

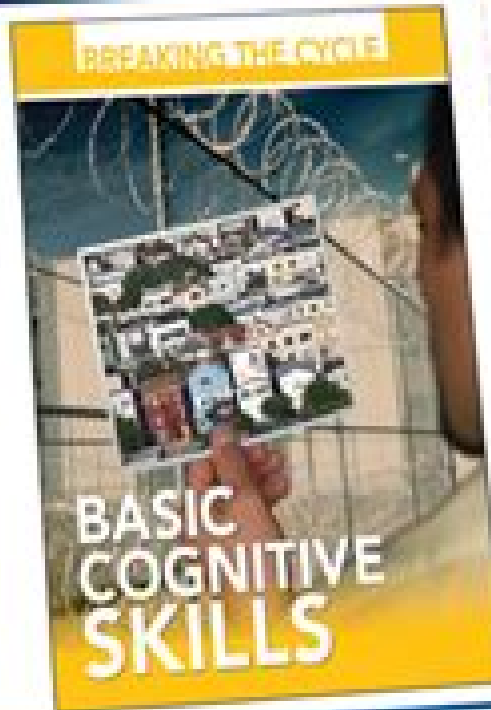
FACILITATOR GUIDE FOR BASIC COGNITIVE SKILLS

Goal of Breaking the Cycle: Basic Cognitive Skills

The Basic Cognitive Skills Interactive Journal focuses on challenging distortions in thinking. Participants learn how self-defeating behaviors and unhealthy feelings are the products of these distorted thoughts and beliefs.

Summary

This guide provides strategies and tools for facilitating Basic Cognitive Skills. It includes group strategies, suggested reading and general tips for effective facilitation.



Cognitive Life Skills Facilitator Guide

Roman Wölfel



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