

## Why choose group therapy?

Group therapy provides a great opportunity to learn and practice skills with support and coaching from group leaders. During group sessions, youth connect with peers and see they are not alone. The entire group learns to work on shared problems together.

## How do I get my child or teen into group?

If your child or teen is already participating in services with us, please discuss your interest in groups with your primary clinician. If your child is not currently being seen by us, call (585) 279-7800 to schedule a phone screen. If they are a good fit for group therapy, you will be asked to come in for a screening appointment to help match your child or teen to a group.

## FAQs

### How often do groups meet?

Groups usually meet weekly for 12 sessions on the same day and time. For example, Mondays at 5:00 p.m.

### How long does each group last?

Group sessions are usually 45 to 60 minutes long.

### How large are the groups?

Typically, there are four to eight children or teens in each group.

### How many leaders are there per group?

Groups generally have two group leaders.



Pediatric Behavioral Health & Wellness

# Group Therapy



## Contact Us

For more information, please call a Group Coordinator:

Danielle Wolfson, LMHC  
(585) 273-4099

Robyn Broomfield, LMHC  
(585) 602-2420

### Main Locations:

1860 South Avenue  
1st Floor  
Rochester, NY 14620

200 E. River Road  
Third Floor  
Rochester, NY 14623

[golisano.urmc.edu/behavioralhealth](http://golisano.urmc.edu/behavioralhealth)

Part of Strong Memorial Hospital.



## About our groups

We offer group therapy for children and adolescents with a wide range of needs and challenges. Skills learned include emotion regulation, coping and communication strategies.

### Acceptance and Commitment (ACT) Art

This teen group uses art therapy and Acceptance and Commitment Therapy (ACT) principles to help members identify values, examine choices, and increase self-esteem. Teens will be asked to experiment with a variety of materials, such as drawing, painting, air-dry clay, and collage.

### ALLY

The primary focus of this group is to provide a safe, inclusive and affirming environment to foster relationships, interpersonal skills and the evolution of identity.

### Anger Management Group

This teen group uses social learning and cognitive behavioral approaches to help its members explore anger schemas, identify functions of anger, and develop coping strategies.

### Cognitive Behavioral Therapy (CBT) for Anxiety

These groups allow participants to develop a better understanding of anxiety, as well as learn and practice a variety of relaxation and coping skills including cognitive and behavioral strategies. There are separate groups for children and teens.

### Dialectical Behavioral Therapy (DBT) Skills

In these groups, teens and their parents learn emotion regulation strategies. Skills covered include mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness and middle path skills.



### Grief Group

This group is for adolescents who have experienced a significant loss and would benefit from a space to recognize and process feelings of grief. Each group session is structured with a check in, activity/discussion, and a mindful moment. The mindful moment is designed to help wrap up the discussion and assist participants in preparing themselves to transition out of group. Parent/guardians will receive information to help support their participant.

### Guild of Adventure

This is an interactive, imaginative group that uses collaborative storytelling and role play through games, such as Dungeons and Dragons, to support the development of social and emotional skills. Participants will collaboratively build the world they will play in and design their personal character. Using storytelling, group members will practice problem solving, communication, and emotion regulation skills, as well as perspective taking through action-packed adventures. Participants should have good abilities to engage in imaginative play and ideally have knowledge of, or interest, in role-playing games.

### PEERS (Program for the Education and Enrichment of Relational Skills)

This program enables teens and their parents to participate in step-by-step social skills training developed at UCLA for teens on the autism spectrum. Skills covered in-group include using humor, entering and exiting conversations, and arranging get-togethers.

### Social Savvy Gaming Group Ages 13 to 18

Group members learn and practice social, coping, and communication skills through video games. Topics covered in group include making friends, problem-solving, listening skills, building distress tolerance, understanding conversation skills, patience with turn-taking, giving constructive feedback and compliments, and coping strategies. Games will be selected by leaders to achieve these goals. Group Leaders will provide equipment and members will not be permitted to bring their own equipment. This group is ideal for those who have already completed a round of Social Skills group.



### Social Skills

Group members learn and practice social, coping and communication skills. Examples of skills covered include making friends, problem-solving, conversation skills and effective coping strategies. Groups are offered for children and teens ranging in age from preschool to high school. (Typically, there is no more than a two-year age span for each group.)

### Social Thinking/Drama

In these groups, members use drama therapy techniques including improvisation, storytelling and role playing to practice and expand their social thinking and related social skills such as cognitive flexibility and perspective taking. These groups are mixed gender, and separate groups based on age.

### Super Group

This group is appropriate for children and teens that have an interest in pop culture (Superheros or otherwise) and art making. Using different concepts from Acceptance and Commitment Therapy, group members will examine the challenges that they are currently facing, as well as learning skills, such as mindfulness and self-compassion to work through these challenges.

### Teen Relationships

This group helps teen girls develop skills to form and maintain healthy relationships. Topics covered including trust, boundaries, communication, self-esteem, and social media safety.