



# Iron Mountain Outpatient Group Offerings

## MOTIVATED TO RECOVER

WEDNESDAYS from 4:30 PM - 6:30 PM with Justin Heupel, TLLP, DP

The Motivated to Recover therapy group is guided through a lens of motivational interviewing, where participants are given the opportunity to identify and explore motivational factors related to a successful recovery and are presented with suggestions to help them overcome any barriers they are experiencing related to motivation within their recovery process.

## LIFE ON LIFE'S TERMS

TUESDAYS from 3:00 PM - 5:00 PM with Kathryn Bailey, AAS, ADS, CADC

The CBT therapy group focuses on changing thoughts and behaviors and learning strategies and techniques to cope. Some of the topics discussed in this group include triggers, coping with urges to use, building support, and relapse prevention.

## SEEKING SAFETY

WEDNESDAYS from 10:00 AM - 12:00 PM with Kathryn Bailey, AAS, ADS, CADC

The Seeking Safety therapy group is specific to women and addresses both substance use and trauma. Some of the topics discussed in this group include grounding, healthy relationships, setting boundaries, safety, empowerment, and self-nurturance.

## RECOVERY CONCEPTS

THURSDAYS from 2:00 PM - 4:00 PM with Kathryn Bailey, AAS, ADS, CADC

The Recovery Concept therapy group focuses on various concepts relevant to supporting an individual's recovery process. Some of the topics discussed in this group include meditation, relaxation, and body scanning, visualization, coping with urges to use and relapse prevention.



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