**Thrive Therapy Groups Accepting Clients**

The group therapy services below are offered to Thrive clients and group clinicians make efforts to accept clients into the group whom it is determined the group would be a good fit for them. In order to ensure safe and comprehensive care, all clients must participate in a Diagnostic Evaluation and engage in treatment planning with their individual therapist. We encourage anyone interested in the groups below to reach out to their Thrive therapist or request services (see Referrals/Request Services page at thrivebh.com).

As of December 2020, all groups are offered via telehealth. This will continue as regulation and insurance requirements continue to permit telehealth. Group members must acknowledge that while Thrive uses a HIPAA compliant telehealth platform, we cannot guarantee other group members are in a private space or will maintain confidentiality.

## Therapy Groups Accepting Clients

Updated as of 3/15/2022

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| **Therapist** | **Office** | **Day/Time of Group** | **Name of Group** | **Population/Demos** | **Description of group** |
| Benjamin Bowman  Mia Martin | Zoom | Wednesday’s @ 6pm | DBT Skills Training Group | Adult 18 & up | This will be a weekly group that will help clients learn new coping strategies in 4 core areas:  -Mindfulness  -Interpersonal Effectiveness  -Distress Tolerance  -Emotion Regulation |
| Nikki Smith | CV | Monday’s starting 9/6 @ 6pm-7:30 pm | Interpersonal Relationships | 21 and over | Participants will learn assertive communication skills, conflict resolution, codependency, boundary setting and other interpersonal dynamics. Participants will have a safe place to process, reflect and gain insight to past issues/concerns that they have experienced in relationships with others (employment, family, intimate partnerships, etc.). |
| Benjamin Bowman | CV | Mondays @ 12 pm | DBT Skills Training | Late Adolescence/ Young Adult (ages 18-24) | This group would an interactive experience where clients would learn new coping strategies and have the chance to practice them during each session. The material would focus around 4 modules (Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness). |
| Emily Goode | RD | Friday at 2 pm | LGBT+ Support Group | n/a | A support group for LGBT+ clients. |
| Kimberly Barrett | MV | Thursday at 4 pm | n/a | Teen Girls | This group is aimed at empowering pre-teen and teenage girls to successfully navigate the ever-changing world around them, as well as, explore common themes in their personal wellness journey. |
| Laura Kort | MV | Wednesdays at 1 pm | Adolescent Group | Adolescents | In this group, adolescents/teenagers age 13-18 discuss various topics relevant to this age group and learn to successfully navigate relationships, mental health and emotions, and other life stressors and challenges. |
| Maya Harris | MV | Friday at 12 pm | Back to Me | Adult | Group for women who are experiencing forms of codependency - perfectionistic-type. Adult women (most suitable for age 26 and up). Women who overfunction, overschedule, have difficulty asserting their needs, identifying and expressing their feelings; anxiety, may have depression and minimal self-care. No active addiction or Hx of SUD. No or low SI risk. |
| Micaela Itter | CV | Thursday 5 pm | Survivor's Circle | adolescent/teens | For clients who have experienced sexual violence as a psychoeducation and support group. |
| Emily Goode | RD | Saturday at 10 am | Trans and Thriving | Adult | The group will be for adult clients who identify as transgender and/or gender non-conforming. It will be open to both binary and non-binary trans clients of any gender. This group will be a ten-session closed group to help people find community, feel less alone, and have peers and experienced clinicians to talk to about and process their experiences as trans and GNC people. |
| Jen Sharp | MV | Wednesdays 12 pm | High Point 1 Girls | ages (3rd- 5th) | ADHD, social skills, feelings, and copings skills |
| Jen Sharp | MV | Wednesdays 2 pm | High Point 2 Boys | ages (3rd- 5th) | ADHD, social skills, coping skills, feelings |