

## **Changes by Choice: Broad-Based Options for Recovery Group Offerings**

### **SMART Recovery Therapy**

Mondays, 6:30 – 8:00 pm. Leader: Anderson Orr, MEd, LCAS

This group is designed to assist clients in learning to use the tools of the SMART Recovery® (SR) self-help program and “gain independence from addictive behavior.” The SRT approach is abstinence based and focuses on a “four point program:” maintaining motivation to change; coping with urges and cravings; developing life coping skills; and developing a balanced lifestyle. It integrates motivational enhancement, Rational Emotive Behavior Therapy (REBT), relapse prevention and humanistic/existential psychology.

### **Dialectical Behavior Therapy for Women**

Wednesdays, 5:45 – 7:30 pm. Leaders: Jane Finch, LCSW and Maria Michalski, LCAS

DBT skills training can help individuals stop engaging in destructive behaviors and develop a healthier lifestyle by changing behavioral, emotional, and thinking patterns that cause misery and distress. It does this by combining strategies from cognitive-behavioral therapy with Eastern meditative techniques and compassion for oneself. The three main skill sets -- Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness -- will each be taught in ten weekly sessions, with mindfulness practice incorporated throughout. Clients are recommended to complete the entire sequence of thirty sessions but may enroll in one ten-week sequence at a time.

### **Recovery Support Group**

Saturdays, 10:30 am – 12:00 pm. Leader: Jon Murphy, MDiv, SAC

Medications such as buprenorphine/naloxone (Suboxone) and naltrexone (ReVia or Vivitrol) are useful tools to help those recovering from addiction to opiates or alcohol. However, research and experience show that they are most effective when combined with counseling and peer support. This therapist-facilitated group provides a structured sequence of exercises to facilitate recovery while building and drawing upon the strengths of the group participants. Clients do not have to be taking adjunctive medications to attend and benefit.

### **Interpersonal Psychotherapy Group for Men and Women in Stable Recovery**

Thursdays, 5:45 – 7:15 pm. Leader: Jane Finch, LCSW

This is a personal development group that will focus on relationships – past, present, and within the group itself – while also exploring how substance abuse or addiction has affected these relationships, including relationship with the self. It will be run in 12-week increments and participants may elect to remain in the group as long as they experience benefit. The group leader will use an insight-oriented psychodynamic perspective along with motivational interventions and relapse prevention strategies as needed.

### **Mood and Anger Management for Men**

Date/Time TBA. Leader: Jon Murphy, MDiv, SAC

Anger, violence and substance abuse are often linked. Despite this connection, these issues are often not addressed in substance abuse treatment. This group will help members learn to manage anger, develop self-control over thoughts and actions, improve relationships and receive support and feedback from others.

### **Integral Transformative Practice (ITP)**

Date/Time TBA. Leader: James Dykes, MD

Integral Transformative Practice is a series of exercises for the mind and body that can be used for stress reduction, relaxation and strengthening. This weekly group will teach participants a series of movements that flow easily from one to the next and can be done in a 30-minute session. The practice incorporates aspects of yoga, t'ai chi, stretching, and meditation. It has been described as “a long-term program for realizing the potential of body, mind, heart and soul.”

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