

Nomination

Mental health and addictions

West Durham FHT - Bhavna Verma

Delivering a condensed approach to group therapy to optimize patient commitment and reduce attrition rate while providing enhanced coping tools and self-awareness techniques.



The WDFHT was experiencing high drop-out/attrition rates for its traditional 8-12-week psychoeducational groups. The Cognitive Behaviour Therapy group at West Durham FHT was condensed in length to be implemented in a 5-6-week timeframe and was general in nature, specifically exploring the theoretical concept. Regardless of what the patient was experiencing, anyone could attend and learn skills and coping strategies. By conducting group in this manner, it fulfilled a missing gap with respect to patient care and resulted in a significantly lower patient drop out rate. Because this group was so successful, a second theoretical group, Dialectical Behaviour Therapy was created and facilitated. This group also showed excellent results.

After yielding successful results from the piloted condensed Cognitive Behaviour Therapy group, the WDFHT formulated the Dialectical Behaviour Therapy group. Bhavna, the WDFHT psychotherapist, is passionate and committed to her work, excited to learn and receive feedback from group participants. She is willing to listen, to be open minded and is constantly working to upgrade the material so that members can receive the best group experience possible; and this is reflected in the

data. It is primarily due to participant feedback that led Bhavna to form the follow up groups.