

## **CODAC VIRTUAL THERAPY GROUPS** (effective 11/16/20)

During the COVID-19 Pandemic, these groups all take place using phone or video conferencing through Zoom.

To participate, you will need to contact someone on your treatment team and get a referral to attend.

After referral/authorization, you will be provided with Zoom login information.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9:30</b>					<b>Healthy Relationships</b> (Clayton) 9:30 – 11:00AM
<b>10:00</b>				<b>Moral Reconciliation Therapy (MRT) for Women</b> (Lee Ann) 10:00 – 11:00AM	
<b>10:30</b>					
<b>11:00</b>	<b>Bipolar Skills Group – starts 10/12/20</b> (Lakeisha) 11:00AM – 12:30PM				<b>Grief and Loss</b> (Angel) 11:00AM – 12:00PM
<b>11:30</b>					
<b>12:00</b>					
<b>12:30</b>				<b>Domestic Violence Women's Gender Specific</b> (Amber) 11:30AM – 1:00PM	
<b>1:00</b>	<b>DBT: Emotion Regulation Skills</b> (Nancy) 1:00 – 2:30PM				<b>Moral Reconciliation Therapy (MRT) for Men</b> (Michele) 1:00 – 2:00PM
<b>1:30</b>		<b>Trauma &amp; Oppression – starts 10/13/20</b> (Lakeisha) 1:30 – 3:00PM		<b>DBT: Distress Tolerance Skills</b> (Lakeisha) 1:00 – 2:30PM	
<b>2:00</b>					
<b>2:30</b>			<b>Healthy Relationships</b> (Angel) 2:00 – 3:30PM		
<b>3:00</b>				<b>**"I Thought It Was Just Me:" Shame &amp; Trauma – WOMEN SEXUAL ASSAULT SURVIVORS ONLY</b> (Amber) 3:00 – 4:30PM MUST CONTACT ADVOCATE FOR REFERRAL (520-327-7273)	
<b>3:30</b>					
<b>4:00</b>	<b>Lose the Blues &amp; Anxiety</b> (Clayton) 4:00 – 5:00PM		<b>PTSD Processing</b> (Amber) 4:00 – 5:00PM		
<b>4:30</b>		<b>**Seeking Safety - SEXUAL ASSAULT SURVIVORS ONLY</b> (Amber) 4:30 – 6:00PM MUST CONTACT ADVOCATE FOR REFERRAL (520-327-7273)			
<b>5:00</b>					
<b>5:30</b>					
<b>6:00</b>					

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. Gender specific groups are for individuals who identify as the gender indicated. Updated 11/16/20

## GROUP DESCRIPTIONS

### DEPRESSION & ANXIETY (highlighted blue)

- **Bipolar Skills Group:** Using CBT, DBT and a person-centered approach, this group is a safe place for members with Bipolar Disorder to feel understood and accepted. Learn to track cycles; identify triggers and manage stress; cope with hard/ uncomfortable feelings; repair relationships; and regulate your mood.
- **Grief and Loss:** Therapy group for those whose grief over losses of various kinds (lost people or opportunities) is not resolving on its own naturally, or is interfering your ability to function. You will learn about health and unhealthy grieving, gain support from others who are also grieving, and learn to move beyond being "stuck."
- **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 (highlighted green)

- **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 psycho-educational group focuses on the dynamics of domestic violence, 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 women and 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? How do you cope? How can you reach out to people for help? And More!
- **Moral Reconation Therapy (MRT) – Men and Women's Groups are Separate:** MRT is an evidence-based, systematic, cognitive-behavioral therapy approach that increases moral reasoning in individuals with issues of substance use, anger management, and domestic violence. Participants complete homework before each session and then present the homework and are passed through each of 16 steps when they meet objective criteria. Groups are open-ended, so new participants can enter any time.
- **PTSD Processing:** Based in Cognitive Processing Therapy (CPT), this is an evidence-based, best-practice model for treating Post Traumatic Stress Disorder (PTSD). This group will help participants overcome "stuck points" that keep them from moving forward in recovery and then challenge dysfunctional beliefs through reflection and evidence. *NOTE: This group processes trauma and is intended for members who are stable enough to handle trauma processing without relapse. The Seeking Safety group is an alternative for first-stage trauma treatment.*
- **Seeking Safety (PTSD/Trauma):** Designed for those just starting to work on their trauma. Learn to better understand symptoms related to Post Traumatic Stress Disorder (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.*
- **Trauma and Oppression:** This is a psychoeducational and trauma-informed group that provides a healthy space for participants to learn about White Privilege; identify your own cultural biases; learn how to be anti-racist and an ally; explore the impact of racial trauma, economic oppressions and police brutality; and more! This group will address hard topics and may be uncomfortable. Some topics may be triggering. Overt racism and hatred are not allowed.

### HEALTHY RELATIONSHIPS (highlighted purple):

- **Healthy Relationships:** Provides education on 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.