

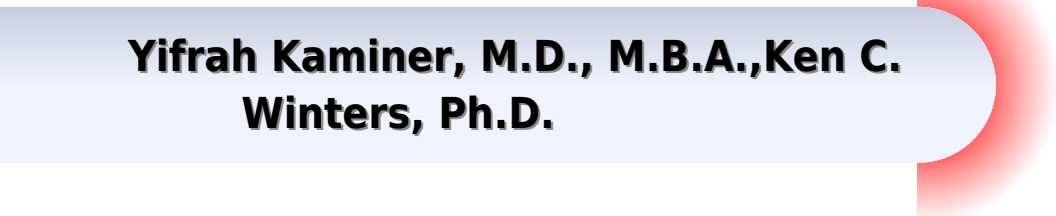
Structure of CBT Group Sessions

- ▶ Intro's & Rapport Building
- ▶ Review of Progress
- ▶ Introduction & Teaching of Coping Skill
- ▶ In-Session Practice Exercise
- ▶ Assign Real-Life Practice Exercise
- ▶ Closing



Met Cbt 5 Manual

**Yifrah Kaminer, M.D., M.B.A., Ken C.
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