

# SVMHI Group Descriptions

- Dialectical Behavior Therapy (DBT)
  - Psychotherapy designed to provide skill training on how to manage intense emotions, thoughts, and social relationships. Core skills taught include mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.
- Finding Your Best Self
  - This evidence-based practice model is similar to Seeking Safety; however, it follows more of a self-help model and can be offered in a group setting as well. Finding Your Best Self emphasizes ideals and recovery skills through exercises, language, and inspiring recovery stories.
- Gardening/Horticulture
  - This group allows individuals to learn about gardening, work hands-on in a vegetable and sensory garden, and practice grounding techniques while doing so. Research suggests that gardening helps to improve concentration skills and improve physiological and emotion health through decreased depression and anxiety symptoms, improved mood, and improved relaxation.
- Moral Recognition Therapy (MRT)
  - Cognitive-behavioral treatment for individuals who are offenders. This group teaches improved moral reasoning, appropriate behavior, and better decision-making skills.
- Music therapy
  - Our Music Therapists are trained in drumming along with other therapeutic intervention strategies that utilize music in all forms as the main modality of treatment. Music therapy helps provide a form of self-expression, communication, improves mood, and helps people cope with various circumstances.
- Seeking Safety
  - This group is designed for individuals with trauma and/or substance abuse histories. It is a highly flexible counseling model that can be used in group or individual treatment sessions. Seeking Safety focuses on helping individuals learn safe behaviors, thinking, emotions, and relationship skills.
- Tai Chi
  - Tai Chi is a mindfulness-body practice that has demonstrated improvements in physiological and psychosocial health. It utilizes slow dance-like movements that flow from one to another and incorporates balance, breathwork, muscle relaxation, and mental concentration to improve emotional regulation and decrease stress.

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- WRAP
  - WRAP is a manualized group intervention that assists individuals in identifying and better understanding their illness and what wellness resources can assist in maintaining recovery.
- Yoga
  - Yoga is a mindfulness-body practice that has demonstrated reduction in symptoms related to anxiety, depression, and PTSD, as well as improved mood for people with mental health challenges. It incorporates breathwork, balance, muscle activation and relaxation, and a mind-body connection. Yoga can be a low impact exercise to improve physical health as well.