

## **Patient Activity Descriptions**

### **Orientation:**

**Orientation Group:** This group is facilitated by clinical staff members. The group assists patients with their adjustment to the treatment program. It supports them in learning the treatment philosophy as it applies to them, and it outlines clearly the problem areas to be addressed in the treatment experience.

**AM Process Group:** Once oriented to the treatment program, the patient then engages in further group sessions which are facilitated by clinical staff members. The groups assist them in deeper exploration of pertinent issues and the appropriate problem-solving techniques to enhance their recovery.

### **Group Sessions:**

**Gender Group:** Patients have an opportunity to address gender-specific issues in a setting that diminishes inhibitions and encourages open sharing. These groups are facilitated by clinical staff members.

**Trauma Group:** This is a safe and secure setting for patients who need to deal with unresolved trauma. Trauma Group is facilitated by clinicians on staff who have years of experience in working with individuals still affected by major life-changing events and related trauma.

**Sexual Concerns Group:** This group gives patients an opportunity to explore and resolve issues related to their own sexuality and related emotional experiences. The group is facilitated by a certified trauma therapist and certified sex therapist.

**Parenting Group:** Facilitated by one of the family counselors on staff, this group provides patients with an opportunity to evaluate the full impact of their addictions on parent-child relationships. The group also imparts healthy parenting skills that can be implemented in ongoing recovery.

**Anger Management Group:** Facilitated by one of the clinical staff therapists, this group provides patients with the skills to consider all avenues of power and control, and a means of developing appropriate assertive communication skills.

**Body Image Group:** A qualified specialist in body/eating disorders facilitates this group to help patients explore underlying factors and issues related to food and appearance.

**Smoking Cessation Group:** Clinical staff certified in smoking cessation lead patients in developing and implementing a balanced action plan to address nicotine addiction. This process is incorporated into the overall treatment plan.

**Grief Group:** This group provides a safe setting for patients to achieve closure regarding unresolved grief over the loss of a loved one.

**Experiential Group:** Psychodrama, role-play, and other action techniques are used to help patients address long-standing issues.

### **Individualized Therapy:**

**Individual Sessions:** Patients meet regularly with their primary therapist for individual therapy and to review treatment plans and status in the treatment process.

**Family Consultation:** Family members are contacted weekly throughout treatment. Both the primary therapist and the family counselor make these contacts to offer support, make clinical recommendations, and to make referrals for supportive follow-up based on the clinical assessment.

**Evening Case Load Group:** The primary therapist leads this group. Of all the groups conducted, it is the most intimate due to its small size and the consistency of its members. This is the setting where most of the patient's work toward the development of healthy attachments is formulated.

**Self Inventory:** This is a daily exercise where patients engage in a period of self-reflection about areas where they made progress and areas that will require additional attention and focus.

### **Community:**

**Patient Government:** Monitored by support staff, this group is actually facilitated by the patient population in order to allow for community-related issues to be discussed. Patients realize that they are included in a body that requires their cooperation and involvement in order for the group to succeed. This is also where community leaders are appointed and community job-related responsibilities are assigned.

**Self-Help Meetings:** Patients are strongly encouraged to take part in local self-help meetings such as Alcoholics Anonymous, Narcotics Anonymous, Gamblers Anonymous, Sex and Love Addicts Anonymous, and so on. Transportation is provided to these meetings during the first month of treatment.

**Community Clean Up:** To keep patients aware of the world around them, patients are encouraged to contribute to the harmony of community areas by taking part in community clean up.

**Spiritual Friday:** This is a unique opportunity for patients to take part in spiritually oriented groups led by sanctioned religious leaders from the community.

### **Activities:**

**Tai Chi:** Facilitated by two certified instructors, this activity allows the patients to begin their day centered, focused, and relaxed. It brings an element of physical activity and daily discipline into their recovery process.

**Housekeeping:** The patients take full responsibility for themselves, maintaining their own living environment. This may include laundry, vacuuming, dusting, and light general cleaning.