

Education Class & Group Description

Attachment

In attachment class we will take a look at our first ever attachment, our parents. Throughout the class we will focus on identifying emotionally immature parents, parenting styles, and how all of that affects our attachment styles and how we handle situations as adults. We will also look into building emotional maturity ourselves along with a more secure attachment style. Through psychoeducation and a deep dive into the book "Adult Children of Emotionally Immature Parents" I hope to help you gain a better understanding of your struggles with core loneliness and attachment styles.

CBT (Cognitive Behavior Therapy)

Cognitive behavioral therapy is a short-term, goal-oriented psychotherapy treatment that takes a hands-on, practical approach to problem-solving. Its goal is to change patterns of thinking or behavior that are behind people's difficulties, and so change the way they feel. CBT uses a variety of cognitive and behavioral techniques, but it isn't defined by its use of these strategies. We do lots of problem solving and we borrow from many psychotherapeutic modalities, including dialectical behavior therapy, acceptance and commitment therapy, Gestalt therapy, compassion focused therapy, mindfulness, solution focused therapy, motivational interviewing, and positive psychology.

Connections (Shame Resilience)

This 12-week class draws on empirically-based strategies to help clients recognize shame as a universal experience and embrace authentic living as a foundation for shame resilience. Topics include defining shame; practicing empathy; exploring triggers and vulnerabilities; practicing critical awareness; reaching out to others; and creating, embracing, and inspiring change. "Connections" engages clients on a cognitive, behavioral, and interpersonal level. Clients learn via group and personal exercises, handouts, and reading assignments.

Coping Skills

Learning about coping skills and creating our coping skills toolbox is an essential part to recovery. This class will equip participants with a variety of coping skills from various therapeutic modalities to be utilized in times of stress and struggle to help support and bolster their recovery. New skills will be presented each week with opportunities to practice as well as process through how the skill may be best utilized in specific situations and areas of life.

DBT (Dialectical Behavior Therapy) Skills

DBT skills class utilizes a combination of psychoeducation, personal reflection, discussion, open sharing, and feedback to provide clients with opportunities to learn and explore the four key skills of Dialectical Behavior Therapy: Distress Tolerance, Mindfulness, Emotional Regulation, and Interpersonal Effectiveness. These skills can help manage overwhelming emotions by strengthening clients' ability to handle distress without losing control or acting destructively and to better regulate their emotional responses. class materials consist predominantly of Dialectical Behavior Therapy resources by DBT developer Marsha Linehan.

Healthy Relationships

This class is designed to help clients learn & apply tools for establishing & nurturing interpersonal relationships that support positive growth as individuals as well as with partners, family, peers, etc. Additional themes include getting to know yourself better through personality assessments. Knowing ourselves can help us connect better with others. Discover the difficulties you have with bonding & separating from others, sorting out the issues of good & bad, & learn new ways to take charge of your life.

Recovery Maintenance & Coping Skills

Focusing on building and developing a life and toolbox that supports not using, this class is designed to help clients focus on recovery and worry less about relapse while maintaining a healthy respect for its risks. Group members will learn tools and strategies each week that will add to a well-rounded recovery plan focused on living well rather than in fear. This includes preparing for the possibility of a slip or relapse but also includes good things like self-care, social and family support, and fun. This class will also provide a variety of positive strategies to be utilized in times of stress and struggle.

Process Group (Group Therapy)

Process groups are group counseling sessions designed to promote healthy living and recovery through discussion, personal disclosure, and interpersonal interaction within the group to explore problems and seek solutions for healthier decision-making and emotional wellness.