



GROUP THERAPY

WHAT IS GROUP THERAPY?

Group Therapy is a shared therapeutic experience which includes the presence of others who are working through similar issues. Group Therapy can focus on interpersonal relationships or on particular concerns shared by group members.

IS GROUP THERAPY CONFIDENTIAL?

YES! It is expected that all group members and leaders will be treated with respect especially regarding confidentiality. You can speak to your friends and family about what you are learning and how you are working to change, but you cannot talk about other group members or the information shared by group members outside of group sessions.

Ask your clinician for group information and referrals.

CURRENT GROUPS AVAILABLE

Anger Management

This group is for individuals who have difficulty controlling their anger. Often their anger has caused problems at work, with their families and possibly even resulted in legal difficulties. In this group individual will learn ways to identify when their anger is reaching problematic levels and techniques to remain in control.

Dialectical Behavioral Therapy

This is an ongoing skills-based group for people who feel prone to anger, have episodes of depression, are burdened by impulsive behaviors, have fear of abandonment or are caught in chaotic and conflictual relationships. Learn to regulate your emotions, become interpersonally effective and use crisis survival strategies. Change behavioral, emotional and thinking patterns associated with life problems.

SAMI - Substance Abuse and Mental Illness

This is an ongoing group for adults diagnosed with both a mental illness and substance abuse problem. The program can benefit individuals who occasionally abuse substances, or those who have been addicted to drugs or alcohol for many years and can assist those who suffer from depression, anxiety, thought problems, trauma and many other mental and emotional problems.

LifeWorks - SAMI (Substance Abuse and Mental Illness) Aftercare

This is an ongoing group for adults diagnosed with both a mental illness and substance abuse problem who are working on their recovery and have had some success with sobriety.

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Depression

This is an ongoing group for adults diagnosed with a severe depressive disorder and provides education about depression and ways to cope with depression day to day.

Life Skills and Women's Issues

This is an ongoing group for women diagnosed with a severe mental illness which provides community living skill development and education about mental illnesses, healthy lifestyles, relationship problems and ways to cope day to day with the issues and demands on women today.

Getting Unstuck

This is an ongoing group for adults diagnosed with a severe mental illness and helps identify patterns of behavior and other barriers that keep people from moving forward toward recovery.

Real Life

This is an ongoing group for young adults diagnosed with a severe mental illness and helps identify patterns of behavior and other barriers that keep people from moving forward toward recovery and helps them learn the skills they need for successful community living.

Anxiety

This is an ongoing group for adults diagnosed with a severe mental illness and is also suffering from an anxiety disorder. The group provides education about anxiety and ways to cope deal with the symptoms of anxiety successfully.

Assertive Parenting Skills: Empowering Parents

This is group open to all clients who would like to improve their parenting skills. Common mistakes parents make when executing their skills will be discussed and ways to empower parents to approach their parenting in a positive and healthy way.

Stress Management

This is an ongoing group for adults diagnosed with a severe mental illness and provides education about stress on both physical and mental health and offers participants healthier ways to cope with the stresses of life.

Stress 101: Reducing Anxiety, Stress and Depression through Mindful Living

The group is open to anyone, age 18 or over. Sessions will provide education on the effects of stress, anxiety and depression on the mind and body and provide specific coping techniques.

Chill Out

This is a 6 week group for kids ages 6 - 10 who need help with Anger management, impulse control, stress management and self-esteem.

Overcoming Obstacles

Learn how to overcome the barriers to a healthy lifestyle. Learn how to developing habits for losing weight, healthy eating and exercising or physical activities