

# MENTAL HEALTH PROGRAM

## Group Counselling

### Service Intro

In group counselling, a group of 6 to 9 people gather together over a series of 6 to 12 once-a-week sessions to discuss specific issues, explore their common experiences, and learn helpful strategies under the guidance of professionally trained counsellors. Pivot Point's therapeutic groups range from Mental Health Classes (where participants learn about underlying dynamics, conditions, skills and strategies) to more personally transformative Therapy Groups (called Dialectical Behaviour Therapy).

In both formats, a pair of therapists present information, lead activities, and facilitate group discussion aimed at supporting the learning or therapeutic goals of the group.

All group counselling opportunities are conducted through specially designed workshops, offered by our counsellors throughout the year in various communities around BC. As such, pre-registration several months in advance is highly recommended.

### Group class dynamics

Classes are formed by grouping participants roughly into the following two age ranges:

- Adolescents (16 to 20 years old), and
- Adults (19 and older)

Clients must be capable of committing to and attending at least 80% of all scheduled sessions.

### Pivot Point's approach

#### Mental Health Classes:

These classes are both provocative and informative, designed to spark a deeper understanding of the causes and dynamics surrounding many common mental health issues. More than mere theory, each class is designed to teach concrete skills, as well as practical activities and approaches specifically tied to the individual components of each condition. Whether learning to self-manage your own dynamics, or trying to bring more successful support strategies into your home, classroom, community program, or relationships, each class will add to your bag of tricks... and your confidence in how to create positive change.

Some of our popular topics include:

- Top 10 Childhood Disabilities
- Managing Stress and Anxiety in the home and classroom
- Couples Communication: Building Strength
- Family Context: 5 factors that foster resiliency

#### Dialectical Behavioural Therapy Groups:

These therapy groups are designed to help people change their patterns of behavior that are not helpful, such as self-harm, suicidal thinking, substance abuse, or destructive thinking. This approach helps people increase their emotional and cognitive regulation by learning about the triggers that lead to reactive unhealthy states, and helping them learn to assess and apply coping skills into the sequence of events, thoughts, feelings, and behaviors that help correct undesired reactions.



## More on DBT

DBT assumes that people are doing the best they can but are either lacking the skills necessary for a stable / successful life, or they have been influenced by reinforcing experiences that now interfere with their ability to function appropriately.

Some of the issues addressed in our groups include:

- Problems managing emotions (sadness, anger, etc.)
- Suicidal thinking or behaviour, Self-injury and other self-destructive behaviours
- Impulsive / dangerous behaviours (such as reckless driving, compulsive spending, sex, etc.)
- Alcohol or drug problems
- Eating disorders (Bulimia & Binge-Eating)
- Depression, Anxiety, and related problems
- Post-traumatic stress disorder
- Difficulties building and maintaining healthy relationships

## A typical session

### Mental Health Classes

Classes create a safe and relaxed small-group environment where participants can learn and share together. They are interesting, often fun, and leave participants with many new ideas to consider, and skills to practice over the coming weeks.

### Dialectical Behavioural Therapy Groups

Groups are more advanced small-group sessions which support and inspire deeper self-reflection. Sometimes it can require “hard work” to create the breakthroughs in self-awareness that are necessary to let true change and growth emerge.

## How to get started

1) If you are already a client, contact your Program Assistant to ask about adding Counselling services to your current plan of care.

- If you are using Autism Funding to pay for Group Counselling, the teen must be over 16 years old, some forms will need to be signed, including a “letter of recommendation” from the Behavior Consultant or Clinical Supervisor assigned to your case. Once this has been approved by the Autism Funding Branch, registration in the class can be confirmed.
- If you are paying privately for Group Counselling, or being reimbursed via extended Health Benefits, your Program Assistant will discuss how to add this financial contribution to your existing budget so that everything runs smoothly.

2) If you are not yet a client, the best way to sign up for Group Counselling events is to register online at [www.pivotpoint.ca/calendar](http://www.pivotpoint.ca/calendar). This web page displays all active and upcoming groups throughout the Province, and provides detailed information about dates, times, and general locations.

*\*Please note that some groups require pre-registration so that a phone based pre-screening interview can help us both determine the suitability of the group you have in mind.*



## Contact Us Today

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