Mindfulness Based Stress Reduction

*Mondays 2-5pm*

*2pm (Movement)*

*3pm (Mindfulness)*

**Group Overview**

A psychoeducational and skills based group designed to help individuals manage mental health symptoms and recovery needs through the development of mindfulness skills. Participants will be given the opportunity to practice mindfulness skills in each session and process their experiences, challenges, and progress in a supportive environment. The first hour of this group will be movement based, and the remaining two hours will be psychoeducation and process.
Group Objectives
By the completion of this group, clients will have:

- Increased awareness of thoughts, feelings, and physical sensations
- Changed our relationship to discomfort, learning to recognize challenging emotional and physical experiences and responding to them in skillful ways
- Fostered a nonjudgmental, compassionate approach toward ourselves and our experiences
- Increased ability to shift attention and live in the present rather than focusing on the past or future
- Built a lifestyle that supports both mindfulness practice, recovery, and self-care

Recovery Group
Tuesday 1-2pm

Group Overview
A semi-structured recovery group that provides a safe space to develop and manage recovery skills through group process and psychoeducational materials related to the disease of addiction.

Group Objectives
By the completion of this group, clients will have:

- Identified the biological, environmental, behavioral, and social influences and consequences of substance use and addiction across the lifespan
- Developed increased awareness and insight regarding aspects of recovery
- Connected with peers through shared experiences
- Developed strategies to manage triggers, cravings, and urges

Acceptance and Commitment Therapy Tuesdays
Tuesdays 2pm-4pm

Group Overview
Acceptance and Commitment Therapy (ACT) is a form of cognitive-behavioral therapy which involves mindfulness, or focusing attention on the present-moment with non-judgmental awareness. ACT also features acceptance, or a willingness to experience unpleasant thoughts and feelings without judgment. The aim of ACT is to help individuals to create rich, full, and meaningful lives, while accepting the pain that life inevitably brings. Group Members will be introduced to the 6 core processes of Acceptance and Commitment Therapy including, contacting the present moment, defusion, acceptance, self-as-context, values, and committed action.
Group Objectives
By the completion of this group, clients will have:
  ● Been taught the six core processes of Acceptance and Commitment Therapy (ACT) to develop psychological flexibility
  ● Practiced ACT techniques such as mindfulness and defusion
  ● Analyzed how unclarified values can lead to psychological distress
  ● Created a committed action plan
  ● Learned emotional and behavioral willingness techniques to reduce experiential avoidance

Harm Reduction Skills (Mentoring and Monitoring)
Wednesdays 2-5pm

Group Overview
This group is meant to assist clients seeking to alter some aspect of their substance use and to connect with other students seeking to set and achieve goals related to their substance use with a specific focus on harm reduction. A portion of the group will be dedicated to putting feelings, thoughts, and impulses into words. Abstinence not required.

Group Objectives
By the completion of this group, clients will have:
  ● Increased awareness of their past and current substance use, including their triggers
  ● Gained knowledge of the neurological and psychological effects of illicit substances
  ● Set achievable goals related to substance use
  ● Built connection and accountability among fellow group members of the group and supported one another to achieve identified goals
  ● Developed harm reduction skills to manage substance use

Long Term Recovery (Six Months Plus)
Wednesdays 6-8pm

Group Overview
This group is meant to assist current Haven clients and alumni in good standing in maintaining their physical and emotional sobriety. The purpose of group psychotherapy is to put feelings, thoughts, and impulses into words, and this group is meant to be a safe place for clients and alumni to practice intrapsychic and interpersonal skills as they relate to long term recovery from alcohol and other drugs.

Group Objectives
By the completion of this group, clients will have:
- Maintained sobriety from all illicit substances
- Increased knowledge of recovery models and methods
- Gained intrapsychic awareness as it relates to substance use
- Improved interpersonal skills, building connectivity with others in order to help them maintain abstinence
- Connected with peers regarding current and past mental health experiences

**Mindfulness Based Stress Reduction**

*Thursday 2-5pm*
*2pm (Movement)*
*3pm (Mindfulness)*

**Group Overview**
A psychoeducational and skills based group designed to help individuals manage mental health symptoms and recovery needs through the development of mindfulness skills. Participants will be given the opportunity to practice mindfulness skills in each session and process their experiences, challenges, and progress in a supportive environment. The first hour of this group will be movement based, and the remaining two hours will be psychoeducation and process.

**Group Objectives**
By the completion of this group, clients will have:
- Increased awareness of thoughts, feelings, and physical sensations
- Changed our relationship to discomfort, learning to recognize challenging emotional and physical experiences and responding to them in skillful ways
- Fostered a nonjudgmental, compassionate approach toward ourselves and our experiences
- Increased ability to shift attention and live in the present rather than focusing on the past or future
- Built a lifestyle that supports both mindfulness practice, recovery, and self-care

**Acceptance and Commitment Therapy**

*Fridays 11am-2pm*

**Group Overview**
Acceptance and Commitment Therapy (ACT) is a form of cognitive-behavioral therapy which involves mindfulness, or focusing attention on the present-moment with non-judgmental awareness. ACT also features acceptance, or a willingness to experience unpleasant thoughts and feelings without judgment. The aim of ACT is to help individuals to create rich, full, and
meaningful lives, while accepting the pain that life inevitably brings. Group Members will be introduced to the 6 core processes of Acceptance and Commitment Therapy including, contacting the present moment, defusion, acceptance, self-as-context, values, and committed action.

**Group Objectives**

By the completion of this group, clients will have:

- Been taught the six core processes of Acceptance and Commitment Therapy (ACT) to develop psychological flexibility
- Practiced ACT techniques such as mindfulness and defusion
- Analyzed how unclarified values can lead to psychological distress
- Created a committed action plan
- Learned emotional and behavioral willingness techniques to reduce experiential avoidance