

### Service Intro

In group counselling, a group of 6 to 9 people gather together over a series of 8 once-a-week sessions to discuss specific issues, explore their common experiences, and learn helpful strategies under the guidance of a professionally trained counsellor. 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, two staff 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 in-person or online 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 age ranges of adolescents (16 to 19 years old), and Adults (19 and older). Clients must be capable of committing to and attending at least 7 of the 8 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 & Anxiety in the Home and Classroom
- Couples Communication: Building Strength
- Family Context: 5 Factors that Foster Resiliency

#### Dialectical Behavioural Therapy (DBT) Groups:

These therapy groups are designed to help people change their patterns of unhelpful behavior, 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 behaviours that help correct undesired reactions.

In addition to fostering individual growth, these DBT groups create a supportive community where participants can share experiences and insights, promoting collective understanding and encouragement throughout the therapeutic journey.

## More on Dialectical Behaviour Therapy

Dialectical Behavioural Therapy (DBT) assumes that people are doing the best they can but are either lacking the skills necessary for a stable / successful life, or that their unhelpful habits of thought have been reinforced by experiences and now interfere with their ability to function effectively.

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 Regional Assistant to ask about adding Counselling services to your current care plan.

- If you are using Autism Funding to pay for Group Counselling, an RTP will need to be sent to the Autism Funding Branch as part of your registration into the class.
- If you are paying privately for Group Counselling, or being reimbursed via extended Health Benefits, your Regional 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 page displays all active and upcoming groups throughout the Province, and provides detailed information about dates, times, and general locations.

You can also reach out to us via <https://pivotpoint.ca/explore-counselling/>, which will let you share your contact information so we can reach out to you to answer your questions.



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



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www.PivotPoint.ca

Serving Communities Throughout BC

