

Groups

We currently provide multiple group therapy options designed to improve social skills and emotion regulation.

1. Social Skills Groups for Children and Adolescents

- Skill-based groups providing treatment for children and adolescents ages 8 through 16 years.
- Group participation includes weekly child or adolescent group therapy and bi-weekly parent group meeting.
- Sessions run across 10 to 12 weeks.
- Goals:
 - A. Build Social Skills:
 - Communication, Cooperation, Compromise, and Listening Skills
 - B. Reinforce Prosocial Attitudes and Behaviors:
 - Positive Self-Esteem, Respect, Responsibility, and Self-Control
 - C. Promote Adaptive Coping Strategies for Social Situations:
 - Responding to Teasing, Dealing with Peer Pressure, Bullying, and Making and Keeping Friends

2. Advanced Social Skills Groups for Children and Adolescents

- Group design for children and adolescents who have previously completed basic social skills group. This group provides the opportunity for children to advance the application and implementation of previously learned skills for children and adolescents ages 8 through 16 years.
- Group participation includes child or adolescent group therapy that meet weekly across 12 weeks.
- Goal:
 - A. To further develop and refine previously learned skills
 - B. To practice these skills across many settings/situations
 - C. To assist in the generalization of skills previously acquired to enhance long term use and understanding

3. Dialectical Behavior Therapy (DBT) Group

- Skill-based groups aimed at providing treatment for middle school and high school students to assist in developing improved emotional and behavioral regulation.
- Presenting problems may include depression, social withdrawal, anxiety, irritability, self-injury (e.g. cutting), risk-taking, impulsivity, and relationship difficulties.
- Group participation includes weekly group therapy.
- A co-occurring parent group also meets on a weekly basis.
- Sessions run across 16 weeks.
- Goals:
 - A. Cope with stress and regulate emotions in a healthy manner
 - B. Strengthen the parent-child relationship
 - C. Increase interpersonal effectiveness
 - D. Improve peer relationships