



Alvernon Therapy Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Bipolar Skills Group 10:00-11:30p — Lakeisha <i>starting 11/13</i></p>	<p>PTSD/trauma: Seeking Safety (women only) 10-11:30a Marnie</p>	<p>EMDR closed group for PTSD 10a -11:30a —Lakeisha <i>Starting 11/8</i></p>	
<p>Dialectical Behavioral Therapy 1-2:30p— Marnie</p>	<p>Anger Management 2:00-3:00p —Marnie</p>	<p>Healthy Relationships 2:00-3:30p — Lakeisha <i>starting 11/7</i></p>		
		<p>Mindfulness for Anxiety & Depression 2:00-3:30p — Lakeisha <i>Ending 11/7</i></p>		



All groups are in the **Orange group room**, unless otherwise stated.
Must be enrolled with CODAC to attend. If interested talk with your RC, BHMP, PCP or therapist.

DEPRESSION & ANXIETY

Depression group

Treats mild to moderate depression using a variety of evidence-based methods. Using CBT, ACT, Positive Psychology, and Schema therapy this group helps you learn to change dysfunctional thinking, discover and change life traps, and discover and utilize your signature character strengths.

Mindfulness for Anxiety and Depression

Mindfulness is the skill of learning to gain flexibility with your mind, in order to distance yourself from thoughts, emotions, urges, sensations. It has been shown useful as a step in treating depression, anxiety, personality disorders, and physical pain.

Grief Group

therapist referral or group therapist approval to people who are at any stage of grieving the loss of a human being through death. The group will focus on moving through the emotions that are part of the grief process, remembering the loved one, relearning how to be in the world without them, and finding ways to carry the gifts of their love forward in our lives. This group is expressly not for people who are grieving pets, job losses or breakups/divorces.

HEALING TRAUMA

Seeking Safety

Designed for those just starting to work on their trauma. Learn to better understand symptoms related to PTSD and substance abuse. Free yourself from unhealthy patterns by learning safe coping. :Get tools for handling anxiety, fear and stress, urges to use. *Note:* This is not a processing group: group members do not share their personal trauma histories until later in treatment.

Women Healing Trauma

This PTSD group is for women with good coping skills and are ready to process their trauma in a safe woman-only setting. You are ready to build a meaningful life and move forward, mourning the past and building the future.

Dialectical Behavior Therapy

Advanced coping group for those with borderline personality or those needing high level skills. Topics include: Mindfulness, Emotion Regulation, Interpersonal skills, Distress Tolerance. Group requires practicing skills outside group to succeed.

Healthy Relationships

Enhance intimacy and self-respect in personal relationships. This group covers topics including stereotypical gender role expectation, assertive communication, sexuality and sexual myths, male reproductive health, resolving conflict, and problem solving. Homework assignments are designed to improve self-

SUBSTANCE ABUSE & ADDICTION

Addictions Recovery

This group is both people who are in recovery (action, relapse prevention stages), actively changing their use, and also for those would like to explore the pluses and minuses of changing substance use, who are still “on the fence” about use (contemplative stage). (This group fulfills most DCS and other required treatment.)

Anger Management

Understand where you anger comes from and learn tools and techniques to better manage anger, frustration, and stress. ((This group fulfills most DCS and other required treatment.)

INTEGRATED CARE

Brain Healing Therapy (Alv only)

Mary Hunter. For those experiencing cognitive changes due to a brain injury or other causes such as stroke, brain disease, or aneurysm. Learn about cognitive functioning and coping tips.

Pain Management (Cobblestone only)

Did you know you can help chronic pain with mental methods that go beyond medication? This group teaches techniques like rethinking thoughts in new ways (CBT), accepting parts of situations we can't change, looking at a larger life vision (ACT), mindfulness, and refocusing by drumming and other pleasurable activities to

