Weekly program module themes in the 8-week CBT-MY program

| Module Topic               | Major CBT-MY Themes                                                                 |
|----------------------------|------------------------------------------------------------------------------------|
| 1. Start Where You Are     | Present-moment awareness of bodily sensations, emotions and thoughts without judgment, discovering the fragmented self |
|                            | - Mindfulness of avoidance and distractions                                         |
|                            | - Mindfulness of breath as an anchor to cultivate calm                              |
| 2. The Ebb & Flow          | Challenging beliefs on what healing should look like                                |
|                            | - Cultivating acceptance of the ebb and flow of healing                             |
|                            | - Leaning into uncertainty, neutrality, and patience                                |
| 3. Your Body Has Your Back | Perspective shifting of bodily sensations and learning to sense the inner messages of the body |
|                            | - Recognition of body cues; discernment of stress-response versus calm arousal      |
|                            | - Befriending the body with compassion                                             |
| 4. Emotional Triggers      | Addressing rumination, worry, and fear                                             |
|                            | - Understanding reactivity vs. responding                                           |
|                            | - Mindfulness of habitual negative thoughts, self-awareness, and knee-jerk reactions |
| 5. Holding Space for Suffering | Stress vs. trauma response in the body; dorsal vagal shutdown, dissociation, chronic hypervigilance |
|                            | - Mindfulness for self-regulation and emotion regulation                            |
| 6. The Second Arrow        | Uncovering cognitive distortions and negative self-talk                            |
|                            | - Addressing shame, the Shadow Self and fragmented self                            |
|                            | - Mindfulness as a tool for integrations of all ‘selves’                           |
| 7. Towards Forgiveness     | Discovering mindfulness as a tool for self-compassion and compassion for others    |
|                            | - Understanding forgiveness through mindful breath to release and let go            |
| 8. Facing Forwards         | Cultivating inner peace, moving towards posttraumatic growth, resilience           |
|                            | - Rebuilding trust with inner sources of wisdom, mindfulness for communication, and authentic connection with self |