

ALVERNON THERAPY GROUPS

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00					
8:30					
9:00					
9:30					
10:00		Bipolar Skills Group 10:00 – 11:30AM Lakeisha		EMDR – Closed Group for PTSD 10:00 – 11:30AM Lakeisha	
10:30			PTSD/Trauma: Seeking Safety (Women Only) 10:30AM – 12:00PM Lakeisha		
11:00					Depression Group 11:00AM – 12:00PM Marnie
11:30					
12:00					
12:30					
1:00	Dialectical Behavioral Therapy 1:00 – 2:30PM Marnie				
1:30					
2:00		Anger Management 2:00 – 3:00PM Marnie * ENDING 5/28 *	Healthy Relationships 2:00 – 3:30PM Lakeisha		
2:30					
3:00					
3:30					
4:00	All groups are in the Orange Group Room, unless otherwise stated.				
4:30	Must be enrolled with CODAC to attend. If interested, talk with your RC, BHMP, PCP or Therapist.				
5:00					



CODAC at Alvernon: 630 N. Alvernon Way | Tucson, AZ 85716
Phone: (520) 327-4505

GROUP DESCRIPTIONS

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.

Bipolar Skills Group: Managing symptoms and preventing complications begins with a thorough knowledge of your illness. Multi-approach group using CBT and DBT, this group addresses:

- Tracking bipolar mania and depression cycles
- Identifying triggers,
- Coping with difficult or uncomfortable feelings
- Repairing your relationships
- Managing stress
- Regulating your mood
- Coping skills
- Working through problems in the home

HEALING TRAUMA

PTSD/Trauma: Seeking Safety: Designed for those just starting to work on their trauma. Learn to better understand symptoms related to PTSD and substance use. Free yourself from unhealthy patterns by learning safe coping skills. *Note: this is not a processing group; members do not share their personal trauma histories until later in treatment.*

EMDR Group: 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). EMDR is an evidence-based practice for PTSD. The facilitator will screen for appropriateness and can answer any questions.

Dialectical Behavioral Therapy (DBT): Advanced coping group for those with borderline personality or those needing higher level skills. Topics include: mindfulness, emotion regulation, interpersonal skills, and distress tolerance. Group requires practicing skills outside of group to succeed (expect homework!).

HEALTHY RELATIONSHIPS

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