

GROUP THERAPY



Recovery Begins Here

The Tri-City Behavioral Health OUTPATIENT SERVICES offers the following group therapies:

COGNITIVE BEHAVIORAL THERAPY (CBT) FOR PSYCHOSIS AND MOOD MANAGEMENT

CBT focuses on the management of psychotic symptoms (such as voices & paranoia) and mood symptoms (depression & mania).

ANXIETY/OBSESSIVE COMPULSIVE DISORDER

Utilizes behavior therapy techniques to help manage symptoms of OCD, agoraphobia, social anxiety and generalized anxiety disorder.

GRIEF & LOSS

This group addresses grief and loss issues, such as death of a loved one or loss of functioning due to a mental or physical illness.

DIALECTICAL BEHAVIOR THERAPY

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 mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation.

SYSTEMS TRAINING FOR EMOTIONAL PREDICTABILITY AND PROBLEM SOLVING (STEPS)

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

Weekly group addressing the relationship between good nutrition and mental health. Topics may include weight gain, weight loss, diabetes management, and other health issues.

ABUSE & TRAUMA RECOVERY

Focuses on recovery from past trauma and abuse.

MOOD MANAGEMENT

Focused on developing coping skills for symptoms of depression, anxiety, and mania.

FUNCTIONAL SKILLS GROUP

Focuses on various topics, such as communication, anger management, relationships, and self-care.

DUAL RECOVERY

This tract 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. This program focuses on mood management, DBT, and cognitive behavioral therapy.

SPECIALIZED OLDER ADULT PROGRAM

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 strength in their recovery.

WELLNESS RECOVERY ACTION PLAN

A group focused on developing a wellness plan to help identify precipitants, triggers, strengths, resources, and a course of action to achieve and maintain recovery.