



## Child and Family Therapy Clinic Group Program

### Anxiety Skills Group for Adolescents

These skill-based groups provide treatment for patients (9<sup>th</sup> - 12<sup>th</sup> grades) who experience difficulty with anxiety in a number of areas (e.g., social, health, academic, and generalized anxiety). Group goals include: 1. Improving skills to cope with physiological symptoms and anxious thoughts, 2. Reducing distress and avoidance of anxiety provoking situations, and 3. Practicing strategies to successfully engage in anxiety provoking situations.

### Dialectical Behavior Therapy (DBT) Skills Groups

These skill-based groups provide treatment for patients (6<sup>th</sup> - 12<sup>th</sup> grades) who present concerns related to depression, social withdrawal, anxiety, irritability, self-injury (e.g. cutting), risk-taking, impulsivity, and relationship difficulties. Group goals include: 1. Improving coping skills to regulate emotions and behaviors, 2. Strengthening the parent-child relationship, and 3. Increasing interpersonal effectiveness.

### Healing Racial Trauma Group

These groups, which include skills training, processing, and support, provide treatment for patients (9<sup>th</sup> – 12<sup>th</sup> grades) who have experienced trauma due to instances of discrimination, racism, and oppression. Group goals include: 1. Increasing awareness of the symptoms of trauma and the impact on overall health, 2. Encouraging acquisition and utilization of effective coping strategies, and 3. Helping patients and families identify community resources and build stronger support systems.

### Interpersonal Effectiveness Skills Group for Children and Adolescents

These skill-based groups provide treatment for patients (3<sup>rd</sup> – 12<sup>th</sup> grades) who experience difficulty interacting with others. Group goals include: 1. Building basic behavioral and cognitive social skills, 2. Reinforcing prosocial attitudes and behaviors, and 3. Promoting adaptive coping strategies for social situations.

### Teen Support Group

This structured social support group provides support for teens as they navigate typical adolescent identity development (9<sup>th</sup> - 12<sup>th</sup> grade). This group provides skills-based learning and discusses topics of interest including: 1. Managing identity related stressors, 2. Use of social media, 3. Impact of family relationships, 4. Exploration of other life issues. These groups include parent-only sessions, psychoeducation on relevant topics, and also highlights community resources.

### Mindful Parenting Group

In the Mindful Parenting group, parents learn to apply mindfulness-based skills to themselves and to their experience of parenting their children to help them to parent with fuller awareness and slow down their automatic reactions. When we become aware of these automatic reactions, we can choose to respond differently, in more effective ways. Parents will learn both formal mindfulness-based practices, such as meditations and yoga, as well as learn mindfulness of everyday activities, with a focus on day-to-day parenting and family activities. Most families will find the group helpful



with: reducing their parenting stress, improving their relationship with their child, parenting more effectively or less impulsively, and/or helping their child be calmer or better regulated.

### **Parent-Teen Group for Academic Success**

These skill-based groups provide treatment for teen patients (8<sup>th</sup> - 12<sup>th</sup> grades) who experience executive functioning difficulties and their parents. This group helps teens develop skills and consistency that promote success at school and home by incorporating organization skills and strategies from the Supporting Teens' Autonomy Daily (STAND) manual. Group goals include: 1. Helping families build partnerships, 2. Developing independence in teens, and 3. Promoting problem-solving techniques that address the challenge of technology use in schools.

### **For More Information**

If you have any questions, need additional information, or would like to provide a referral, please call Kennedy Krieger's Behavioral Psychology intake team at (443) 923-7508 and reference the Child and Family Therapy Clinic group therapy program. If you are a Kennedy Krieger provider and would like to make a referral, please email [cftgroups@kennedykrieger.org](mailto:cftgroups@kennedykrieger.org).