

Bloomsburg Psychological Center, LLC



BPC is happy to announce 7 new **Therapy Groups for 2010!**

Working in a group format combines therapeutic insight with social support and can enhance the depth and speed of the therapeutic process. Some of our groups will be on-going and some are time limited. All will begin within the next few weeks. Tentative start dates may vary while a group fills up.

We are very excited to begin with such a large range of topic. As each insurance company varies as to its coverage, please call us and we will research your co-pay for you.

570-387-1832

Adolescents and Anger Management

Wednesdays 4-5:30 PM. Begins Feb. 3rd, weekly for 8 weeks.

Adolescents, ages 13-18, will learn anger management skills to help them cope with their emotions, improve their communications and find productive ways to express their anger.

Ronda Barto, LCSW

Couples in Conflict

Thursdays 7-8:30 PM. Begins Jan. 21, meets weekly for 3 months, repeating program. New participants can join the first Thursday of any month and stay until they complete the entire 3-month cycle.

Couples will explore their ineffective communication styles and non-productive behavioral patterns. One or both members of a couple may attend.

Fran McAndrew, M.S., Licensed Counselor

Mental Illness/Chemical Addiction (MICA)

Saturdays 1-2:30 PM. Begins Jan. 23, on-going weekly meetings.

This therapy group will focus on the interaction between recovery from alcohol and drug dependency with a variety of mental health issues, such as depression, anxiety and anger problems.

Fran McAndrew, M.S., Licensed Counselor

Mindfulness and Body Awareness for Anxiety, Sleep Issues, Stress and Pain

Tuesdays 7-8:30 PM. Begins Feb. 2, meets weekly for 6 weeks.

Develop mindful awareness of thought patterns and unconscious body habits and tension that create or intensify anxiety, sleep problems, stress and pain disorders.

Linda Candlish, M.S., Licensed Psychologist

Parenting Children with Disruptive Behavior, Ages 5-11

Mondays 7-8:30 PM. Begins Feb. 1, Meets weekly for 6 weeks.

This group will provide knowledge and skills for parents of children with disruptive negative behavior at home, school and in social situations. *Trudy Frace, LCSW*

Women's Depression Group

Tuesdays 5-6:30 PM. Begins Jan. 26, on-going, weekly meetings.

This group will use cognitive behavioral therapy, resource development, communication training and motivational support to help women understand and overcome depression, loss and loneliness.

Ronda Barto, LCSW