



<p><b>Session 6: Understanding and Managing Emotions</b></p>	<ul style="list-style-type: none"> <li>• Explanation of how emotions can affect relapse</li> <li>• Identification of personal emotional triggers</li> <li>• Practice of coping skills to manage emotions</li> </ul>
<p><b>Session 7: Developing Self- Care Strategies</b></p>	<ul style="list-style-type: none"> <li>• Discussion of the importance of self-care in preventing relapse</li> <li>• Identification of personal self-care activities</li> <li>• Practice of self-care strategies</li> </ul>
<p><b>Session 8: Cognitive Behavioral Therapy (CBT)</b></p>	<ul style="list-style-type: none"> <li>• Explanation of CBT and how it can be used to prevent relapse</li> <li>• Identification of negative thoughts and beliefs that contribute to relapse</li> <li>• Practice of cognitive restructuring techniques</li> </ul>
<p><b>Session 9: Assertiveness Training/ Setting Boundaries</b></p>	<ul style="list-style-type: none"> <li>• Explanation of assertiveness and its importance in preventing relapse</li> <li>• Practice of assertiveness skills such as saying no, making requests, and setting boundaries</li> </ul>
<p><b>Session 10: Goal Setting and Planning for the Future</b></p>	<ul style="list-style-type: none"> <li>• Discussion of setting goals for the future</li> <li>• Identification of personal goals and steps to achieve them</li> <li>• Practice of planning skills</li> </ul>
<p><b>Session 11: Managing Relapse</b></p>	<ul style="list-style-type: none"> <li>• Explanation of how to manage a relapse if it occurs</li> <li>• Identification of warning signs and coping strategies to prevent further relapse</li> </ul>
<p><b>Session 12: Review and Summary</b></p>	<ul style="list-style-type: none"> <li>• Review of the program and its content</li> <li>• Discussion of progress made and future plans</li> <li>• Opportunity for feedback and evaluation</li> </ul>



EMAIL: [info@onlinetherapycenter.com](mailto:info@onlinetherapycenter.com)

PHONE: 416 - 275 - 3139

WEB: [OnlineTherapyCentre.com](http://OnlineTherapyCentre.com)

ONLINE BOOKING: [OTC.Janeapp.com](http://OTC.Janeapp.com)