Visit #10

Last week you learned.....



When one bad thing in our life happens and we think everything related to that is or will be bad this can cause anxiety.



www.kinafk.on.ca

60

Summary

When we worry we are usually filled with fear and anxiety. We usually think THE WORST will happen.

When we think in a way that is strict we are not allowing any choices to be made. Thinking you SHOULD act or do things in a certain way OR that others SHOULD act or do things in a certain way.

When people think that they have NO CONTROL over their actions or life this can cause anxiety or anger.

When one BAD THING in our life happens and we think everything related to that is or will be bad this can cause anxiety.



www.kinafk.on.ca

61

Matching!!

Take from their "Your Turn" examples and give example and have the client match it up to the thinking error.



www.kinafk.on.ca

62

Painful Thoughts



Painful thoughts may feel crummy but they have no power to make you do things you don't want to do!!

Remember even if you believe they are true they aren't real..

- They are not people
- They don't have houses
- They don't have jobs
- They can not hurt people

Painful thoughts are ideas or beliefs that you have and only you can change



www.kinafk.on.ca

63

Therapist Note

Homework this week-Staff to complete thought journal during visit

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

- 1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times **ADD ERRORS TO HOME WORK sheet**
- 2) Ask client to do one nice thing for themselves this week....i.e. listen to music for 10 min (outside of time with team).



www.kinaik.on.ca

64

Painful thoughts, the thinking error and how to challenge it homework Sheet

Action	Thought	Feeling	Error	Challenge the Error ..or thought



KEEP YOUR CHIN UP

www.kinaik.on.ca

65

Visit #11

Last week you learned.....



Remember even if you believe they are true they aren't real..



- They are not people
- They don't have houses
- They don't have jobs
- They can not hurt people



www.kinaik.on.ca

66




- Now that we know your thoughts, ideas and beliefs can be changed ..By you and ONLY YOU.....we have some tools to help you learn how to do this!!
- Looking at the positive side of things
- Talking your way outta the blues

www.kinafk.on.ca

67

- For the last few weeks you have been challenging your painful thoughts during your homework. Lets see if we have used the tools "Looking at the positive side of things" or "Talking your way outta the blues" already.







www.kinafk.on.ca

68


Painful thoughts, the thinking error and how to challenge it DO IN VISIT

Action	Thought	Feeling	Error	Challenge the Error ..or thought

www.kinafk.on.ca

69






What is self talk?

Everyone has thoughts about what they see, hear, touch and feel. You then decide if these things are good or bad, safe or dangerous, pleasure or painful.

What you think and feel about things is your very own. How you think about things comes from the thought that happen in your mind.


Your thoughts may come into your mind as ideas, words, sentences, or pictures. This is called "Self-Talk".

www.kinaik.on.ca

70

- **NOTE:** explain self talk....i.e. we tell ourselves the steps needed to complete a task i.e. making supper....what do I want to eat....what will I cook.
- Getting the paper...what time is it...I need to get my coat on....i need my house key....
- Have client give examples of self talk they use



www.kinaik.on.ca


71

The TOOLS

Today we learned that we can change our self talk by

Looking at the positive side of things
Talking your way outta the blues

It is important to practice these as much as possible to teach yourself a new way of thinking about the world. ACTT-DD will help you with this during our visits and when we meet on Fridays.



www.kinaik.on.ca

72

Therapist Note

Homework this week-Staff to complete thought journal during visit

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

- 1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times **ADD ERRORS TO HOME WORK sheet**
- 2) Ask client to do one nice thing for themselves this week....i.e. listen to music for 10 min (outside of time with team).



www.kinark.on.ca

73

Painful thoughts, the thinking error and how to challenge it Homework

Action	Thought	Feeling	Error	Challenge the Error ..or thought



KEEP YOUR CHIN UP

www.kinark.on.ca

74

Visit #12



Last week we learned.....

It is important to practice positive thinking as much as possible to teach yourself a new way of thinking about the world. We are going to do that now!!



www.kinark.on.ca

75






What is self talk?

Everyone has thoughts about what they see, hear, touch and feel. You then decide if these things are good or bad, safe or dangerous, pleasure or painful.


What you think and feel about things is your very own. How you think about things comes from the thought that happen in your mind.

