

Welcome to Virtual IOP



Eating
Recovery
Center



Pathlight.
Mood &
Anxiety
Center

What Is The Purpose of Group Therapy?

Hearing about others' similar experiences – learning you're not alone.

Gaining unique perspectives on certain topics.

Gaining the tools to make decisions about how to tackle certain challenges.

Gaining confidence in speaking with others about vulnerable things.

Accountability from others for goal setting.

A place to learn new social skills.

A confidential place to be yourself.



Group Guidelines & Safety

- Group Room Maintenance:
 - No recording of group or individual sessions is allowed
 - No cell phones or electronic device use in group unless specifically prescribed. Your phone must be on do not disturb.
 - Log in to groups from a computer or tablet (not a cell phone)
 - You must be alone and in a private room and wearing earbuds or a headset to protect your confidentiality and that of your peers.
 - You must be sitting up at a desk or table (avoid lying in bed unless medically necessary) engaged with the group with a notebook and pen.
 - Try to take all bathroom breaks occur during breaks (5-10 minutes) or before/after group.
- Sensitive or Triggering Language/Topics:
 - Please be mindful with other people's triggers and vulnerabilities.
 - Please use vague or other terms when processing topics such as "target behaviors" and be minimal with details that might be triggering. Examples: Traumatic events, substance use, suicide ideation or self-harm
 - Individuals can process more in depth during your 1:1 Sessions with their Primary Therapist (PriT)
- Group guidelines:
 - It is required to be on camera, on screen, from the shoulders up with face visible wearing top and bottom clothing
 - Pay attention, be mindful, and listen actively. Refrain from distracting activities during group unless specifically prescribed.
 - Confidentiality-----what is said in group stays in group
 - Honesty and openness are key to your recovery



Group Schedule Morning & Afternoon Outline

(subject to change)

1st hour Psychoeducation/skills
learning group

2nd hour Psychoeducation/skills
learning group

3rd hour Process group with Primary
Therapist – Therapist led open
discussion/topics



Group Schedule Evening Outline (subject to change)

1st hour Process group with Primary
Therapist – Therapist led open
discussion/topics

2nd hour Psychoeducation/skills learning
group

3rd hour **Psychoeducation/skills
learning group**



1st and 2nd hours: Skills Groups

Psychoeducation/Learning DBT or ACT skills

Log on to the link (will always be emailed 1 hour minimum ahead of time) at the beginning of group.

- Save or bookmark web link for At Home and login information

Complete the Check in Form: This will consist of the therapist checking your location & emergency contact

- This is for safety, if a crisis were to happen, we know where to send help/support

Mental Health questions will also be asked to check for the current emotional state of the group members.

- See sample Check in form

Skills group: learning, discussion, and questions related to the skills

- DBT, ACT, and ERP



MINDFUL &
MEDITATION
EXERCISES



DISCUSSIONS



LEARNING DBT &
ACT SKILLS



WORKSHEET
PRACTICES OR
EXPRESSIVE
ACTIVITIES



DIARY
CARDS/BEHAVIOR
CHAINS



ACT & DBT skills group introduction:

- Acceptance and Commitment Therapy (ACT) As its name suggests, it's core aims are to help individuals accept whatever is beyond their control, and to commit to actions or habits that will serve to enrich their quality of life. ACT helps us to clarify what is genuinely important to us (i.e our values), and thus assists us to set more meaningful and life-enriching goals. Along the way, it also guides us to practice useful emotion-coping strategies such as mindfulness in order to equip us with skills to handle negative emotions effectively and healthily.
 - Learning to be fully present in the “here-and-now”, and to stop obsessive worrying over the past or future
 - Become aware of what they are avoiding (be it consciously or subconsciously), and to increase self-awareness
 - Learning to enjoy greater balance and emotional stability, and to be less upset by unpleasant experiences
 - Learning to observe thoughts such that one does not feel held captive by them, and to develop openness
 - To develop self-acceptance and self-compassion
 - Clarifying one's personal values and taking the appropriate action towards their goals.
- Dialectical Behavior Therapy (DBT), DBT has been adapted to treat mental health conditions including depression, anxiety, and post-traumatic stress disorder. A type of cognitive behavioral therapy, DBT aims to help individuals who struggle with emotional-regulation and are exhibiting maladaptive or self-destructing behaviors. As such, DBT helps to build on distress tolerance, that people who struggle with these can handle negative life-circumstances better and to avoid falling back on unhealthy coping methods.
- Apart from tackling maladaptive or unhealthy behaviors, it encourages a shift in the clients' perspective on life, it helps equip you with the necessary skills to cope with intense emotions. In short, it empowers you to cope with them with a positive outlook. DBT also recognizes that interpersonal effectiveness (relationships with others) is key, and hence it strives to help these troubled individuals to reconnect and enhance their relationships with others.



3rd hour: Process Group with PriT



This hour will consist of: discussion and feedback



Processing the skills learned in group



Discussing issues, needs/wants, or goals



Discussing anything else you might need more support with



What is process group?

- The purpose of process group therapy is to provide a space for clients to regularly express their emotions and discuss them with both trained mental health professionals as well as individuals with similar life experiences. The goal for therapists during process group therapy is to help their clients build meaningful connections with others while also helping them process life experiences in a safe space.
- Loneliness and isolation tend to breed more loneliness and isolation but making the (often difficult or exhausting) effort to connect with others is just the thing we may need to start feeling better. As uncomfortable as it may sound, sometimes sharing difficult thoughts and feelings in a group setting can be extremely helpful in facilitating healing.
 - *“The best part about being with a group is that you don’t have to do everything alone.” – Anonymous*
 - *“Some of the most comforting words in the universe are ‘me too.’ That moment when you find out that your struggle is also someone else’s struggle, that you’re not alone, and that others have been down the same road.” – Anonymous*



Sample Check in Prompt:

Check In For Group

1. Name and Pronouns.
2. Emotions you're feeling or sensations you're experiencing in your body.
3. A process topic – or goal for process group.
4. Urgency of need to process (high/medium/low)
5. Ability to support other group members (high/medium/low)

