Learning Objectives

1. Describe how The Cognitive Experiential Group Therapy (CEGT) model can be used to create a safe and secure environment where individuals can share their dilemma(s) without restraint.

2. Complete & interpret the Automatic Thought Record (ATR).

3. Identify automatic thoughts & focus on 'hot thoughts'. Discuss the meaning of automatic thoughts as they relate to core-beliefs and/or schemas.

4. Explain and implement the major psycho-dramatic techniques; role-playing, interview in role reversal, protagonist, auxiliary ego, doubling, concretizing and the empty chair techniques.