Your thoughts may come into your mind as ideas, words, sentences, or pictures. This is called "Self-Talk".

www.kinafk.on.ca

76





- **NOTE:** explain self talk.....i.e. we tell ourselves the steps needed to complete a task i.e. making supper.....what do I want to eat.....what will I cook.
- Getting the paper...what time is it...I need to get my coat on....i need my house key....
- Have client give examples of self talk they use

www.kinafk.on.ca

77

Painful thoughts, the thinking error and how to challenge it DO IN SESSION

Action	Thought	Feeling	Error	Challenge the Error ..or thought	TOOL

www.kinafk.on.ca

78

Therapist Note

Homework this week-Staff to complete thought journal during visit

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

- 1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times **ADD ERRORS TO HOME WORK sheet**
- 2) Ask client to do one nice thing for themselves this week....i.e. listen to music for 10 min (outside of time with team).



www.kinafk.on.ca

79

Painful thoughts, the thinking error and how to challenge it Homework

Action	Thought	Feeling	Error	Challenge the Error ..or thought



www.kinafk.on.ca

80

Visit #13


Last week we learned.....

It is important to practice positive thinking as much as possible to teach yourself a new way of thinking about the world. We are going to do that now!!



www.kinafk.on.ca

81





What is self talk?

Everyone has thoughts about what they see, hear, touch and feel. You then decide if these things are good or bad, safe or dangerous, pleasure or painful.


What you think and feel about things is your very own. How you think about things comes from the thought that happen in your mind.

Your thoughts may come into your mind as ideas, words, sentences, or pictures. This is called "Self-Talk".




www.kinarf.on.ca


82



• **NOTE:** explain self talk.....i.e. we tell ourselves the steps needed to complete a task i.e. making supper....what do I want to eat.....what will I cook.

• Getting the paper...what time is it...I need to get my coat on....i need my house key....

• Have client give examples of self talk they use





www.kinarf.on.ca

83

Painful thoughts, the thinking error and how to challenge it DO IN SESSION

Action	Thought	Feeling	Error	Challenge the Error ..or thought	TOOL

www.kinarf.on.ca

84

Therapist Note

Homework this week-Staff to complete thought journal during visit

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

- 1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times **ADD ERRORS TO HOME WORK sheet**
- 2) Ask client to do one nice thing for themselves this week....i.e. listen to music for 10 min (outside of time with team).



www.kinaark.on.ca

85

Painful thoughts, the thinking error and how to challenge it Homework

Action	Thought	Feeling	Error	Challenge the Error ..or thought



www.kinaark.on.ca

86

Visit #14



Last week we learned.....

It is important to practice positive thinking as much as possible to teach yourself a new way of thinking about the world. We are going to do that now!!



www.kinaark.on.ca

87






What is self talk?

Everyone has thoughts about what they see, hear, touch and feel. You then decide if these things are good or bad, safe or dangerous, pleasure or painful.

What you think and feel about things is your very own. How you think about things comes from the thought that happen in your mind.


Your thoughts may come into your mind as ideas, words, sentences, or pictures. This is called "Self-Talk".

www.kinaark.on.ca

88

- **NOTE:** explain self talk.....i.e. we tell ourselves the steps needed to complete a task i.e. making supper....what do I want to eat.....what will I cook.
- Getting the paper...what time is it...I need to get my coat on....i need my house key....
- Have client give examples of self talk they use





www.kinaark.on.ca

89

Painful thoughts, the thinking error and how to challenge it DO IN SESSION

Action	Thought	Feeling	Error	Challenge the Error ..or thought	TOOL

www.kinaark.on.ca

90

Therapist Note

Homework this week-Staff to complete thought journal during visit

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

- 1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times **ADD ERRORS TO HOME WORK sheet**
- 2) Ask client to do one nice thing for themselves this week....i.e. listen to music for 10 min (outside of time with team).



www.kinark.on.ca

91

Painful thoughts, the thinking error and how to challenge it Homework

Action	Thought	Feeling	Error	Challenge the Error ..or thought



www.kinark.on.ca

92

Visit #15

Last week we learned.....

For the past few weeks you have been working really hard at challenging your painful thoughts.

Today lets see if you are feeling any different about them.



www.kinark.on.ca

93

Complete Depression and Anxiety Quizzes



www.kinaf1k.on.ca

94

Therapist Note

Assess if any sessions need to be repeated. If not proceed with Learning to Chill Out (relaxation)



www.kinaf1k.on.ca

95

Visit # 16

- Lets learn how to chill out and relax!


