



# Alvernon Therapy Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Brain Healing Group</b> 1-2:00 pm Mary H</p> <p><b>Dialectical Behavioral Therapy</b> 1-3p Marnie</p>	<p><b>Beginning PTSD/trauma: Seeking Safety (women only)</b> 9:30-11 Marnie</p> <p><b>Addictions Recovery</b> (Contemplation and Action stages) 3-4:00 —Wade</p> <p><b>Men’s Group: Trauma and Beyond (processing)</b> 4:00-5:30—Wade</p>	<p><b>Expressive Arts—coming soon</b> Marnie 10-11:30 (starting 11/15)</p> <p><b>Mindfulness for Anxiety &amp; Depression</b> 11:30a—12:30 Wade</p> <p><b>Depression Group</b> 1:30 –3pm— Wade</p> <p><b>Anger Management</b> 4:00-5:30—Wade</p>	<p><b>Women Trauma Processing</b> 2-3:00pm—Mary H</p> <p><b>Ever Evolving Women</b> 9:30-11 Marnie (starting 11/9)</p>	<p><b>Healthy Relationships</b> 3:00-4:00—Mary H</p>
				
<p><i>If interested in any group, talk with your RC or therapist. Or just show up! No referrals needed.</i></p> <p><i>You may also attend the ‘walk-in’ therapy consultations: see front desk for times.</i></p>				

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## **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.

### ***Anxiety Group***

For members struggling with anxiety (panic disorder, general anxiety disorder) who would like to receive support from their peers as well as learn tips and skills to better manage their symptoms. Learn the coping skills and get information on how to increase your ability to complete daily activities, improve relationships and deal with the harmful effects of anxiety problems. (For trauma anxiety, see Seeking Safety)

### ***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.

*See also DBT group.*

## **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.

### ***Men's Group***

For men living with PTSD or who are survivors of trauma. While recovery from trauma is the primary focus, this group also covers relationship issues, alcohol/substance abuse, trust issues, symptoms of depression, negative self-talk.

### ***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.

## **HEALING TRAUMA, cont**

### ***Living with Loss***

Sometimes grieving is blocked and doesn't get better on its own. This group helps to process healthy grieving, mourning, reconnecting with self and society

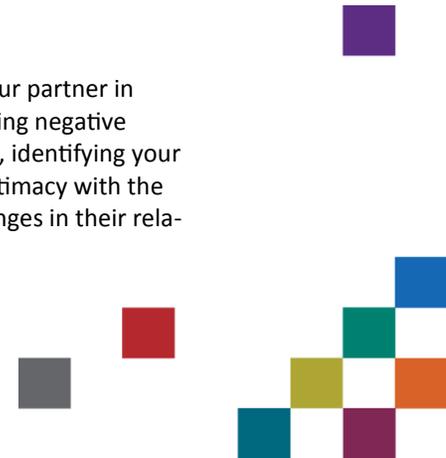
## **HEALTHY RELATIONSHIPS**

### ***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.

### ***Couples Skills Group***

This group is designed to work with your partner in practicing clear communication, breaking negative patterns, coping with an angry partner, identifying your couple system, and creating greater intimacy with the support of a group seeking similar changes in their relationships.



## **SUBSTANCE ABUSE & ADDICTION**

### ***Addictions Recovery Exploration ( Substance Abuse 101)***

This group is for people who would like to explore the pluses and minuses of changing substance use, who are still “on the fence” about use. This non-judgmental group approach offers a safe space to make healthier decisions for yourself. It does not assume you want to change but will give you insight no matter what your commitment. If you are firmly committed to tackling your addiction you should choose Living in Recovery. (This group fulfills most DCS and other required treatment.)

### ***Living in Recovery (Substance Abuse 201)***

Skills and support for staying sober and relapse prevention for those in the “action” stage of change. This group is for those committed to sobriety, who are taking active steps, looking for specific methods to replace use with other activities and avoid relapse. (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**

### ***Positive Living with Cognitive Changes***

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.

### ***Mindfulness for Anxiety, Depression, and Pain***

Useful for depression, trauma, and pain management. You will learn about simple relaxation techniques you can do on your own. Learn ways to be more present in each moment and how to better handle stress, anxiety and depression. Also very useful for decreasing pain without additional medication.

### ***ADHD Mastery***

This group provides therapy methods to help with your ADHD in addition to or instead of medication. It utilizes cognitive-behavioral methods (CBT) to provide strategies to manage time, organizing, and plan in daily life. We also address problems of anxiety and depression which are typical of ADHD.

### ***Acceptance Commitment Therapy for Chronic Physical Conditions***

Using a mixture of change and acceptance, this group tackles the struggles of chronic physical conditions. By focusing on one’s larger life meaning and values, this group helps take you beyond being just “sick” to reconnect with your larger self, and gain skills for coping and accepting the parts you can’t change.

### ***Pain Management***

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 increase pain management skills.

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