



# Alvernon Therapy Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Brain Healing Group</b> 1-2:30 pm Mary H</p> <p><b>Dialectical Behavioral Therapy</b> 1-2:30p Marnie <i>(Orange or Purple Rooms)</i> (Members may attend either day)</p> <p><b>Grief Group (referral only)</b> 3:30-4:30pm Mary Ann C</p> <p><b>Healthy Relationships (starting 6/11)</b> 4-5pm Mary H.</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</p> <p><b>Mindfulness for Anxiety &amp; Depression (Blue rm)</b> 1:30p—2:30p Ann</p>	<p><b>Women Trauma Processing</b> 2-3:00pm—Mary H</p> <p><b>Dialectical Behavioral Therapy</b> 9:30-11 Marnie (Members may attend either day)</p>	<p><b>Healthy Relationships</b> 1:00-2:30—Mary H</p>



All groups are in the **Orange group room**, unless otherwise stated.

*If interested in any group, talk with your RC or therapist. Or just show up! No referrals needed. You may also attend the 'walk-in' therapy consultations: see front desk for times.*

## **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.

### ***Grief Group***

therapist referral or group therapist approval to people who are at any stage of grieving the loss of a human being through death. The group will focus on moving through the emotions that are part of the grief process, remembering the loved one, relearning how to be in the world without them, and finding ways to carry the gifts of their love forward in our lives. This group is expressly not for people who are grieving pets, job losses or breakups/divorces.

## **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

