

Life Enhancing Cognitive Behavioral Groups

These are a specialized form of group process at our program that help clients share themselves in a non-threatening way with peers and clinical staff, giving them the opportunity to make choices, take risks and develop skills, while drawing them closer together. Many clients find talking about/verbalizing their experiences overwhelming and difficult, so these groups provide the perfect vehicle for their self-expression, enabling the client to let go of dysfunction and destructive behaviors and replace them with healthy, productive ways of living a healthy, purposeful, rewarding life.

Groups/classes provide initial structure and education but allow individual choices in media used, subject matter explored and the creative or educational process, which can be used to identify areas or situation that need therapeutic intervention. They encourage interaction among group/class members as they share experiences and feelings while working toward a common goal. The creative arts foster a renewed ability to relax. This facilitates the client's ability to use the group/class for their own development, increases self-esteem and gives the client a sense of accomplishment and empowerment; and as a more positive and healthy self-image begins to develop, so does hope for a more positive and healthy future.

Among the therapeutic implications these groups can have:

- the ability to communicate and share feelings with others
- the expression and understanding of irrational beliefs and fears
- the re-development of sensorimotor skills
- the promotion of adaptive behaviors
- the retrieval of ideas and thoughts that need examination and discussion
- the enhancement of planned decision-making and positive choices
- the development of spontaneity, freedom of expression
- the maintenance of reality orientation
- the re-development of gross and fine motor skills
- the improvement of articulation and fluency
- the control of behavior problems or impulsivity
- the regulation of heart rate, breathing, etc.

All sessions are facilitated by professional staff, with input and/or coordination by clinical staff members working as a team. All sessions are documented with a progress note, to include signatures, date, times and input from the client.

Among the specific groups offered, but not limited to:

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| Drawing, painting, ceramics, jewelry making | Time and money management |
| Music therapy | Budgeting/Developing independence |
| Computer training, Vocational readiness | Cooking and Menu-planning |
| Yoga therapy and Meditation | Meal preparation and kitchen safety |
| Fitness conditioning | Cognitive journaling |