



Tri-City Medical Center Outpatient Behavioral Health Services

GROUP THERAPY



Recovery Begins Here

The Tri-City Behavioral Health Outpatient Services offers the following group therapies:

COGNITIVE BEHAVIORAL THERAPY (CBT) FOR MOOD MANAGEMENT AND PSYCHOSIS: CBT focuses on the management of mood symptoms (depression & mania) and psychotic symptoms (such as voices & paranoia)

ANXIETY/OBSESSIVE COMPULSIVE DISORDER: This group focuses on techniques to help manage symptoms of OCD, agoraphobia, social anxiety and generalized anxiety disorder.

GRIEF & LOSS: An intensive group addressing grief and loss issues, such as, death of a loved one or loss of functioning secondary to illness.

DIALECTICAL BEHAVIOR THERAPY (DBT): Co-facilitated by therapists trained in DBT techniques, these specialty groups focus on treatment of Borderline Personality Disorder as well as mood disorders with the use of cognitive behavioral therapy and mindfulness skills.

SYSTEMS TRAINING FOR EMOTIONAL PREDICTABILITY AND PROBLEM SOLVING (STEPPS): Weekly two-hour groups that focus on learning specific emotion and behavior management skills. This is a systemic approach that utilizes various techniques, including cognitive behavior therapy.

NUTRITION: This group focuses on the relationship between good nutrition and mental health, weight gain, weight loss, diabetes management, and other health issues.

ABUSE & TRAUMA RECOVERY: This group focuses on recovery from past trauma and abuse.

MOOD MANAGEMENT: These groups focus on developing coping skills for depression, anxiety, mania and anger management issues.

FUNCTIONAL SKILLS GROUP: These groups address various topics, such as communication, anger management and relationships.

DUAL RECOVERY PROGRAM: This track focuses on the simultaneous treatment of both substance abuse issues as well as the treatment of additional psychiatric symptoms. Therapy topics include 12-Steps to Recovery, Seeking Safety, DBT, and Relapse Prevention.

FAST TRACK AFTERNOON PROGRAM: This program is designed for individuals with primary mood and/or anxiety disorders. These groups focus on mood management, DBT, and cognitive behavioral therapy.

SPECIALIZED OLDER ADULT PROGRAM: This track is designed to provide integrated treatment for individuals over 55 in a compassionate and smaller setting.

SPIRITUALITY: Christian based and secular groups designed to help individuals utilize spirituality as a coping mechanism.

WELLNESS RECOVERY ACTION PLAN (WRAP): This group helps individuals develop a plan to get well and stay well and improve quality of life. It helps attendees identify wellness tools, triggers, warning signs, and develop a crisis prevention plan.

For more information, please contact the Intake Line at (760) 940-5051