

WORKSHOP'S THEME: ANXIETY 1 (Week 1)

Main Objective:

- ✓ Help the clients' awareness to discriminate between notions related to anxiety.

Specific Objectives:

- ✓ Identify the elements generating a situation of stress
- ✓ Distinguish notions relating to stress: fear/ anguish/ anxiety/ disorders leading to anxiety
- ✓ Recognize different disorders related to anxiety
 - Generalized anxiety disorder
 - Social anxiety disorder
 - Panic disorder

Planning of the activity:

How to reach the objectives:

- ✓ Theories linked to different diagnosis relating to pathological anxiety
- ✓ Discussions and interaction between the clients and the group moderator (group conversation/discussions)
- ✓ Sharing opinions and reflections on subjects discussed in the workshop
- ✓ Overview of the workshop to verify achievements

- ✓ **Duration: 1h 15**

References:

American Psychiatric Association (2013). Diagnostic and statistical manual of mental disorders 5th Ed) Washington D.C

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WORKSHOP'S THEME: ANXIETY 2 (Week 1)

Main Objective:

- ✓ Help the clients to identify manifestations of their anxiety

Specific Objectives:

- ✓ Differentiate the meaning between acute and chronic stress
- ✓ Identify the first signals of stress
- ✓ Recognize the symptoms related to a stressful situation

Planning of the activity:

How to reach the objectives:

- ✓ Theories relating to the signals arising from a period of stress
- ✓ Questionnaire to measure the perception of stress
- ✓ Discussions and interaction between the clients and the group moderator (group conversation/discussion)
- ✓ Sharing opinions and reflections on subjects discussed in the workshop
- ✓ Overview of the workshop to verify achievements

- ✓ **Duration: 1h 15**

References:

Cohen, S., & Williamson, G. (1988). *Perceived stress in a probability sample of the United States*. In S. Spacapan & S. Oskamp, *The social psychology of health: Claremont*

Symposium on applied social psychology. Traduction adaptée de Quintard, B. (1994). *Du stress objectif au stress perçu*. Dans M. Bruchon-Schweitzer et R. Dantzer (eds), *Introduction à la psychologie de la santé*.

Lebel, G. (2011) Guide d'autosoins pour la gestion du stress, Fou de soi, pas fou du stress !

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WORKSHOP'S THEME: ANXIETY 3 (Week 1)

Main Objective:

- ✓ Help the clients to identify their cognitive distortions raising their anxiety and how to care for themselves

Specific Objectives:

- ✓ Discriminate between absolute stress and relative stress
- ✓ Recognize between cognitive distortion types
- ✓ Experiment different relaxation techniques

Planning of the activity:

How to reach the objectives:

- ✓ Present different theories relating to cognitive distortions
 - ✓ Trying out different relaxation techniques
 - ✓ Discussions and interaction between the clients and the group moderator (group conversation)
 - ✓ Sharing opinions and reflections on subjects discussed in the workshop
 - ✓ Overview of the workshop to verify achievements
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- ✓ **Duration: 1h 15**

References:

Jacobson, E. (1938), *Progressive relaxation*, Chicago, University of Chicago Press.

Ladouceur, R., Marchand, A. & Boisvert, J.M. (1999). *Les troubles anxieux, Approche cognitive et comportementale*.

Lebel, G. (2011) *Guide d'auto-soins pour la gestion du stress, Fou de soi, pas fou du stress !*

Willson, R., Branch, R. (2008) *Les thérapies comportementales et cognitives pour les nuls*. Édition First-Gründ.

WORKSHOP'S THEME: ANXIETY 4 (Week 1)

Main Objective:

- ✓ Help the clients to identify and acknowledge different situational factors likely to change a stressful event into a critical incident and identify different strategies of adaptation.

Specific Objectives:

- ✓ Identify causes of stress at the workplace
- ✓ Identify situational factors likely to change a stressful event into a critical incident
- ✓ Acknowledge different types of approaches while facing a situation causing stress

Planning of the activity:

How to reach the objectives:

- ✓ Theories relating to stress at the workplace and stress brought upon from a critical incident
- ✓ Presentation of the COPE Inventory on strategies of adaptation in a situation of stress
- ✓ Discussions and interaction between the clients and the group moderator (group conversation/discussions)
- ✓ Sharing opinions and reflections on subjects discussed in the workshop
- ✓ Overview of the workshop to verify achievements

- ✓ **Duration: 1h 15**

References:

St-Arnaud, L., Drolet, M-J. & Tremblay, M. Les risques psychosociaux chez les policiers: comprendre ensemble pour mieux agir. Centre de santé publique de Québec. 1995.

Formation de base en intervention post-traumatique suite à un incident critique. Direction des ressources humaines, Michel Gagnon. Ministère de la sécurité publique. Janvier 2006.

WORKSHOP'S THEME: ANXIETY 5 (Week 1)

Main Objective:

- ✓ Help the clients to make out their automatic thoughts causing stress and understand their impact

Specific Objectives:

- ✓ Identify the different types of emotional reactions likely to occur following an event causing anxiety
- ✓ Identify possible impacts coming from different kinds of emotional reactions
- ✓ Understand the self-observation chart relating to automatic thoughts

Planning of the activity:

How to reach the objectives:

- ✓ Theories on the impact of stressful situations on a psychological and behavioural level
- ✓ Presentation of the self-observation chart relating to automatic thoughts
- ✓ Discussions and interaction between the clients and the group moderator (group conversation/discussions)
- ✓ Sharing opinions and reflections on subjects discussed in the workshop
- ✓ Overview of the workshop to verify achievements

- ✓ **Duration: 1h 15**

References:

Formation de base en intervention post-traumatique suite à un incident critique. Direction des ressources humaines, Michel Gagnon. Ministère de la sécurité publique. Janvier 2006.

