



Alvernon Therapy Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Dialectical Behavioral Therapy 1:00PM-2:30PM Marnie</p>	<p>Bipolar Skills Group 10:00AM-11:30AM Lakeisha</p> <p>Anger Management 2:00-3:00p —Marnie</p>	<p>PTSD/Trauma: Seeking Safety (women only) 10:00AM-11:30AM Marnie / Gaye</p> <p>Healthy Relationships 2:00-3:30p — Lakeisha</p>	<p>EMDR—closed group for PTSD 10:00AM -11:30AM Lakeisha</p> <p>Depression Group 11:00AM-12:00PM Marnie</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.*

Updated 3/14/19



CODAC THERAPY GROUPS—ALVERNON

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

Multi-approach group using CBT and DBT, this group addresses: tracking bipolar mania and depression cycles, identifying 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

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. *Note:* This is not a processing group: group members do not share their personal trauma histories until later in treatment.

EMDR Group (pre-screened)

This closed PTSD group is for men and women with good coping skills who are clinically ready to process their trauma using eye-movement desensitization and reprocessing treatment. EMDR is an evidence based practice for PTSD. The facilitator will screen for appropriateness and can answer any questions.

Dialectical Behavioral 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

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-knowledge as well as increase personal awareness of partner perspectives.

Anger Management

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

