

Metropolitan Counseling Associates LLC

Group Therapy Fall 2016

Mondays

10am-11:30am

Coed Young Adult DBT/Process Group

DBT (Dialectical and Behavioral Therapy) is an empirically-based treatment approach proven to help people develop skills to manage overwhelming emotions and challenging relationships more effectively. Skills are divided into 4 modules: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness. This group adds a process component for clients to practice applying their newly learned skills to real life situations. For further information, please contact Julie Derby, LCSW-C at derbyj@metcounseling.com.

Tuesdays

4pm-5:30pm

Coed High School DBT/Process Group

Please refer to the Monday DBT/Process Group for a description of this group's format. This group is for teens and DBT skills will be applied to situations that are relevant to life as an adolescent. For more specific information, please contact either Julie Derby, LCSW-C at derbyj@metcounseling.com or Caryn Harris, LCPC at harris@metcounseling.com.

5:30pm-6:30pm

Adolescent Female Process Group (8th-9th grade)

This group is for older middle school/younger high school teens. It focuses on increasing self-awareness, developing self-confidence and building positive social relationships. Participants establish and expand communication and coping skills. For more information, please contact Emily Jones, LCSW-C at jones@metcounseling.com.

6:30pm-7:30pm

Adolescent Female Process Group (10th-12th grade)

This group has the same focus and format as the one above. However, participants are older high school teens and therefore will address concerns related to their specific age group. This group is extremely helpful for teens who plan to move on to college and would benefit from proactive problem solving. For more information, please contact Emily Jones, LCSW-C at jones@metcounseling.com.

7:00pm-8:15pm

Therapy & Support Group for Trans/Gender Fluid/Non Binary Teens

This 9-week group is designed for high school students (grades 9-12) and their parents. Weeks 1, 2, 4, 5, 7 & 8 are for teens and weeks 3, 6 & 9 are for parents of the teens in the group. Topics include: understanding the continuum of gender expression, navigating relationships with friends, family and school, developing self-esteem, engaging in positive self-care and self-advocacy, and accessing available resources for support and education. Please contact Heather Kirby, LCSW-C at kirbyh@metcounseling.com for more information.

Wednesdays

2pm-3pm

Young Adult Process Group (ages 19-27)

This group is best suited for young adults who function independently on a daily basis (all areas of functioning with the exception of financial) who want to continue developing positive coping skills and deepen personal connections. Areas of particular attention include: building and sustaining social relationships, career planning and implementation, improving family relationships, knowing and accepting oneself and staying safe even when distressed. Please contact Amye Fried, LCSW-C at frieda@metcounseling.com for more information or to schedule an intake.

3pm-4:45pm

Young Adult Art Therapy Group (ages 18-25)

Art therapy provides a forum for self-discovery that uses art to increase a client's self-awareness and their ability to recognize, express and manage emotions. Participants use prompts related to therapy goals. The first half of the group focuses on expression through art, and the second half of the group focuses on understanding and sharing the art. Due to the very high demand for art therapy, MCA offers 4 art therapy groups per week. Prompts are suited for the age group of participants. For more information please contact Chris Whitaker, LCSW-C, ATR at whitakerc@metcounseling.com.

4pm-6pm

Coed Study Skills/Executive Functioning Group (ages 16-25)

This group provides an opportunity for older teens and young adults to work on independent projects (school work, organization, test preparation, resume-writing, job applications, etc) with peer support and the assistance of MCA's Director of Educational/Vocational Services. This group is best suited for individuals who benefit from ongoing structure and support to complete tasks and meet goals. Please contact Heidi Carlson PhD carlsonh@metcounseling.com

5pm-6:45pm

Adolescent Art Therapy Group (ages 14-18)

Please see the description of art therapy above. This group is for teens. Please contact Chris Whitaker, LCSW-C, ATR at whitakerc@metcounseling.com.

Thursdays

8am-9am (Bi-weekly)

Parent Group

This group combines DBT-based skill building and peer support to help parents address the challenges they face in launching their young adult children. The group is made up of parents from our Ascend IOP and our outpatient practice. Please contact Amye Fried LCSW-C at frieda@metcounseling.com for more information.

3pm-4:45pm

Young Adult Art Therapy Group (ages 18-25)

Please see the description of art therapy above. This group is for young adults. Please contact Chris Whitaker, LCSW-C, ATR at whitakerc@metcounseling.com

5pm-6:45pm

Young Adult Art Therapy Group (ages 20-30)

Please see the description of art therapy above. This group is an older cohort of young adults. Please contact Chris Whitaker LCSW-C, ATR whitakerc@metcounseling.com

Other Groups at MCA

There are several other groups currently forming at MCA for teens, young adults and adults. The following groups for teens, young adults and adults are currently being formed. Time and days of group are still TBD. Questions regarding the below groups can be directed to Rebecca Kullback LCSW kullbackr@metcounseling.com.

Mindfulness Groups teens and Young Adults: Groups focus on a mind/ body approach to developing and practicing mindfulness skills. Groups help participants develop improved focus, self-control and mood stability.

Adult DBT Group: This group is for fully independent adult participants. The format of the group is comparable to other DBT/ Process groups at MCA.

Life Skills Group: This group is for young adults who need help developing and implementing functional life goals. It focuses on problem solving concerns that interfere with goal directed behaviors.