

# **CODAC VIRTUAL THERAPY GROUPS** (effective 3/24/21)

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 info.

	Monday	Tuesday	Wednesday	Thursday	Friday	
9:30					<b>Healthy Relationships</b> (Clayton) 9:30 – 11:00AM	
10:00		<b>Bigger Than the Baby Blues</b> (Stephanie) 10:00 – 11:30AM STARTS 4/6/21 Re-starts every month. Referral Required.				
10:30						
11:00	<b>Bipolar Skills Group</b> (Lakeisha) 11:00AM – 12:30PM		<b>Chronic Pain Management</b> (Kaitlyn) 10:30AM – 12:00PM STARTS 3/24/21	<b>**Safety In Relationships (DV Group) SURVIVORS OF DOMESTIC VIOLENCE &amp;/OR SEXUAL ASSAULT ONLY</b> (Amber) 11:00AM – 12:00PM STARTS 4/15/21 MUST CONTACT ADVOCATE FOR REFERRAL (520-327-7273)	<b>Domestic Violence Women's Gender Specific</b> (Lee Ann) 11:30AM – 12:30PM	<b>Grief and Loss</b> (Angel) 11:00AM – 12:00PM
11:30						
12:00						
12:30						
1:00						
1:30			<b>DBT</b> (Lakeisha) 1:00 – 2:30PM			
2:00	<b>DBT</b> (Kaitlyn) 2:00 – 3:30PM	<b>Trauma &amp; Oppression</b> (Lakeisha) 1:30 – 3:00PM		<b>Healthy Relationships</b> (Angel) 2:00 – 3:30PM		
2:30						
3:00				<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>PTSD Processing</b> (Stephanie) 3:00 – 4:00PM STARTS 4/2/21	
3:30						
4:00	<b>Lose the Blues &amp; Anxiety</b> (Clayton) 4:00 – 5:00PM					
4:30		<b>**Seeking Safety - SEXUAL ASSAULT SURVIVORS ONLY</b> (Amber) 4:30 – 6:00PM MUST CONTACT ADVOCATE FOR REFERRAL (520-327-7273)				
5:00						
5:30						

Groups with \* in front of the name require a referral from Recovery Coach or BHMP. Groups with \*\* require referral from SACASA Advocate; call (520) 327-7273.

Gender specific groups are for individuals who identify as the gender indicated.

Updated 3/24/21

## GROUP DESCRIPTIONS

### DEPRESSION & ANXIETY (highlighted blue)

- **Bigger Than the Baby Blues:** Therapy and support group for expecting and post-partum mothers with depression and anxiety symptoms related to pregnancy or new parenthood. Using mindfulness and cognitive behavioral therapy, this group will help you identify how perinatal depression or anxiety are affecting you. You'll learn coping skills to feel better, explore how your past impacts your thoughts and feelings about becoming a parent, and heal through mindful attachment to your baby.
- **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 and teal)

- **DBT:** Advanced coping skills for (1) managing overwhelming and sometimes unbearable emotions, (2) avoiding destructive behaviors such as self-harm, suicide and anger explosions, (3) learning to experience your emotions without acting impulsively, (4) increasing positive experiences, and (5) interacting with others and getting your needs met in effective ways.
- **"I Thought It Was Just Me": Shame and Trauma (Referral Required):** This process group \*\*for women and female-identifying individuals who are survivors or secondary survivors of sexual violence 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? +More!
- **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.* Two groups are available: (1) for Sexual Assault Survivors – requires referral by Advocate; call (520) 327-1171; (2) open to any CODAC member.
- **Safety In Relationships (Domestic Violence group; Referral Required):** This group is for survivors or secondary survivors of domestic and/or sexual violence. This group will help participants increase their knowledge and awareness of the cycle and warning signs of abuse. Members will learn about mindfulness, coping with anger, identifying and altering harmful thinking, increasing self-esteem, accountability, trauma recovery, defeating shame, identifying goals and more.
- **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 to improve communication and healthy boundaries. Members learn how to practice "clean communication," break negative emotional and behavioral patterns, cope with anger, identify their family and social systems, and set and maintain healthy boundaries. These skills can be applied to intimate, family and social relationships.

### PAIN MANAGEMENT (highlighted peach):

- **Chronic Pain Management:** This is an integrative and holistic approach to pain management using principles of acceptance and commitment therapy, cognitive behavioral therapy and mindfulness. You will learn to accept and detach from pain, to adopt healthy ways of thinking related to pain, how to pace physical activities, understanding functional limitations and strengths. And, you can practice trauma-informed yoga to support overall wellbeing and symptom tolerance.