We have spent a lot of time learning how to take care of our self by changing our painful thoughts into more positive thoughts. Another way we can take care of our self is by learning how to relax our bodies and our minds.



www.kinaf1k.on.ca

96

How Do You Relax Your Body Now?








97

www.kinarf.on.ca

Here's a Tool You Can Use to Relax Your Body

Deep breathing

98

www.kinarf.on.ca

Why Learn Deep Breathing?

Sometimes when we worry our bodies can respond by taking short shallow breaths. When we breath in this way we can make our bodies feel worse. A simple solution to this is to take long deep breaths. This helps our bodies slow down and calm down.

Therapist note: Have client complete steps 1-4 on page 58 in Thoughts and Feelings Workbook
Modify Step #1 and have client sitting up. Therapist to model and complete with client

99

www.kinarf.on.ca

Therapist Note

Homework this week-Staff to complete deep breathing exercise with client during visit. BST make sure staff have a copy of Steps 1-4 (modified to sitting position) and have client complete for 10 minutes in your presence.



100

www.kinark.on.ca

Visit # 17

- Lets keep learning how to chill out and relax!

We have spent a lot of time learning how to take care of our self by changing our painful thoughts into more positive thoughts. Another way we can take care of our self is by learning how to relax our bodies and our minds.



101

www.kinark.on.ca

Home Work Review

You used deep breathing to help you relax your body. Let's practice that now for 10 min

Steps 1-4 (modified to sitting position) and have client complete for 10 minutes in your presence.



102

www.kinark.on.ca

How Do You Relax Your Mind Now?



103

www.kinarf.on.ca

Here's a Tool You Can Use to Relax Your Mind



104

www.kinarf.on.ca

How Can Music Help?

Sometimes when we worry our minds and thoughts can become fast and jump around all over the place! In addition to using your thinking skills we have learned Another solution is to relax your mind with music that makes you feel good. Music can help your thoughts slow down and focus on the words or sounds of the song.



105

www.kinarf.on.ca



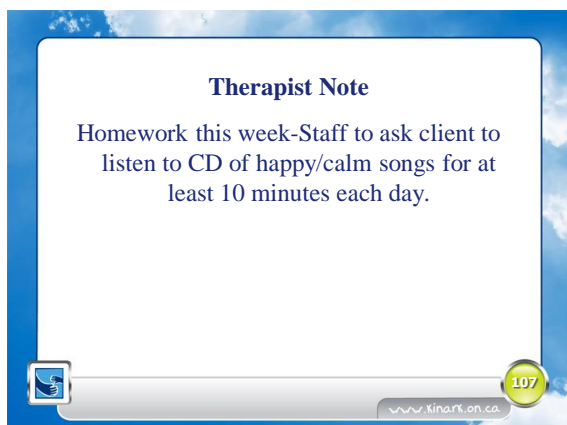
What's Your Beat?

List songs, artists or types of music that you enjoy. Think about: What makes you feel happy? What makes you feel safe and secure? What makes you feel calm?

Therapist Note: Play Music during visit and have client describe how they feel Bring CD with You are my Sunshine song

106

www.kinafolk.on.ca

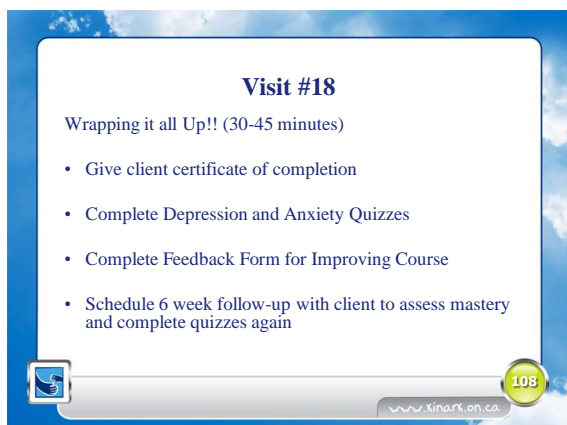


Therapist Note

Homework this week-Staff to ask client to listen to CD of happy/calm songs for at least 10 minutes each day.

107

www.kinafolk.on.ca



Visit #18

Wrapping it all Up!! (30-45 minutes)

- Give client certificate of completion
- Complete Depression and Anxiety Quizzes
- Complete Feedback Form for Improving Course
- Schedule 6 week follow-up with client to assess mastery and complete quizzes again

108

www.kinafolk.on.ca
