
COGNITIVE ENHANCEMENT THERAPY

Tuesday, January 16, 2007

Group #9

Session 20

Welcome Back: Judy

Selection of Chairperson:

Review of Homework:

- a) Describe a recent situation in which you disagreed with another person
- b) Describe your perspective
- c) Describe their perspective

Psycho-Educational Talk: Foresightfulness

Speaker: Ray

Exercise: Word Sort

Coach: Judy

Participants: Sam and Jo

Feedback: Everyone

Homework:

- a) Tell about a time when you could have been more foresightful.
- b) Tell how being foresightful would have made the situation different.

Next Group Meeting is Tuesday January 23, 2007