

Mantra of Hope Counselling Services
4310 Sherwoodtowne Blvd
Mississauga, ON, L4Z 2G6
Telephone: 6478181385
Email: drpbhatt@gmail.com
[Directions & Map](#)

GROUP THERAPY- JAN-FEB 2026

On 18 Feb- we went through the six 6 Rs, and how to relate that to the CBT triangle of Thoughts, Feelings, Behaviours and ABC-Activating event-Belief-Consequences (This happened-I told myself-I felt) and went through the Self Care check list.

One of the members agreed to do a check in on the other members, keep a list of all members, open the zoom room, come in once a month in person, and give a group report every three months.

This will help the professional psychotherapists free up time to do 1- psychometric assessments 2- psychotherapeutic care- going into the causes and conditions which are leading to stress, anxiety, unease 3- create resources for the group to track, monitor and modify

Previous weeks

- 1- Sugar charting example from India-Diabetic clinic in 1980s
- 2- Caregiving and Family- The story of Michelle Obama and her father Fraser Robinson III
- 3- Grief is a journey- Passing of Bane-beloved pet of Elton
- 4- Cultural insights from sharing about changes in family dynamics
- 5-Count-Compassion-Contented-Connected
- 6-6 R of Reliable,Realistic, Reciprocal, Respectful, Responsible, Reflective
- 7-Grief- response to loss versus PTSD- post traumatic stress disorder
- 8- Feeling safe, supported in a group
- 9- What do we do when we are struggling-the usual cultural pressure is that men are not supposed to share their difficulties
- 10- Self care -domains -physical, psychological, work, spiritual,relational, other

These can be seen through the CBT classical view of

5 C- Catch, Clarify, Challenge, Change, Collaborate

- 1- Catch the thoughts/feelings/behavior

- 2- Clarify the meaning of this in our lives, our identity, big picture and what is next step
- 3- Challenge-what is helpful , what is not helpful
- 4- Change- have goals- which are SMART-Specific Measurable Achievable Realistic Timed - no talking in big platitudes and broad generalizations with no specific path or direction
- 5- Collaborate- with group therapist and also in group we can collaborate with friends in recovery to support, hold each other accountable, grow together and change, have better lives and future.

Next Steps

As these eight weeks are coming to a close, I invite members to share what they found useful, how their lives changed, and what would they like to be held accountable for-going ahead

Psychoeducational Resources

Anton Boisen- Clinical Pastoral Education

Anton Boisen's concept of the Living Human Document emerged from his conviction that human crisis must be read rather than merely managed (Boisen, 1936, 1960). Boisen proposed that individuals in distress are not reducible to pathology; they are texts containing relational, existential, and spiritual meaning. The clinician becomes a disciplined reader, attending to narrative structures, moral tensions, silences, and symbolic ruptures.

Difference between PTSD and Grief

The **differences between PTSD and grief** include:

- **Nature of Response:** Grief is a **normal reaction to loss**, while PTSD is classified as a mental disorder characterized by severe anxiety and flashbacks related to trauma.
- **Triggers:** Grief can occur after any loss, while PTSD specifically follows traumatic events.
- **Symptoms:** PTSD symptoms include intrusive memories, avoidance, and hyperarousal, whereas grief typically involves sadness, longing, and emotional pain.
- **Duration:** Typical grief often resolves within months, while PTSD can persist for years without treatment.

Resources and Further Reading

Anton Boisen-Pastoral Education

[Microsoft Word - The Biography of Anton Theophilus Boisen](#)

Reverend Jesse Jackson

[I Am Somebody : Rev. Jesse Jackson : Free Download, Borrow, and Streaming : Internet Archive](#)

Michelle Obama and her Father Fraser Robinson III

[All About Michelle Obama's Parents, Fraser and Marian Robinson](#)

Self Care

[Self-Care Assessment | Worksheet | Therapist Aid](#)

Blogs

Attachment Theory and Therapy

<https://mantraofhopecounsellingservices.com/breaking-cycles-healing-relationships-through-attachment-insights/>