

Boise Center for Change Group Descriptions

Cognitive Behavioral Therapy (CBT) Journaling Group combines the comfort of **Pet Therapy** with utilizing therapeutic journaling and CBT concepts to increase self-awareness and identify patterns, goals, and values.

Body Image Group focuses on patients exploring their feelings about themselves and their bodies in a supportive environment with the goals of learning body acceptance and appreciation.

Relapse Prevention Group helps patients identify and explore emotional triggers, learn recovery tools, and develop a plan for ongoing recovery by learning and practicing ways to deal with recovery challenges and effectively use supports.

ACT (Acceptance and Commitment Therapy) Group teaches patients to become aware and accepting of thoughts and feelings and to move towards committing to life-improving actions with a recovery perspective.

Nutrition Group is facilitated by a registered dietitian who provides patients with nutritional education to increase knowledge of the relationship between food and overall health.

Experiential Therapy Group is led by various staff and uses outings, recreation, and hands-on activities to engage and improve patients' physical, psychological, and social well-being and engagement in the world.

Community Group provides time to clarify treatment expectations and goals. Patients and staff bring topics and issues to the group that they would like to discuss.

DBT Group uses **Dialectical Behavioral Therapy's** core principles of mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness to help patients identify and name complex emotions and impulsive behaviors and begin learning new skills around changing responses to difficult situations.

CBT Group focuses on helping patients identify negative thought patterns that impact behaviors and emotions and understand where these thoughts may come from. This then can empower patients to reshape experiences, try out new thoughts and behaviors, and change responses to challenging situations.

Shame and Resilience Group- (using the Brené Brown curriculum) helps patients identify shame cycles and increase resiliency to feelings of inadequacy.

Open Process Group encourages patients to discuss concerns and issues in a safe and therapeutic environment. This group provides patients space to share feelings and challenges they may be experiencing while in treatment. Patients are encouraged to also offer support and feedback to one another and to practice a range of communication skills with the support of a clinician.

Meal Planning/Cooking Group is led by a registered dietitian who teaches patients how to determine an appropriate meal plan for each patient's dietary needs and helps patients develop hands on cooking skills in our facility's fully appointed kitchen.

Body Movement Group concentrates on the relationship one has with their body. Through movement and restorative yoga, patients explore the connection between the mind, body, and physical space.

Coping Skills/Art Group focuses on using art and creative processes to provide patients with different creative and artistic techniques to explore communication and enhance coping and creative skills.