

More is more. Go with the group.

We know. It sounds scary. Sharing intimate and confidential information with strangers? Actually, it works. And it's not scary at all once you see and start to live the benefits. Most people who do try group therapy become comfortable with it within a very short period of time.



Group Therapy provides benefits not realized from individual therapy sessions.

- **Support, feedback and alternatives increased**
Getting input from others, especially those going through things similar to you, can be extremely valuable. In a group, not only do you get the benefit of a therapist's insight but also the other members' as well.
- **New coping skills learned**
You are not alone. Often, members will relate to and learn from others' situations and successfully apply that learning to their lives.
- **Social & relating skills improved**
Through group interaction, many people learn to communicate more clearly and effectively. It's an opportunity to directly work on relating with others.
- **Less expensive and often produces quicker results**

Group therapists are experienced in creating the right therapeutic atmosphere for you to feel safe and in developing an environment of trust for everyone.

While you will probably be most satisfied by talking about your feelings, it is your choice to determine how much you share with the group.

Whether participating or observing, group therapy allows you to be sensitive to what is going on within you and gain a deeper understanding of how you and your body react in differing circumstances.



Grand Junction Adult Therapy Schedule

Please call to register:
970.241.6023
Schedules are subject to change

DBT-Dialectical Behavioral Therapy
Tuesday - 2:30 pm, Thursday - 9:00 am

A curriculum that helps individuals learn to regulate emotions, learn distress tolerance, improve interpersonal relationships, and utilize mindfulness skills.

Mind Over Mood For Beginners
Wednesday - 11:00 am, Tuesday & Thursday 5:30 pm

This group that will introduce individuals with a Mood Disorder or Anxiety Disorder to the basic skills of Cognitive Behavioral Therapy (CBT).

Mind Over Mood
Wednesday - 2:30 pm

This group is used by individuals who have learned the basic skills in Mind Over Mood for Beginners. This group continues to reinforce the skills and help manage anxiety & mood symptoms.

Living Well
Tuesday - 11:00 am

A coping skills group that uses basic Cognitive Behavioral Therapy techniques. This group may be used for those who are stepping down from more intensive therapy or as an introduction for those considering making a change.

Seeking Safety
Friday - 2:00 pm

A curriculum based group for individuals who have co-occurring disorders and a history of trauma. Focus is on learning to decrease self-harming behaviors and increase positive coping skills.

Co-Occurring
Tuesday & Thursday - 10:30 am

This group is intended for individuals with Severe Persistent Mental Illness as well as Substance Abuse issues.

Extended Out Patient (EOP)
Monday & Wednesday - 4:00 pm

A Substance Dependence group that teaches individuals about the addiction cycle, stages of change, and offers skills for behavior change and relapse prevention.

Life Skills Group
Thursday - 4:00 pm

A Substance Abuse group for individuals who may have had a relapse or a recent period of sobriety and who need continued support.

A New Life
Tuesday - 2:30 pm

A Substance Abuse group for women with criminal justice involvement. Motivational Interviewing and Cognitive Behavioral Therapy are used to help individuals make behavioral changes.

Strategies for Self Improvement and Change
Tuesday & Thursday 5:30 pm

A Cognitive Behavioral Therapy based based group for men with Substance Abuse issues and criminal thinking.

Chronic Pain Management
Thursday 11:00 am

Participants will learn how to better manage chronic pain by learning about the experience of pain and its relationship with brain functioning; learning about how stress and lifestyle habits increase level of pain; and learning cognitive skills, mindfulness, and meditation practices to enhance pain toleration.

SWS-Special Women's Services
Mon. & Thurs. - 9:00 am (Track 1)
Tues. & Thurs. - 5:30 pm (Track 2)

A CBT based women's specific substance abuse group addressing issues of substance abuse and parenting. Funding is available to women with dependent children. There are incentives and rewards for progress in treatment.

Early Recovery
Tuesday & Thursday - 4:00 pm

A Substance Abuse group for individuals considering change. This group focuses on theories and effects of addiction.

Recovery Free
Monday - 10:00 am

A group for people that have co-occurring mental health and substance abuse issues. Some also have legal issues that were created due to their mental illness or substance abuse. This group looks at skills for remaining stable in the most independent living situation possible.

Intensive Outpatient Program
Monday, Wednesday, Friday - 1:00 pm

This Female-only group addresses co-occurring disorders and includes trauma treatment, parenting skills, mindfulness, and self-care. Women receive nine hours of group (Mon/Wed/Fri), in addition to one hour of individual treatment, weekly.

Mind Over Mood II
Thursday - 5:00 pm

A cognitive therapy group for those dealing with a myriad of emotions such as anxiety, depression, and anger. This is a group normally for higher functioning population cognitively as there are many assignments and written skills required.

Contact a group near you.



515 28 3/4 Road
Grand Junction, CO 81501
970.241.6023