



SYNERGY

COUNSELING CENTER

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.

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.

Mind & Body Connection

We are biopsychosocial beings — our emotions and physical health are inseparable. Yet how often do doctors ask how you *feel* beneath the surface? In this in-depth class, we will explore how our emotions drive addiction, trauma, disease, and loneliness, and discover somatic interventions that reconnect mind and body. Mind and body unity is not just a concept — it's who you are. *Join us and begin to see yourself in a whole new way.*

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.

The Space Between Us – A journey from silence to solidarity:

The Space Between Us is a 12-week group designed to help participants move from isolation to connection by exploring the shame stories that keep us hidden—and the relationships that help us heal. Rooted in the work of Brené Brown and the science of social connection, this group offers space to reflect, speak truth, and rebuild trust in ourselves and others.

Through guided activities, storytelling, and community-based practices, we'll learn to show up with more honesty, empathy, and courage. Together, we practice belonging—not by fixing ourselves, but by witnessing each other. In this circle, recovery becomes less about going it alone, and more about choosing to heal with each other.

Weekend Wellness

Weekend Wellness is a supportive and empowering IOP group designed to help clients head into the weekend feeling grounded, prepared, and connected. Held on Friday afternoons, this group focuses on equipping clients with practical tools to navigate common weekend challenges, such as increased triggers, unstructured time, or emotional ups and downs, while also fostering self-awareness, resilience, and intention. Through a blend of psychoeducation, skills practice, group discussion, and strengths-based reflection, Weekend Wellness encourages clients to design a weekend that supports their recovery, mental health, and personal growth.

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.



Group Guidelines

Synergy Counseling Center implements the following guidelines in order for each attendee to focus on their own recovery and well-being and receive the most benefit from classes and groups:

Respect Confidentiality --

- What is said in group stays in group unless there is reference of harm to self or others.
- Talk about what you learned but not the other participants, what others have said, or their experiences.

Respectful Attendance --

- Be on time and respectful by not interrupting the group by leaving except for previous arrangements, medical conditions, or appointments with other staff.
- Take care of personal business, restroom breaks, etc. prior to the start of group.

Respectful Behavior --

- Stay awake and participate attentively (with eye contact, verbal and non-verbals).
- Eliminate distractions including cell phones, interrupting, side conversations, talking over others, cross-talk, etc.
- No food or drinks in group except water unless otherwise approved by the group facilitator.
- Keep cursing to a minimum.

Respectful Participation --

- Respect all group members including the facilitator.
- Be as open and honest as you can while being sensitive to the needs of others.
- Listen attentively to everyone who shares.
- Discuss topics that are relevant and important to recovery.
- Glorify sobriety and healthy coping skills and behaviors rather than unhealthy ones.
- Be mindful of the time and allow all members of the group to share and receive feedback and support.
- Focus on the "here & now."
- Focus on yourself and use personal pronouns when speaking (I, Me, My, Mine).
- Let others talk for themselves and decide/discover how they think or feel.
- Support others without judgement, focus on solutions, strengths, and abilities versus blame and failures.
- Confront when necessary, with support and without pointing or name-calling.