

## **SOCW-617 Mock Therapy Group Curriculum + Facilitation Script (CBT-Based)**

**Student:** Brooke Holloway

**Course:** SOCW-617

**Competency 8.1:** Implement clinical evidence-based interventions with individuals, families, and/or groups

**Population:** College-aged adults with Generalized Anxiety symptoms

**Modality:** Closed group (skills-based CBT)

**Session Length:** 60 minutes

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### **Group Overview**

**Group Purpose:** Reduce anxiety symptoms and improve coping through CBT skill-building (psychoeducation, cognitive restructuring, and behavioral coping strategies).

**Primary CBT Targets:** automatic thoughts, cognitive distortions, anxiety cycle (thoughts–feelings–behaviors), avoidance patterns.

**Core Skills:** thought-challenging, balanced replacement thoughts, grounding/breathing, brief exposure planning (as appropriate), coping plan development.

### **Group Norms (read aloud at start)**

- Confidentiality (limits reviewed)
- Respectful communication (no interrupting, no advice-giving unless requested)
- “I” statements and curiosity over judgment
- Participation is encouraged; passing is allowed
- Time awareness so everyone gets space

### **Materials**

- Whiteboard or paper
  - “Thought Record” worksheet (simplified)
  - CBT Triangle handout (thoughts–feelings–behaviors)
  - Pens
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## **Session Plan (60 minutes): Challenging Unhelpful Thoughts (CBT)**

### **1) Welcome + Check-in (10 minutes)**

**Facilitator Script:**

“Welcome back. Let’s do a quick check-in: share your name, your anxiety level from 0–10 today, and one situation this week where you noticed anxiety show up.”

**Facilitator prompts:**

- “What did you notice in your body?”
  - “What was the thought that showed up?”
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**2) Psychoeducation: Anxiety Cycle + CBT Triangle (10 minutes)****Key points to cover:**

- Anxiety often begins with an interpretation (thought) → emotion → behavior (avoidance, reassurance seeking)
- Avoidance reduces anxiety short-term but increases it long-term
- CBT helps by identifying and challenging unhelpful thoughts and choosing coping behaviors

**Facilitator Script:**

“Today we’re working on the idea that thoughts are powerful. We can’t always control what pops into our heads, but we *can* learn to test our thoughts and replace them with something more balanced.”

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**3) Skill Teach: Identify Automatic Thoughts + Cognitive Distortions (10 minutes)****Introduce common distortions:**

- Catastrophizing (“This will be a disaster”)
- Mind reading (“They think I’m stupid”)
- All-or-nothing thinking (“If I’m not perfect, I’m failing”)
- Overgeneralizing (“This always happens”)

**Facilitator Script:**

“An automatic thought is the fast thought that shows up before we even realize it. Our goal is to slow it down and ask: Is this thought 100% true? What’s the evidence?”

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#### **4) Guided Practice: Thought-Challenging (20 minutes)**

**Activity:** Use a simplified thought record as a group example, then let members try one of their own.

##### **Group Example Template (write on board):**

- Situation:
- Automatic thought:
- Feeling (0–10):
- Evidence for:
- Evidence against:
- Balanced thought:
- New feeling (0–10):

##### **Facilitator Script (example prompt):**

“Let’s choose a real-life example. Keep it simple. What’s a situation where anxiety spiked this week?”

After the group shares:

“Okay—what was the automatic thought? Now, what evidence supports it? What evidence challenges it? What’s a more balanced thought that’s still honest but less extreme?”

##### **Facilitator coaching lines:**

- “If your best friend said this thought, what would you tell them?”
  - “What’s a more realistic prediction?”
  - “What’s within your control in this situation?”
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#### **5) Coping Plan + Homework (5 minutes)**

##### **Homework Options (choose 1):**

- Complete one thought record this week
- Practice “balanced thought” statement once per day
- Use grounding/breathing during one anxiety spike and track anxiety 0–10 before/after

**Facilitator Script:**

“Pick one practice goal that feels doable. Small steps count.”

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**6) Closing Check-out (5 minutes)****Check-out prompt:**

- “One takeaway from today”
- “One word for how you feel leaving group”
- “Anxiety rating 0–10 now”

**Facilitator Script:**

“Thank you for showing up and doing hard work. Next time we’ll build on this by pairing balanced thoughts with one small behavior change.”

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**Brief Rationale (Evidence-Based)**

This session is CBT-based and targets anxiety by reducing cognitive distortions and avoidance through psychoeducation, cognitive restructuring, and coping practice. Skills-based CBT groups are supported in the literature for reducing anxiety symptoms and improving functioning.