

## CODAC THERAPY GROUPS (effective 2/10/20)

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00				<b>Substance Use Disorder Education</b> 9:00 – 10:00AM (Shelby) 380	
9:30					<b>Healthy Relationships</b> <i>Women's Gender Specific</i> 9:30 – 11:00AM Country Club
10:00		<b>Bipolar Skills Group</b> (Lakeisha) 10:00 – 11:30AM Alvernon	<b>Domestic Violence</b> <i>Women's Gender Specific</i> (Clayton) 10:00 – 11:30AM Country Club		Last session 3/6. Switching 3/12 to Thursdays 1:30-3:00PM
10:30				<b>PTSD/Trauma: Seeking Safety</b> <b>(Women Only)</b> (Lakeisha) 10:30AM – 12:00PM Alvernon	
11:00					
11:30				<b>Domestic Violence</b> <i>Women's Gender Specific</i> (Amber) 11:30AM – 1:00PM Country Club	
12:00					
12:30					
1:00	<b>DBT: Emotion Regulation Skills</b> (Nancy) 1:00 – 2:30PM Alvernon			<b>DBT: Distress Tolerance Skills</b> (Nancy) 1:00 – 2:30PM Alvernon	
1:30		<b>Healthy Relationships</b> (Kimberly) 1:30 – 3:00PM Country Club			
2:00		Last session 3/4. Switching 3/12 to Thursdays 1:30-3:00PM	<b>Healthy Relationships</b> (Angel) 2:00 – 3:30PM Alvernon		
2:30	<b>Lose the Blues &amp; Anxiety</b> (Clayton) 2:30 – 3:30PM Country Club				
3:00				<b>***"I Thought It Was Just Me": Shame &amp; Trauma – WOMEN SEXUAL ASSAULT SURVIVORS ONLY</b> (Amber) 3:00 – 4:30PM Country Club	
3:30					
4:00					
4:30		<b>**Seeking Safety - SEXUAL ASSAULT SURVIVORS ONLY</b> (Amber) 4:30 – 6:00PM Country Club	<b>**Seeking Safety – Family Ages 12+</b> (Clayton) 4:30 – 6:00PM Country Club		
5:00					
5:30					

CODAC at Alvernon: 630 N. Alvernon Way | Tucson, AZ 85716

CODAC at Cobblestone Court: 1650 E. Ft. Lowell Rd. | Tucson, AZ 85719

CODAC at Country Club: 1600 N. Country Club Rd. | Tucson, AZ 85716

Phone: (520) 327-4505



Groups with \* in front of the name require a referral from Recovery Coach or BHMP. Groups with \*\* require referral from SACASA Advocate; call (520) 327-1171. Women's gender specific groups are for individuals who identify as female, and focus on female-specific issues.

Updated 2/10/20

## GROUP DESCRIPTIONS

### DEPRESSION & ANXIETY

**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; and working through problems in the home.

**Lose the Blues & Anxiety:** Treats mild to moderate depression and anxiety 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.

### HEALING TRAUMA

**DBT: Distress Tolerance Skills:** Advanced coping skills for (1) managing overwhelming and sometimes unbearable emotions, (2) avoiding destructive behaviors such as self-harm, suicide and anger explosions, and (3) learning to experience your emotions without acting impulsively.

**DBT: Emotion Regulation Skills:** Advanced coping group for (1) building awareness of your emotional experiences, (2) learning how to manage negative or overwhelming emotions, and (3) increasing positive experiences.

**Domestic Violence:** This is a psycho-educational group facilitated by a therapist. This group focuses on the dynamics of domestic violence, systemic issues, raising awareness, learning alternatives to abusive behavior, changing our attitude toward all definitions of abuse, and the prevention of future violence. This group is open to both abusers and those who have been or are currently being abused. \*This is not a certified DV course; check with probation/court orders prior to taking this group for legal purposes.

**"I Thought It Was Just Me": Shame and Trauma (Referral Only):** This process group \*\*for female-identifying individuals only\*\* 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 cope? How do you disconnect from others? How can you reach out to people for help?

**Seeking Safety (PTSD/Trauma):** 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.*

### HEALTHY RELATIONSHIPS

**Healthy Relationships:** Provides education on a number of topics designed to improve communication and healthy boundaries. Members learn how to practice "clean communication," break negative emotional and behavioral patterns, cope with anger in themselves and their partner(s), identify their family and social systems, and how to set and maintain healthy boundaries. These skills can be applied to intimate, familial and social relationships.

**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.)