



CMHA - *Living Life to the Full* (8-week course)

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Chosen Delivery Model: Digital Learning (Synchronous and Asynchronous)

	<h2 style="text-align: center; background-color: #76b82a; color: white; padding: 5px;">Engage (Cognitivism)</h2> <div style="text-align: center;"><h1 style="color: #f1c232; margin: 0;">LIVING LIFE TO THE FULL</h1><p style="color: #00a68a; margin: 0;">helping you to help yourself</p></div> <p>Through COVID 19 funding, the Canadian Mental Health Association (CMHA) is offering Living Life to the Full (LLTTF) to British Columbia residents at no charge. LLTTF is an introduction to Cognitive Behavioural Therapy (CBT).</p> <p><u>Synchronously (via Zoom):</u></p> <p>To engage participants a video about one participant's experience with taking LLTTF: <i>Gary's story - Hear one BC man's story about how the Living Life to the Full course changed his life</i> https://vimeo.com/44671908</p>
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	<h2 style="text-align: center; background-color: #4a86e8; color: white; padding: 5px;">Explore (Constructivism)</h2> <p><u>Synchronously (via Zoom):</u></p> <p>In the Zoom room, or in breakout rooms, encourage participation by asking the participants to introduce themselves by answering the following questions:</p> <ol style="list-style-type: none">1. Their name2. Where they are located in BC3. Why did they sign up for this course at this time?4. How has COVID 19 changed their routines? <p>In the Zoom room, show the PowerPoint slides outlining what topics will be covered over the 8-week course. Explain that the course will be delivered via Zoom once a week for 90 minutes.</p> <p>Describe how the LLTTF course was developed by Dr. Chris Williams, an expert and trainer in CBT and Emeritus Professor in Psychosocial Psychiatry, based out of the United Kingdom.</p> <p>Outline that LLTTF is an evidence-based program proven to improve depression, anxiety and social-function. Share the link to some of the LLTTF research: https://livinglifetothefull.ca/about-cmha/</p>
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Explain (Behaviourism)



Synchronously (via Zoom):

Explain that the objective for the LLTTF course is to:

- introduce Cognitive Behavioural Therapy and
- explain the process of CBT will assist with gaining control in one's life by stopping the vicious cycle from spinning.

Outline that the learning outcomes, at the end of the 8 week course, are that the participants will be able to:

- appropriately respond to stressful events in their lives,
- understand the connection between thoughts/emotions/physical symptoms and behaviours,
- reduce unhelpful thoughts and understand how those thoughts are impactful, and
- identify possible target areas for making small changes to have more control in their lives.

Apply (Constructivism)



Asynchronously (at home on participants own time):

To reintroduce activities that give us pleasure, a sense of achievement and closeness to others, participants are asked to keep a journal and answer the following questions every day for one week:

1. Did you reintroduce an activity that gave you pleasure (walking, reading, listening to music, creating, etc.)?
2. Did you do something that gave you a sense of achievement (cleaning the house, filing papers, finishing that project that you started months ago, etc.)?
3. Did you do an activity that made you feel close to family/friends (called or Zoomed someone, volunteered, watched a movie with a family member, went to a class, etc.).

To reinforce this section, participants are asked to create a plan, and review the plan after one week, using the following template(s):

1. Planner sheet
2. Review sheet

Share (Connectivism)



Synchronously (via Zoom):

Through the use of the polling feature on Zoom participants are asked to report how they did with their journaling activity on reintroducing activities that give them pleasure, a sense

of achievement, and closeness to others.

In the Zoom room, or in breakout rooms, participants will be invited to use the whiteboard feature on Zoom to draw, write, type, or use the chat function if they are not comfortable with the whiteboard, and describe one activity that they reintroduced back into their routines.



Reflect (Behaviourism, Cognitivism, and Constructivism)

Synchronously (via Zoom):

To reinforce journaling as a activity, beyond the LLTTF, for course participants, show this video:

<https://www.youtube.com/watch?v=2d4w3lfJsO0>

Synchronously/Asynchronously:

Share this resource for those participants who wish to further explore free digital journaling sites:

<https://www.freemake.com/blog/top-5-free-websites-to-keep-diary-online/>



Extend (Connectivism)

Asynchronously:

In order to continue with the skills that the participants learned through this session, the participants are encouraged to create an interest-based group site (i.e. Facebook, Instagram, etc.).

(Accessed with appreciation from

<https://docs.google.com/document/d/115hNakSEYB8R1uqgX2Gms6xhCjKiaFA7l3xWzMtIFOo/edit>)