

INTENSIVE GROUP PSYCHOTHERAPY

CONDUCTED
VIA TELEHEALTH



Mind-Body Skills & Psychotherapy Group

The Mind-Body Skills & Psychotherapy Group utilizes a holistic model, incorporating body-based and mindfulness approaches to well-being alongside more traditional psychotherapy such as cognitive-behavioral (CBT) and acceptance and commitment therapies (ACT). This group teaches and practices skills to help patients manage mental health symptoms and life transitions to promote overall wellness and improved functioning.

Programming is M-Th 9:30 AM-11:30 AM

The Trauma Focused Intensive Group Psychotherapy

This program focuses on supporting trauma survivors in increasing their awareness about trauma-related symptoms, understand how these symptoms impact their life and relationships, and learn skills to increase their ability to regulate their emotions and be present in their bodies. Our curriculum is based on Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), neurobiology of trauma theory, and Polyvagal Theory.

Programming is M-Th 1:30PM-3:30PM

Format:

Both programs are structured as 4 days per week for 2 hours per day for a 6-week period. Each day consists of a one-hour process-oriented psychotherapy group and one hour of a psychoeducation/skills group.

Medication Management may be available for group attendees.

**For more information or
to make a referral, call
(763) 581-5372 - Option 3**

NORTH
MEMORIAL HEALTH