

Groups

Last Updated Sunday, 24 January 2010

Psychotherapy group approaches to personal growth are frequently the most effective way to explore and support changes one may wish to make in their life. Through these formats, adolescents and young adults can gain specific skills and strategies to meet personal goals, explore areas that present personal challenges, and gain support and encouragement from other peer groups.

Current Groups:

Dialectical Behavioral Therapy: Finding a Balance (Wednesday's 4-5:30pm)

DBT is designed to help individuals who struggle with coping in a healthy manner. Through individual sessions and skills training sessions, clients learn a healthier lifestyle through setting boundaries and making wiser decisions. Please contact Megan Mottet at Delmore Counseling (614-888-8400) for information regarding the fee for this service, group objectives, and enrollment. [Learn More >>>](#)

Previous Groups:

Transitions for Teens and Young Adults (Monday's 4:30-6:00 pm)

This group is intended for teens and young adults (recently graduated from high school) that have returned from wilderness programs, therapeutic boarding school, other intensive treatment programs and/or have been working with an outpatient treatment team intensely to assist with positive choices and healthy outlets as they make adjustments towards healthier lifestyle choices. Please contact Kirsten Delmore at Delmore Counseling (614-888-8400) for more information regarding the fee for this service or other questions regarding the group process.