

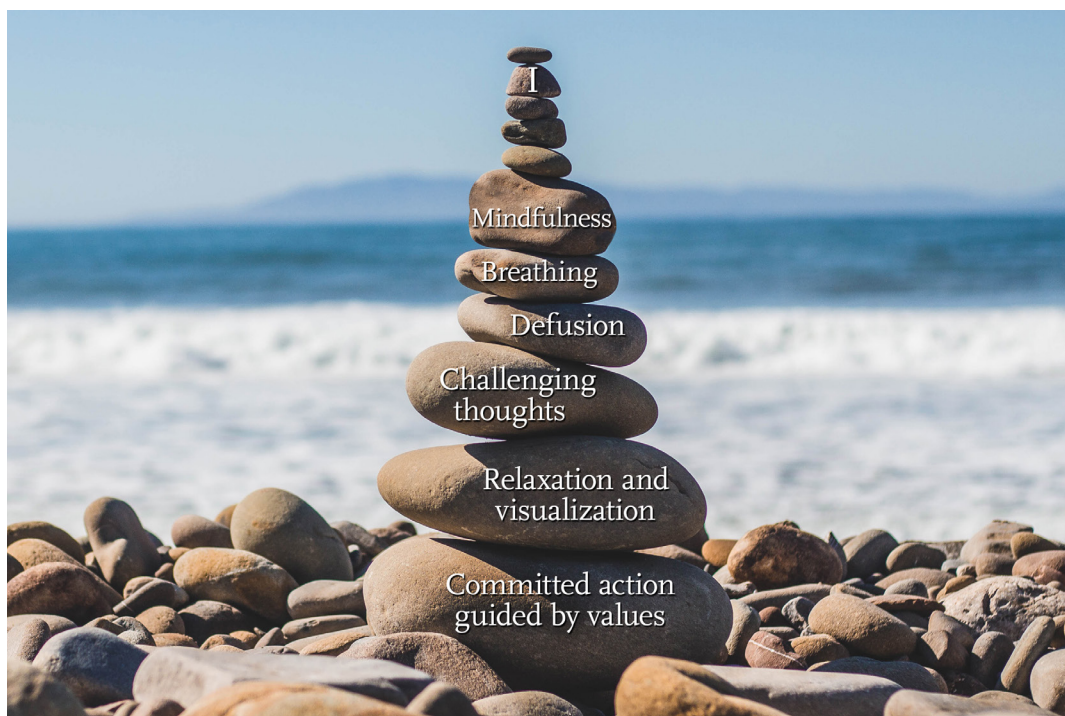


# Integrative Behavioural Group Therapy

**For adults with depression, anxiety, psychosis and other symptoms including insomnia and pain**

Read this brochure to learn about:

- What is Integrative Behavioural Group Therapy (IBGT)
- Whether IBGT is right for you
- How to register



Please visit the UHN Patient Education website for more health information: [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca)

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## **What is Integrative Behavioural Group Therapy?**

Integrative Behavioural Group Therapy (IBGT) combines 3 types of therapy:

- Cognitive Behavioural Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Mindfulness

Research studies show that these therapies can help people who have depression, anxiety and psychosis. IBGT can also help people with insomnia and pain.

The group supports you to live in the present moment, develop balanced thinking, enhance psychological flexibility, and take effective and committed actions toward a meaningful life. These changes will be achieved through group discussion, sharing of experience, relaxation and mindfulness exercises, and experiential activities in a safe environment.

## **Is this therapy group right for me?**

This therapy group is available to people over the age of 18 who have depression, anxiety, psychosis, insomnia or pain.

It is voluntary, confidential and covered through OHIP.

The group meets once a week. It is important that participants commit to attending at least 10 of the 12 sessions.

To join the Cantonese, Mandarin or Portuguese IBGT group, you will need to know how to speak comfortably in one of these languages.

## How do I register for IBGT?

1. Call the UHN clinics listed below and ask for a referral form. The referral form can be emailed or faxed to you.

### **Toronto Western Hospital**

Asian Initiative in Mental Health (AIM)

Phone: 416 603 5800 ext. 2802 (Cantonese)

Phone: 416 603 5800 ext. 5423 (Mandarin)

Fax: 416 603 5661

Portuguese Mental Health & Addictions Services  
(PMHAS)

Phone: 416 603 5520 (Portuguese)

Fax: 416 603 5049

2. Bring the referral form to one of the following health care providers or agencies:
  - Family doctor or psychiatrist
  - Asian Initiative in Mental Health (AIM) or Portuguese Mental Health & Addictions Services (PMHAS)
  - Hong Fook Mental Health Association
  - Abrigo Centre

Ask your health care provider/agency to complete the referral form and fax it to AIM or PMHAS.

3. You will be contacted after we receive the completed referral form.

Asian Initiative in Mental Health (AIM) and Hong Fook Mental Health Association

Portuguese Mental Health & Addictions Services (PMHAS) and Abrigo Centre