

## ***Bridging Faith – Christian Psychotherapy Group (Outline)***

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1. **Primary Therapy Goal:** overcoming mental health concerns by bridging the gap between *head knowledge* and *felt experience* of that head knowledge through one's personal relationship with God
2. **Primary Psychological Frameworks:** Attachment Theory and Cognitive Behavioral Theory
  - a. Using a Christian Lens
  - b. Focusing on a personal relationship with God
  - c. **Four semesters covering the following topics:**
    - I. Faith, Cognitive Behavioral Theory, and Beliefs
    - II. Attachment Theory and The God of Christianity
    - III. Personal Relationship with God
    - IV. Some Barriers to Mental Health and Faith
3. **General Structure:** a hybrid of relatively brief readings, discussion questions, and homework questions
  - a. Given the topic and questions posed, each week can be different
    - I. For instance, one week may only require the participants to have the reading completed; another week may require the reading and homework questions; and another week may only require homework questions *without* any reading
  - b. Given that it's a Christian-focused Psychotherapy Group, we will **begin with and end in prayer**
    - I. Depending on group comfortability, **members may volunteer to lead/close prayer** as this is conducive to the theme of the group
    - II. Prayer requests may also be taken to further encourage fellowship and therapeutic vulnerability
  - c. A weekly check-in, starting from week two, of a behavior/cognition that a member either wants to start doing or to maintain (to ensure healthy, ongoing mental health/faith habits can be developed)
  - d. **\*Note\* The first set of worksheets are to be completed before starting the first session**
    - I. **This means the curriculum and worksheets will be emailed out a week before the scheduled start date, upon receiving your completed confidentiality/consent form and processing the first payment**
4. **In-session Structure:**
  - a. Opening prayer (either from therapist or volunteer)
  - b. A (maximum of) 2-3 minute check-in per person (totalling 10-15 minutes for all members)
  - c. *Either* group sharing of homework (one person at a time, and then immediate feedback), or discussion questions (with cross-talk)
    - I. If both homework and discussion questions are required for the week, then we'd start with homework and then enter discussion questions
    - II. Depending on the time remaining or whether there was general difficulty understanding a particular concept, questions can be asked during the discussion question phase

- III. Depending on the flow of group therapy, we may not have an opportunity to address *all* discussion questions
  - d. Going over the behavior/cognition that one wants to keep or to start doing (alongside a brief update as to whether the previous week's behavior/cognition was kept); this will occur within the last 5-10 minutes depending on the conversational flow
  - e. Closing with prayer (either from therapist or volunteer)
5. **Platform:** virtual
- a. Meeting room will open 5 minutes prior to start time
  - b. ***Timeliness is respectfully expected***, as late entries can be disruptive to the group dynamic; if late, please try to arrive within 5 minutes of the start time (unless the group facilitator has been notified ahead of time)
    - I. After 10 minutes of lateness, the therapist may deem you absent and—with discretion—may deny entry for the remainder of the group
  - c. **Absences**
    - I. Absences are highly discouraged given that the curriculum is chronologically progressive
      - i. In other words, missing a session will result in a productive learning gap given that the curriculum work and readings are specifically structured for psychoeducational and therapeutic growth *through* group feedback and reflection
    - II. After two consecutive absences, the participant risks being removed from the group
      - i. This will be determined by the therapist and the circumstances pertaining to the absence
      - ii. It is therefore incredibly important that the participant makes a weekly time commitment to both attendance and the therapy work assigned for optimal benefit
      - iii. If removal (or voluntary withdrawal from the program) does occur, the participant is still responsible for paying the full fee agreed to when enrolling in the therapy program
    - III. If a session is missed, the participant is *still* required to complete the reading and homework from the missed week, *alongside* a summarized reading of the shares in the current week
      - i. If summarized notes *are* required, an additional charge will be billed to the participant for the group facilitator's time to formulate them (i.e. \$25 + HST)
6. **Duration:** 16 weeks (or approximately 4 months)
- a. 15 weeks of curriculum work and 1 break week
  - b. **Break week will occur after semester 2 (i.e. on week 9)**
7. **Cost:** \$70 + HST per week (2 hours of group therapy per session) paid in four-session installments (i.e. \$280 + HST) or all together (totalling \$1050 + HST)
- a. Given that week 9 is a break week, members/participants will only be charged for 3 weeks during that billing period instead of 4 weeks (i.e. \$70 x 3 weeks = \$210 + HST)

- b. **Regardless of the four-session billing cycle, group participants are still expected to commit to the 15 weeks of group therapy (with one break week, totalling 16 weeks), which means they will be charged for the entirety of the program fee either over monthly installments (at the rates mentioned above) or all at once**
  - c. **The first charge will occur *after* receiving the confidentiality/consent form (which is to be submitted no later than one week prior to the scheduled start date);**
    - I. Subsequent billing cycles will occur on week 5, week 9, and week 13.
  - d. **Altogether, this would amount to \$70 + HST x 15 sessions (or 30 hours of group therapy), which is \$1050 + HST**
    - I. *\*note\** a regular 50 minute therapy session with Joshua is \$140 + HST.
8. **Confidentiality/Consent:** form is to be completed and returned via. email
- a. **Deadline to submit the confidentiality/consent form is a week *prior* to the scheduled start date**
    - I. *\*This deadline will ensure ample time to work on the first worksheet*
  - b. Typed signatures are accepted
9. **Next steps...**
- ☐ Familiarize yourself with the program outline (while feeling free to ask any questions about the program)
  - ☐ **Complete the confidentiality/consent form (no later than a week *before* the scheduled start date)**
  - ☐ An email of the curriculum and worksheets *alongside* the recurring Zoom link will be sent out afterwards; have your Zoom link ready for the session start date
  - ☐ **Print out a copy of your curriculum and worksheets;** a copy may be mailed out, though time taken to receive this copy will depend on *when* the confidentiality/consent forms are completed and returned to the group facilitator
  - ☐ **(Please) *\*Complete the first two worksheets *before* the session start date, as these will be used to start the group therapy discussion on Week 1!***
    - I. *\*However, a delay in receiving the mailed copy does not excuse the participant from completing the first two worksheets! You still have to get them done!*

***Lastly, be certain of your commitment before starting group! Upon committing, you are also agreeing to pay the full program fee either all at once or in installments regardless of whether you decide to leave the group or have been removed for excessive tardiness/absences (as mentioned above)! As with any therapy, optimal progress depends on the participant's level of engagement and effort!***

***Should you have any additional questions, please reach out to the group facilitator (Joshua Tan) at [jtan.whitestone@gmail.com](mailto:jtan.whitestone@gmail.com)!***