

CREATIVE DIRECTIONS
COUNSELING & CONSULTING

Group Therapy Summer 2022

FAQs

- What is group therapy?
 - Group Therapy is a unique kind of therapy where a group of people who are likely experiencing similar challenges get together to share their difficulties and give and receive help from each other. We make sure to maintain a safe environment that is conducive both for sharing and accepting each other where each can grow and trust one another and where everyone will feel respected and valued.
- What if I'm already in therapy?
 - Group therapy is a great addition to receiving individual therapy; in fact, we recommend it in addition to individual therapy!
- Is this covered by insurance?
 - Yes, we accept all major insurances, including Medicaid, RMHP, BCBS, Cigna, Aetna, Optum Health, United Healthcare, Humana and Private Pay. If you have a different insurance, let us know; we would be happy to include them in our network!
- How do I sign up (or sign up my child[ren])?
 - [CLICK HERE](#) for more information
 - [CLICK HERE](#) to complete a referral
 - [CLICK HERE](#) for future group recommendations

Children need the freedom
and time to play. Play is not
a luxury. Play is a necessity

KAY REDFIELD JAMISON

Play Therapy Group

KYRA LOGSDON, LCSW, RPT

- 45 - minute sessions
- 4 attendees / each
- Ages 3 – 10 years old
- Approx. 6 weeks
- Mondays @ 2:00 PM
- Wednesdays @ 4:30 PM
- Fridays @ 12:30 PM
- Tentative start date of June 13th
- Snacks & Drinks Provided!

CHILD-CENTERED PLAY THERAPY

- Social-emotional development
- Coping and regulation skills
- Communication skills
- Healthy relationship building
- Peer relationship development
- Attention / focus / transition
- Emotional awareness & Identification
- Self-esteem building

[Group Referral](#)

Teen Girls' Anxiety Survival Guide

STACEY LYONS, LPCC

- 1-hour sessions
- Middle School & High School Girls
- Max. 5 attendees / each
- Approx. 6 weeks
- Mondays @ 9:00 AM & 10:00 AM
- Tentative start date of June 6th
- Snacks & Drinks Provided!

COGNITIVE BEHAVIORAL THERAPY

- Communication Skills
- Anxiety Awareness & Management
- Emotional Awareness
- Healthy Relationship Building
- Self-Compassion
- Positive Thought Process & Change

[Group Referral](#)

"Take Action" ACT Group

NICOLE IZATT, LPC
SHELLEN PINNT, LPCC

- 1-hour sessions
- Middle School & High School Boys
- Max. 15 attendees
- Approx. 6 weeks
- Wednesdays @ 6:00 PM
- Tentative start of June 8th
- Snacks & Drinks Provided!

ACCEPTANCE & COMMITMENT THERAPY
COGNITIVE BEHAVIORAL THERAPY

- Behavior Change
- Cognitive Flexibility
- Coping Skills and Management
- Communication Skills
- Mindfulness
- Thought Diffusion
- Values & Goals Development

[Group Referral](#)

Dialectical Behavior Therapy (DBT) Group

EVELYN WRAY, LCSW

- 1.50-hour session(s)
- Adults 18 and over
- Max 8 attendees
- Approx. 6 months
- Mondays @ 6:00 PM
- Tentative start of June 6th
- Additional group set to begin August 2022
- Drinks & Snacks Provided!!

DIALECTICAL BEHAVIORAL THERAPY

- Borderline Personality Disorder (or tendencies)
- Positive Thought and Behavior Change
- Mindfulness and Emotional Regulation
- Distress Tolerance
- Interpersonal Effectiveness

[Group Referral](#)