

SACASA Therapy Group

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>“I thought it was just me” Shame & Trauma Anabel & Alanna 2-3:30pm Group Room</p> <p>Seeking Safety (Co-Ed Group) Anabel 3:30-5pm Group Room</p>	<p>Transforming trauma with Yoga and Medi- atation Group Charlotte 9:30-11am Large Conference Room</p> <p>Healthy Relationships 4-5:30pm Large Conference Room</p>	<p>No Groups</p>	<p>“Love Yourself, Heal Your Life” Anabel 10am-11:30am</p>	<p>Writing Therapy and Creative Expressions Charlotte 10-12pm Large Conference Room</p> <p><i>Temporarily on hold:</i> <i>Su Voz Vale site:</i> (Spanish language group): -Overcoming Trauma CBT Group Anabel</p>

SACASA mbrs: Please notify your therapist if you are interested in attending groups.

Non-SACASA mbrs: RC completes SACASA Mental Health Referral (Sc_Mhr) in Nextgen, email facilitator.

“I thought it was Just Me” - This process group explores the work of Brene Brown and focuses on building self-love, belonging, resiliency and authenticity in recovery from PTSD. Questions that the group centers around include: What is shame? Can you recognize your shame triggers? What is shame resilience? Do you know the power of empathy? How do you want to be perceived? How do you not want to be perceived? How do you cope? How do you disconnect from others? How can you reach out to people for help?

Seeking Safety - A present-focused therapy to help people attain safety from trauma/PTSD and substance abuse as first-stage treatment. Topics include: Safety, PTSD: Taking Back Your Power, When Substances Control You, Honesty, Asking for Help, Setting Boundaries in Relationships, Getting Others to Support Your Recovery, Healthy Relationships, Community Resources, Compassion, Healing from Anger, Creating Meaning, Discovery, Integrating the Split Self, Recovery Thinking, Taking Good Care of Yourself, Commitment, Respecting Your Time, Coping with Triggers, Self-Nurturing, Red and Green Flags, Detaching from Emotional Pain (Grounding), Life Choices, and Termination. *This group does not include trauma processing, but is often a medically necessary prelude to deeper trauma work.*

Transforming Trauma through Yoga and Meditation—This group uses gentle yoga stretches and movement to awaken and strengthen your relationship with your body. The meditations are designed to help you “make friends with your mind” and to develop the loyalty and courage to be with yourself, deepening self-understanding and tolerance to stress. Groups will run for 8 weeks and may be repeated. No experience necessary, we can start wherever you are.

Writing and Creative Expressions -Explore expression at your own pace. We will read writing excerpts from many literary styles and practice poetry, journaling and creative writing exercises. Members can share their work and offer feedback in a safe and structured manner. We will also do other creative projects with art materials such as collage, paint, and 3-d materials. Collage items will always be available as a springboard for writing or therapy. No experience necessary!

Su Voz Vale: Overcoming Trauma CBT Group - This group is for members who want to overcome the effects of trauma using cognitive behavioral therapy, in a group setting. Members will learn to identify triggers, negative cognitions, and behaviors that lead to anger, anxiety, depression, or PTSD symptoms. Members will increase self-awareness and abilities to break unhealthy cycles. **Group is conducted in Spanish.**

Love Yourself, Heal Your Life—Love Yourself, Heal Your Life—This group focuses on Louise Hay’s work and techniques of self-love and positive thinking to a wide range of topics that affect us all on a daily basis, including: Health Fears and Phobias, Sex, Self-Esteem, Money and Prosperity, Friendship, Addictive Behaviors, Work, and Intimacy. Group modality includes Cognitive Behavioral therapy and inner child work. Members explore how past traumas currently affect various areas of their lives.