

**Bear River Mental Health**  
**Logan Outpatient Clinic – 90 East 200 North, Logan, Utah**

**GRUPO DE SALUD MENTAL EN ESPAÑOL PARA MUJERES**

**Lunes de 10:30 am – 12:00 pm**

**Participación en persona o con dispositivo electrónico**

El propósito de este grupo es brindar apoyo, crear un ambiente tranquilo, seguro y sin juzgamientos donde todas se puedan respetar. El grupo se enfoca en enseñar estrategias saludables para lidiar con estrés, mejorar la autoestima, procesar experiencias y crear límites saludables en relaciones usando un estilo de comunicación asertiva. Hable con su terapeuta si está interesada en participar.

**CHILDREN'S SOCIAL SKILLS DEVELOPMENT (ages 5-12)**

**Date and Time Varies**

In this group participants learn various social skills to improve functioning within the home, school, and community. Participants are taught various social skills, including but not limited to communication skills, listening skills, problem-solving skills, and impulse control skills. These skills are taught through group discussion and community activities. This is a closed group that opens to new participants at the beginning of a new course.

**WOMEN'S TRAUMA GROUP**

**Monday 1:00 pm – 2:30 pm**

The focus of this group is to assist individuals in healing from past-traumatic experiences and to facilitate post-traumatic growth. Participants will learn healthy coping strategies, ways to reframe negative beliefs (resultant from past-traumatic experiences) and how to address trauma triggers. The treatment approach for this group is derived from modalities such as Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Interpersonal Therapy and theoretical approaches such as strength-based approach and empowerment approach. Group members will learn more about the neurological impacts of trauma and the impact of trauma upon interpersonal relationships.

## ANGER MANAGEMENT (HYBRID)

**Monday 4:30 pm – 6:00 pm**

The group is anger management for substance use disorder and mental health clients. Keep in mind that you do not need to be limited to having both. We accept clients that have either substance use addiction or mental health problems. The purpose of the group is to: 1. Learn to manage anger effectively. 2. Stop violence or threats of violence. 3. Develop self-control over thoughts and actions. 4. And receive support from others. This group is a closed group that meets weekly for 12 sessions.

## DIALECTICAL BEHAVIOR THERAPY -DBT (Adult)

**Tuesday 1:00 pm – 3:00 pm**

In this group participants will learn mindfulness skills, distress tolerance, emotional regulation, and interpersonal effectiveness. This is a “closed” group that opens to new participants every eight weeks.

## WOMEN’S MINDFULNESS (Adult Women)

**Wednesday 10:00 am – 12:00 pm**

In this group participants will learn to creatively adopt skills and tools they can use to manage symptoms from anxiety and depression, as well as build confidence in self. The group will remain open to new group members throughout the year.

## MORAL RECONATION THERAPY (Adult)

**Wednesday 10:00 am – 11:30 am**

In this group participants learn skills and behavioral management techniques to improve behaviors and overall wellbeing. Participants learn ways to be more effective with setting healthy limits, interpersonal relationships, goal setting, and commitments to moral living. This is an open group and new participants can join at any time, contingent upon meeting group criteria.

## SEEKING SAFETY

**Wednesday 11:00 am – 12:00 pm**

Seeking Safety is a manualized approach to PTSD/trauma and substance use/addictions. The topics that are covered are Safety, PTSD: Taking Back Your Power, Grounding, taking good care of yourself/Compassion/Self-nurturing, Red and Green flags, Recovery thinking, Coping with triggers, Healing from anger, and Setting boundaries in relationships. This is an open group for adults 18 and older.

## MENTAL HEALTH COURT

**Wednesday 11:30 am – 12:30 pm**

This is a 12-week course which utilizes the “The Recovery Toolkit” wherein the participant is taught the 12 Principles of Recovery. The group is designed for those who are participating in the Mental Health Court Program.

## WOMEN’S MINDFULNESS (Adult Women)

**Wednesday 12:30 pm – 2:00 pm**

In this group participants will learn to creatively adopt skills and tools they can use to manage symptoms from anxiety and depression, as well as build confidence in self. The group will remain open to new group members throughout the year.

## LGBTQ PROCESS GROUP (Adult)

**Wednesday 1:00 pm – 2:30 pm**

In this group, clients will process thoughts, feelings, beliefs, and experiences related to several overall topics. Topics such as self-worth, internalized shame, letting go of regret, codependency and healthy boundaries, emotions, core beliefs, self-judgements, self-compassion, finding happiness, and overall self-exploration. Please talk with your therapist if you would like to participate.

## MIND BODY BRIDGING (Online)

**Wednesday 4:00 pm – 5:30 pm**

In this group, participants will learn skills to increase resilience during and after stressful life events, improve general well-being, and build resiliency. There is evidence that MBB can treat anxiety, PTSD, addiction, and improve emotion regulation. “Mind-Body Bridging (MBB) is a therapeutic approach that enhances well-being. It operationalizes principles from psychology, neuroscience, and mindfulness to promote self-awareness, reduce stress, and improve emotional

regulation. MBB aims to bridge the gap between mental processes (mind) and physical sensations (body), encouraging individuals to be present and fully engaged in the moment by developing a better understanding of the interactions between their thoughts, feelings, and body sensations.” More information can be found at <https://chass.usu.edu/social-work/i-system-institute/>.

### **DBT SKILLS GROUP – TELEHEALTH (Adult)**

#### **Thursday 1:00 pm – 2:30 pm**

The purpose of the group is to create a safe, non-judgmental, and supported environment for everyone to feel welcome. DBT focuses on 1. Increasing awareness of the present moment (mindfulness) 2. Setting healthy boundaries, building new relationships, resolving conflict, maintaining self-respect, and communicating needs & wants using an assertive communication style (interpersonal effectiveness) 3. Identify and effectively cope with a range of emotions (emotion regulation) 4. Accept reality as it is and survive crisis situations that could possibly lead to suicidal ideation or self-harm urges (distress tolerance). This is an open group, and a therapist referral is needed to enroll. The group focuses on 1-2 skills per week and sets a weekly goal to focus on.

### **PRE-EMPLOYMENT GROUP**

#### **Thursday 1:00 pm – 3:00 pm**

In this group, participants work on resumes, cover letters, and completing applications. In addition, the group discusses interviewing tips and skills and provides opportunities for mock interviews. Part of the discussion involves tips on what to wear to interviews. The group also provides information on potential employers and how and when to contact them.

### **DIALECTICAL BEHAVIOR THERAPY (DBT) SKILLS (Teens age 13-17)**

#### **Thursday 4:00 pm – 5:30 pm**

In this teen group participants will learn mindfulness skills, distress tolerance, emotional regulation, and interpersonal effectiveness. This is a “closed” group that opens to new participants every eight weeks.

**BEYOND CONSEQUENCES, LOGIC, & CONTROL PARENTING (ADULT)**  
**Friday 10:00 am – 11:30 am (10-week session)**

Beyond Consequences is a parenting course based on the book “Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children with Sever Behaviors” by Heather T. Forbes and B. Bryan Post. The group is designed to assist parents and caregivers with tools to address behaviors such as lying, stealing, aggression, and defiance, as well as focusing on the bond between children and their caregivers. Each session includes a review of chapters from the Beyond Consequences book (which will be provided for group members) as well as class discussion, and a video segment on the related material. Goals of the group include creating an environment that is conducive to developing strong parent/child relationships, empowering parents/caregivers to know they are the best caregiver for their child and developing tools to assist in creating change in the home.

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