

Group Therapy Programs



Based on the success of our group therapy programs, the Bert Nash Center is expanding the number of opportunities for individuals to participate in group therapy. This decision is guided by academic research and feedback from clients who have been part of a group.

WHAT IS GROUP THERAPY?

Group therapy is a form of counseling in which a small number of people come together under the guidance of a professionally trained therapist to help themselves and one another. Participants may benefit from understanding, support, and encouragement from others facing similar issues when they become engaged in group therapy.

Many personal problems are interpersonal in nature. In other words, they stem from difficulties with other people, including family members, co-workers, people in positions of authority or complete strangers. Group therapy offers the unique opportunity to explore and understand how you relate to others, and get feedback from others in a safe and comforting environment.

Current academic research supports the experience of clients that group therapy is just as effective as individual therapy for treating mental health concerns. A recent article in *Advances in Psychiatric Treatment* reports the effectiveness of treatment is very similar between individual and group therapy. In fact, in the last 10-15 years research studies have reported there are many advantages to group therapy over individual therapy.

ADVANTAGES TO GROUP THERAPY:

- You find you are not alone. Groups can help you lower your sense of isolation from others and reduce fear of social participation.
- You have the benefit of a professional and others experiencing similar difficulties.
- Being in a group allows you to better understand how others manage similar problems.
- You gain insight and develop new perspectives, ideas and viewpoints on issues you are facing.
- You learn new coping skills and will have opportunities to practice those skills.
- Groups can produce quicker results than individual therapy.
- The most common quality in the lives of happy people is their connection to others. Group therapy can improve your connectedness to others.

FREQUENTLY ASKED QUESTIONS:

How do I know whether I would fit into a group?

Most problems can be addressed effectively and quickly in group therapy. The type of group that is most appropriate will be decided by you and the therapist you meet with when you come for first meeting, an intake assessment.

How much do the groups cost?

Groups are a very affordable treatment option. The Bert Nash Center's sliding fee schedule will determine the cost to you for group therapy.

Will my insurance cover the cost of groups?

Most insurance policies cover group therapy.

How much does individual therapy cost?

If you do not have insurance coverage, the minimum fee for individual therapy is \$60.

What if I don't like being in a group?

Our experience is that giving group a chance results in a sometimes surprising commitment to the process. However, if you don't find the group to your liking, you can discuss this with your group therapist and determine what the best next steps are.

What are the benefits of being in a group?

- Participation in group can help you develop new social skills and insight into yourself and improve understanding of others.
- Groups can provide valuable social and emotional support and increase your sense of belonging, trust, and protection.
- Groups can provide solutions to problems you would not think of on your own and give you a chance to try new behaviors.
- Groups are less expensive and led by the same therapist you may have had in individual therapy, so you have access to professional expertise when needed.
- Several groups are available, thus increasing the likelihood of a good fit for your presenting problem.

All of the groups at the Bert Nash Center will be conducted by a qualified mental health professional. In each group, everyone agrees to mutual confidentiality. Depending on your circumstances and needs, the group that you participate in may be time limited or may be on-going. Because the groups are affordable and cost effective, this change allows us to continue to offer individual therapy when that is appropriate.

For more information about our group therapy programs, please call (785) 843-9192.

Types of Group Therapy

Anxiety Treatment

Provides a general overview of anxiety in its many forms and offers participants various strategies for managing anxiety.. Ongoing group.

Depression Treatment

This group will use Cognitive Behavioral Therapy to discuss thoughts, moods, people contacts and the relationship between depression and health. Ongoing group.

Overcoming Trauma

Participants will learn to use prolonged exposure therapy (PET) to decrease their anxiety and fear through exposure exercises and breathing training. For clients who have survived a trauma. This group will be composed of the same individuals for the entire 10 sessions.

Managing Relational Stress

The group leader will use current theory to assist clients in understanding and managing stress in relationships. Group members will share current stressors. Leader will introduce theoretical concepts regarding relationships theories. Ongoing group.

Therapeutic Lifestyle Change

Designed to help individuals with depression integrate physical exercise, sleep, social connectedness, sunlight exposure, dietary omega-3 fatty acids, and anti-rumination (worrying) strategies back into their daily lives. The group will be composed of the same individuals for the entire 12 sessions. Group meets once per week.

Therapeutic Lifestyle Change Aftercare

This group provides a format for review and troubleshooting of the components of Therapeutic Lifestyle Change in a weekly group format. The group will be composed of the same individuals for all of the sessions.

Challenging Health Issues

This group will offer participants with chronic physical illness and related mental health issues such as depression and/ or anxiety a place for support and strategies to manage symptoms. Activities will include relaxation exercises, guided imagery and cognitive restructuring. This group is designed for adults over the age of 50. Ongoing group.

Anxiety Treatment (for Seniors)

Provides a general overview of anxiety in its many forms and offers participants various strategies for managing anxiety. Ongoing group.

General Therapy

This group will include clients who want to focus on interpersonal and family issues. In the group, individuals will develop new self-care skills, including learning about nutrition, exercise and reducing stress. Ongoing group.

Women's Therapy

This group will focus on helping women develop a stronger sense of self. The group will focus on self-care, boundary setting, and managing relationships. Ongoing group.

Anxiety Exposure

The purpose of this group is to help individuals address problems such as Panic Disorder, Generalized Anxiety Disorder and Social Phobia. Participants will observe and monitor symptoms of anxiety, learn to challenge anxious thoughts and how to manage their symptoms of anxiety. The group will be composed of the same individuals for the entire session. (10 to 12 session group)

Acceptance and Commitment Therapy

For adult clients who struggle with worrying, rumination, anxiety and depression and who need to clarify their problems and learn effective ways to significantly reduce the impact of their symptoms and focus on solutions.

Life Solutions

For individuals currently struggling with some sort of adjustment difficulty that is causing mood problems. Members of the group will help each other problem solve. The group leader will also provide information on strategies to manage moods more effectively. Ongoing group.

Hospital Discharge

A group for clients who've just been discharged from the hospital. This group will orient them to Bert Nash services available to them depending upon their coverage (medication, crisis, group and case management services). Individuals will also learn about available community resources and skills to manage their symptoms. Ongoing group.

Anger Management

This group offers participants an understanding of how anger impacts brain functioning, offers assertiveness training, cognitive restructuring, along with stress and relaxation strategies. The group will be composed of the same individuals for the entire session. (6 to 8 session group).

(Fee of \$100)