

**AMP Knowledge Project:  
CBT Skills for Distressing Physical Symptoms**

**September  
2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 *Access to Self-Paced Content Parts 1 & 2 *Discussion Board Opens	24	25	26	27	28 Welcome/Orientation Call 8 AM – 9:00 AM PST	29
30						

# AMP Knowledge Project: CBT Skills for Distressing Physical Symptoms

# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18 Suggested Schedule - Complete Part 1	19 Integration Workshop #1 8 AM – 10:30 AM PST	20
21	22	23	24	25	26	27
28	29	30	31			

# AMP Knowledge Project: CBT Skills for Distressing Physical Symptoms

# November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Suggested Schedule – Complete Part 2	2 Integration Workshop #2 8 AM – 10:30 AM PST  *Release of Self- Paced Content Parts 3 & 4	3
4	5	6	7	8	9	10
11	12	13	14	15 Suggested Schedule – Complete Part 3	16 Integration Workshop #3 8 AM – 10:30 AM PST	17
18	19	20	21	22	23	24
25	26	27	28	29 Suggested Schedule – Complete Part 4	30 Integration Workshop #4 (Final) 8 AM – 10:30 AM PST ***Continued access to Learn Worlds until Friday Dec. 20 <sup>th</sup> , 2024***	