

Young Adults & Adults

Retreat Into Greater Self-Love (Young Adult & Adult Groups)

The workbook, Retreat Into Greater Self-Love is the driver of this group. You will have a weekly guided meditation that discusses a topic around self-love: barriers to engaging in self-love, the role of social media, self-talk, mind-body psychology and, how to utilize energy psychology to increase self-love in your life. The workbook gives you 31 days of activities to work on while you are participating in this group.

Target Symptoms: Anxiety, Low Self-Esteem, Mood Difficulties, Addiction

Methodology: Expressive Therapy, Energy Psychology Practice and, Education

The Ways of Wellness (Young Adult & Adult Groups)

If you've been feeling overwhelmed from your responsibilities and in need of some more time for yourself, then this group is for you. Whether you're new to the whole health model of wellness or looking for a refresher, we will review concrete actions you can take and implement in your day-to-day life. But, most importantly, you will be connecting with peers to support and share knowledge and experience.

Target Symptoms: Anxiety, Depression, Stress, Worry

Methodology: Psychoeducation & Discussion

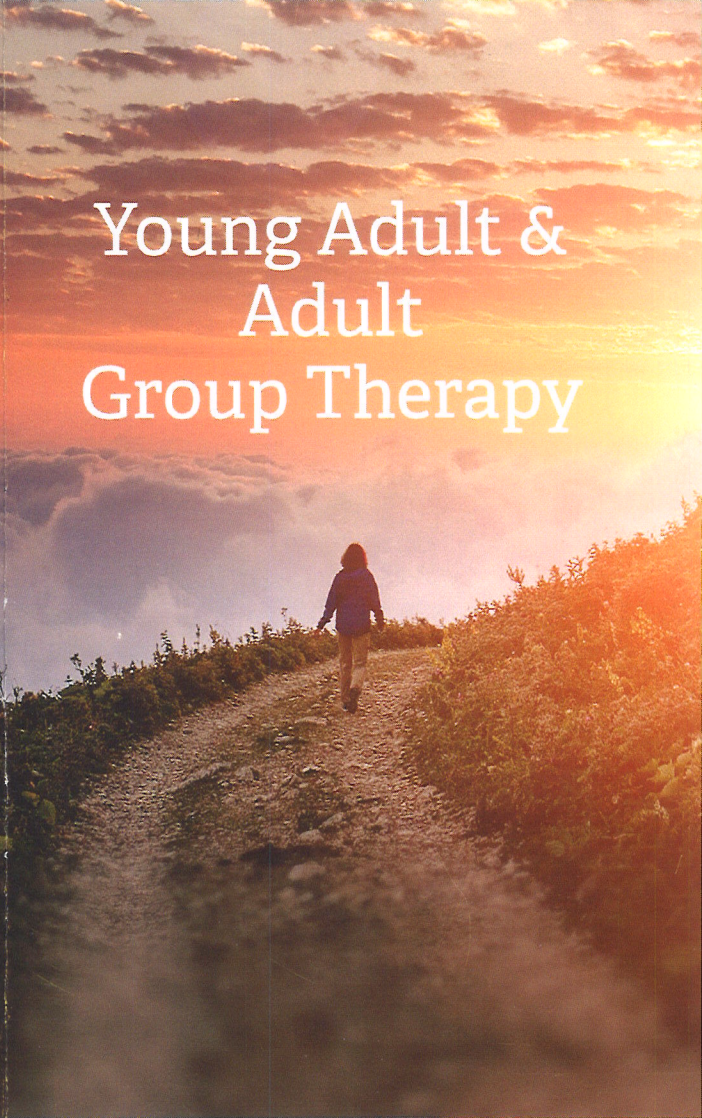
ELEVATE

COUNSELING SERVICES, INC.

Ask Us About In-Person &
Online Group Therapy
Today!

Location	Phone
Easton 117 Eastman St., Ground Floor South Easton, MA 02375	508-297-1491
Bellingham 116 Mechanic Street, #7 Bellingham, MA 02019	508-297-1491
Lakeville 109 Rhode Island Road 2nd floor, left Lakeville, MA 02347	508-297-1491
Raynham 1244 Broadway Raynham, MA 02767	508-297-1491

www.elevate-counseling.com



Young Adult &
Adult
Group Therapy

ELEVATE

COUNSELING SERVICES, INC.

One More Day at a Time (21+)

You had a problem with alcohol, and have been able to “put it down” for a period of time. Maybe even longer than brief but, you are still not feeling like yourself. You are still craving or thinking about drinking. Perhaps you have drinking dreams or peers who are pressuring you to get back to drinking. This group is going to help you do a deep dive into your thought life. We will explore your habit brain and your conscious brain and give you tools to make better choices for yourself.

Target Symptoms: Remission from Alcohol Abuse

Methodology: Guided Meditation, Cognitive Strategies, Discussion & Homework

Building Boundaries: Developing Healthy Relationships with Self and Others (18+, Children of Alcoholic Parents)

This group is for adult children of alcoholics who struggle within their relationships to put their needs first. The group will focus on developing and following through with both physical/emotional boundaries with self and others. The group will examine and identify patterns in the participant's relationships they are looking to change. By the end of the group, participants will increase their ability to assert themselves.

Target Symptoms: Anxiety & Depression

Methodology: CBT, Mindfulness & Psychoeducation

Express Yourself! (18+)

Are you a creative person but struggle to make time for it? Have you always wanted to be creative as part of your self-care? As adults, many of us stop being creative because we think we don't have time for it or, being creative is for school-aged children. Creativity is something for everyone! This group is a safe place to explore different art materials, writing, music/self-expression. No artistic talent is required. Just bring your interest in being creative!

Target Symptoms: Anxiety, Stress, Lack of Fulfillment, Trouble Making Time for Self
Methodology: Expressive Arts Therapy & Psychoeducation

Building the Life You Want Group (Women 22-28)

This group aims to discuss topics that are relevant to young women transitioning into their twenties and adulthood. We will discuss core values/beliefs, communication, relationships and dating, self-care, and how to manage setbacks. By clarifying and understanding one's values and core beliefs, one can plan and adapt to life's journey

Target Symptoms: Stress, Self-Doubt & Low Self-Worth

Methodology: CBT, DBT & Expressive Art Therapy

Beyond Grief (21+)

We don't talk about death much in life. Yet, when death happens, either suddenly, tragically, or after a long illness, you can find yourself unprepared for the challenges and changes that come after loss. The goal of this group is to help you feel less alone, more connected, heard, and understood. This group will gently guide you through understanding what we do know about grief. It will help you make meaning out of your experience, which may not yet have been defined or explored.

There will be discussion and suggested readings (in and outside of) group.

Target Symptoms: Adult clients who are grieving the loss of their loved one
Methodology: Psycho-dynamic Support Group and Education for Self-Care

“What the Fuzzz?,” Women who love too much (21+)

Having survived Interpersonal Violence is usually accompanied by shame and guilt. Victims of Abuse (Emotional, Psychological, Verbal, Mental, Financial, Physical, Sexual, Etc.) often suffer from PTSD and low self-worth. This group will help normalize and validate those feelings while providing the groundwork to help you move forward after being in an abusive relationship.

Target Symptoms: PTSD: including but not limited to Anger, Fear, Grief & Guilt

Methodology: Psycho-Education, Discussion, CBT, DBT & Mindfulness

About Elevate Counseling Services

"Elevate Counseling Services is on a mission to be a welcoming community of behavioral health care professionals that are elevated to the highest possible standard of care. We believe in excellence in counseling practice, in recovery programming and in behavioral health care business practices."