

Agenda for the CBT-p Informed Family Caregiver Coaching

Session 1: Healthier Thinking (Tuesday, November 10)

- Principles of CBT
- Understanding CBT-p
- 3 C's – Catch it! Check it! Change it!
- Evaluating Thoughts
- Grounding Exercises
- How Does CBT Relate to Caregiving

Session 2: Healthier Communication (Thursday, November 12)

- What is Communication
- Normalization
- Befriending
- Socratic Questioning
- Communication Do's and Don'ts
- Communication Tips

Session 3: Healthier Home Life (Thursday, November 19)

- Patient Mode vs. Adaptive Mode
- Managing Stress
- Coping Skills
- Increasing Motivation
- Activity Scheduling
- Journey of Recovery