



# Alvernon Therapy Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Dialectical Behavioral Therapy</b> 1-2:30p— Marnie</p>	<p><b>Bipolar Skills Group</b> 10:00-11:30p — Lakeisha</p> <p><b>Anger Management</b> 2:00-3:00p — Marnie</p>	<p><b>PTSD/trauma: Seeking Safety (women only)</b> 10-11:30a Marnie / Gaye</p> <p><b>Healthy Relationships</b> 2:00-3:30p — Lakeisha</p>	<p><b>EMDR closed group for PTSD</b> 10a -11:30a — Lakeisha</p> <p><b>Depression Group</b> 11a-noon — Marnie</p>	
 <p>All groups are in the <b>Orange group room</b>, unless otherwise stated.  <i>Must be enrolled with CODAC to attend. If interested talk with your RC, BHMP, PCP or therapist.</i></p>				

## **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.

### ***Bipolar Skills Group***

With various modalities to include CBT, DBT and person centered approach group will address the how to track cycles, identify triggers, cope with difficult or uncomfortable feelings, repair your relationships, manage stress, and regulate your mood. Education on how to Managing symptoms and preventing complications begins with a thorough knowledge of your illness. With a family focus component that provides coping skills working through problems in the home and improving communication

## **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