Notes tirées du groupe psychoéducatif "Mode de pensée" par le Dr Évens Villeneuve du Centre de traitement Le Faubourg Saint-Jean, Québec.

Ladouceur, R., Marchand, A. & Boisvert, J.M. (1999). Les troubles anxieux, Approche cognitive et comportementale

WORKSHOP'S THEME: ANXIETY 6 (Week 2)

Main Objective:

- ✓ Expose the clients to a stressful situation to normalize reactions related to that stress

Specific Objectives:

- ✓ Identify different physical reactions stemming from anxiety
- ✓ Identify and live through the emotions that were felt
- ✓ Identify erroneous thoughts along with the danger perceived and replace them with alternative thoughts

Planning of the activity:

How to reach the objectives:

- ✓ Produce a situation of stress through the reading of a scenario causing anxiety
- ✓ Discussions and interaction between the clients and the group moderator (conversation/discussions in groups)
- ✓ Sharing opinions and reflections on subjects discussed in the workshop
- ✓ Overview of the workshop to verify achievements

- ✓ **Duration: 1h 15**

References:

Lebel, G. (2011) Guide d'auto-soins pour la gestion du stress, Fou de soi, pas fou du stress!

Willson, R., Branch, R. (2008) Les thérapies comportementales et cognitives pour les nuls. Édition First-Gründ.

Ladouceur, R., Marchand, A. & Boisvert, J.M. (1999). Les troubles anxieux, Approche cognitive et comportementale

WORKSHOP'S THEME: ANXIETY 7 (Week 2)

Main Objective:

- ✓ Help the clients to understand the different biological processes related to a reaction to stress

Specific Objectives:

- ✓ Understand anxiety on a biological level according to three phases:
 - Fright (Alarm)
 - Opposition
 - Exhaustion

Planning of the activity:

How to reach the objectives:

- ✓ Theories on the three phases following one or many events causing anxiety
- ✓ Discussions and interaction between the clients and the group moderator (group discussion/conversations)
- ✓ Sharing opinions and reflections on subjects discussed in the workshop
- ✓ Overview of the workshop to verify achievements

- ✓ **Duration: 1h 15**

References:

Lebel, G. (2011) Guide d'auto soins pour la gestion du stress, Fou de soi, pas fou du stress!

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WORKSHOP'S THEME: ANXIETY 8 (Week 2)

Main Objective:

- ✓ Increase the client's awareness of the different determining factors capable of diminishing their vulnerability towards stress

Specific Objectives:

- ✓ Understand the determining factors leading to vulnerability towards stress
- ✓ Identify the factors improving the capacity to handle stress well:
 - Nutrition
 - Sleep
 - Physical activity
 - Exercising mindfulness

Planning of the activity:

How to reach the objectives:

- ✓ Theories on good living habits
- ✓ Presentation of a video demystifying mindfulness and exercises in groups
- ✓ Discussions and interaction between the clients and the group moderator (group discussion/conversation)
- ✓ Sharing opinions and reflections on subjects discussed in the workshop
- ✓ Overview of the workshop to verify achievements

- ✓ **Duration: 1h 15**

References:

Santé Canada, consultée le 19 novembre 2015,
<http://canadiensensante.gc.ca/recall-alert-rappel-avis/hc-sc/2013/34021a-fra.php>

Second Regard, Radio-Canada, <http://ici.tou.tv/second-regard/S2014E14?lectureauto=1>
Lebel, G. (2011) Guide d'auto-soins pour la gestion du stress, Fou de soi, pas fou du stress!

WORKSHOP'S THEME: ANXIETY 9 (Week 2)

Main Objective:

- ✓ Increase the client's awareness towards the risks resulting from self-medication and associating anxiety with addiction.

Specific Objectives:

- ✓ Understand the links between anxiety and consuming (drugs/alcohol)
- ✓ Understand the development of addiction
- ✓ Demystify the use of anxiolytic medication

Planning of the activity:

How to reach the objectives:

- ✓ Theories and presentation of a video on the effects of medication
- ✓ Presentation of the outline on the self-medication and addiction continuum
- ✓ Discussions and interaction between the clients and the group moderator (group discussion/conversation)
- ✓ Sharing opinions and reflections on subjects discussed in the workshop
- ✓ Overview of the workshop to verify achievements

- ✓ **Duration: 1h 15**

References :

Smith, I. Centre intégré universitaire en santé et services sociaux de la Capitale-Nationale. Centre de services en réadaptation en dépendance de Québec, formation sur la concomitance en toxicomanie, 2015.

Ladouceur, R., Marchand, A. & Boisvert, J.M. (1999). Les troubles anxieux, Approche cognitive et comportementale.

WORKSHOP'S THEME: ANXIETY 10 (Week 2)

Main Objective:

- ✓ Help the clients to develop strategies to manage their anxiety and bring up knowledge gained during their therapy

Specific Objectives:

- ✓ Help the clients to undertake an in-depth reflexion on their therapeutic teachings
- ✓ Help the clients to identify how to prevent or cope with a crisis
- ✓ Getting to know the « Table of weekly activities »

Planning of the activity:

How to reach the objectives:

- ✓ Summing-up on the acquired knowledge
- ✓ Presentation of the outline of the weekly management of anxiety
- ✓ Discussions and interaction between the clients and the group moderator (group conversation/discussion)
- ✓ Sharing opinions and reflections on subjects discussed in the workshop
- ✓ Overview of the workshop to verify achievements

- ✓ **Duration: 1h 15**

References :

Lebel, G. (2011) Guide d'auto-soins pour la gestion du stress, Fou de soi, pas fou du stress !

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