

GROUP THERAPY DIRECTORY (DESCRIPTIONS IN ALPHABETICAL ORDER)

Building Healthy Relationships

This group is for those who have experienced abuse and have difficulty forming trusting relationships. It explores ways to enhance positive social and intimate relationships, maintain healthy boundaries and define what a healthy relationship is.

Connections

This 12-week group will help to define shame, explore triggers and vulnerabilities, practice empathy, and learn to combat shame by reaching out to others and building connections. Learn that it's okay to be vulnerable and how to be resilient in the face of shame. Curriculum is based on Brené Brown's best-selling book *I Thought It Was Just Me (but it isn't): Telling the Truth About Perfectionism, Inadequacy, and Power*.

Dynamics of DV

Dynamics of Domestic Violence is a program is for those who have experienced emotional or physical violence in their relationships or who are affected by memories of past abuse. It explores the definitions of abuse, the effects of domestic violence on self and family, ways of coping with abuse and how to identify abusive people. *Formerly *Breaking the Cycle*.*

Dynamics of SV

Dynamics of Sexual Violence is a group for survivors of sexual violence in childhood, adulthood or both. It provides psychoeducation on the dynamics of sexual violence, the effects of sexual violence on self and relationships, and understanding the mind body connection.

Healing Through Art

Designed especially for trauma survivors, Healing Through Art uses creative and inventive ways to understand, manage, and transform the effects of trauma. Projects using art and dialogue focus on personal safety, exploring and honoring difficult feelings, and understanding trauma's effects on relationships. Art experience is not necessary for this group.

LGBTQ+ Trauma Recovery

This group is designed for members of the LGBTQ+ community to engage in a unique opportunity to gain insight and awareness when beginning the process of understanding the effects of your traumatic experiences. This group is open to all types and levels of relationships, but is intended for individuals.

Maya Angelou Appreciation Group

This pilot program is designed for Black/ African American female identified survivors of abuse. This group covers psychoeducation on the intersect of race, IPV, DV, and SV. Storytelling is used to facilitate healing through creative expression. Participants will also learn various coping strategies inclusive to the Black experience.

Music Therapy

Offered in partnership with The Angel Band Project, this group uses various forms of musical expression including song writing and drum circles to help you in your healing journey. Music therapy can be useful in increasing self-expression, improving your sense of identity, and as a form of coping.

Seeking Safety

Seeking Safety is a curriculum developed specifically for individuals with a history of trauma and substance use history. This 12-week group is designed to assist participants in gaining knowledge of dependency and its relationship to trauma, increase healthy coping, and address co-occurring needs while in recovery.

Self Discovery

A group all about the most important person you'll ever be in a relationship with—you! Begin to explore who you are and how you and others see and experience you. Learn about self-compassion and the value of self-care. *Formerly *(Simply) You*.*

Trauma Information Group

A group for survivors who are just beginning to explore the relationship between their traumatic past and their current life patterns. Each session focuses on a topic related to the impact of trauma, such as safety and trust, anger, remembering, and relationships with others.

Trauma Recovery Group

The Trauma Recovery Group is an evidence-based group treatment for survivors of interpersonal trauma. This group is designed for survivors who have achieved basic safety and stability in present-day life and who are ready to work on the more enduring ways that trauma has harmed their self-perception and relationships. In this group, participants will have the opportunity to process some aspect of their trauma history and how it is currently affecting them in a safe and structured setting.

SIAT

Sexual Intimacy After Trauma is a psychoeducation group on typical sexual violence effects and responses. Participants will develop awareness around how society, family, and trauma impacts conceptualization and understanding of sex, identify and define healthy sex and sexual rights, identify and gain control of triggers, and learn skills to improve sexual intimacy with self and others.



Where violence ends and healthy relationships begin

JAN. 2020-MARCH 2020 ADULT GROUP SCHEDULE

To enroll in a group, current clients please call 314-646-7500 x118.

To become a client and schedule an appointment for intake, please contact Intake at 314-646-7500 x118.

Extended group schedules available upon request.

Level 1 groups are primarily psycho-educational—a way to gain knowledge and new skills in a safe, supportive setting. Information provided in these groups is intended to empower survivors to understand their experiences and learn strategies for coping and moving forward. Groups can be a supplement to individual therapy or a sole intervention.

LEVEL 1 GROUPS

January 7—February 11	Healing Through Art	TUESDAYS • 1PM-2:30PM
January 9—February 13	Self Discovery	THURSDAYS • 10:30AM-12PM
January 9—February 13	Building Healthy Relationships	THURSDAYS • 6PM-7:30PM
January 13—February 24	Dynamics of DV	MONDAYS • 4PM-5:30PM
January 14—February 18	Trauma Information Group	TUESDAYS • 6PM-7:30PM
January 16—February 20	Dynamics of SV	THURSDAYS • 11:30AM-1PM
February 25—March 31	Self Discovery	TUESDAYS • 1PM-2:30PM
February 27—April 30	Dynamics of DV	THURSDAYS • 10:30AM-12PM
March 3—April 7	Building Healthy Relationships	TUESDAYS • 6PM-7:30PM
March 5—May 7	SIAT	THURSDAYS • 11:30AM-1PM
March 9—April 13	LGBTQ + & Recovery	MONDAYS • 4PM-5:30PM

Due to the complexity of issues addressed in these groups, participants must be receiving individual therapy with Safe Connections or another agency of their choice. Participants must be fairly stable in their symptoms, have developed some positive coping skills and have already learned general information about trauma and how it affects them.

LEVEL 2 GROUPS

January 15—February 26	Maya Angelou Appreciation Group	WEDNESDAYS • 6PM-7:30PM
February 27—April 30	Seeking Safety	THURSDAYS • 6PM-7:30PM
March 4—May 20	Connections	WEDNESDAYS • 6PM-7:30PM

Confidentiality • Respect • Punctuality • Consistency

Considerations: If participants disclose information about child abuse, elder abuse, or abuse of a person with a disability, group facilitators are mandated by law to report this information to the appropriate authorities. They are also mandated to make a report if participants disclose intentions to harm themselves or someone else. Participant information may be discussed among staff members in the interest of improving quality of services. Participants are expected to respect each other's' experiences, views, lifestyles, and identities. Disrespectful or abusive behavior toward another participant or staff member, or showing intolerance toward another participant or staff member is grounds for removal from group. Participants are expected to notify facilitators of absences in advance. Clients may be removed from group if they miss too many sessions.