

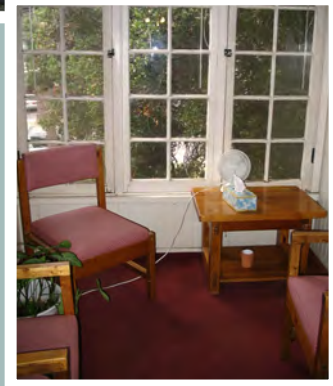
# SANCTUARY PSYCHIATRIC CENTERS OF SANTA BARBARA

 Arlington Day Treatment Center 

## GROUP DESCRIPTIONS

### THE ARLINGTON DAY TREATMENT PROGRAM

is designed to provide a variety of daily therapy groups including process groups addressing particular issues, psycho-educational groups, teaching specific skills & areas of knowledge, & other groups which provide an opportunity for expanding socialization skills & the ability to move comfortably in the community.





Sanctuary Psychiatric Centers  
of Santa Barbara

Conveniently located in the midtown area of Santa Barbara,  
the Arlington Day Treatment Program provides Out-patient  
group & individual therapy.

Change is difficult, especially when  
patterns are deeply ingrained into  
one's way of thinking & manner of  
behavior.

The Arlington Day Treatment  
program provides a safe,  
therapeutic environment in which  
to challenge one's own growth.

The first step—is choosing to  
commit to change.



## PROCESS GROUPS

### **SELF-ESTEEM GROUP**

This group is a mix of process and psycho-education. Clients are familiarized with models of self esteem that stress competency, self worth and balance of self and others. Clients learn to recognize the active role they play in creating their life and, to that end, learn to set and operationalize goals. We encourage actions and statements that accurately reflect values and feelings. Goals include the development of measurable goals and action plans.

### **EXPLORING YOUR WORLD THROUGH FILM**

This group is designed to use film as a vehicle for exploring feelings, one's sense of Self, perceptions of others, and to provide exposure to different ways of being in the world. Films will be selected to offer a broad array of themes. After viewing a film, clients will have the opportunity to share their experience as well as to process it through discussion, or the use of evocative materials such as writing and/or the use of art.

### **GRIEVING LIFE'S LOSSES**

Our experience of loss can range from the death of a loved one to the loss of one's own talents or concept of self through the impact of mental illness. These losses are often left unacknowledged to fester and exacerbate the symptoms of mental illness and/or drive people to soothe their pain through substance abuse. In this group, we will open up the experience of loss, exploring the myriad ways it affects all of our lives, using both group process and art therapy to aid our exploration. Group members are invited to share their experiences of loss and healing with each other, witnessing and validating often hidden pain. Using art therapy techniques, we will practice moving through the grieving process in order to come to a new and healthier relationship with our losses.

### **POETRY THERAPY GROUP**

This is a process group in which reading and writing poetry is a vehicle for exploring feelings, thoughts, conflicts—a range of issues. The overall goal is to explore the Self in ways that will positively impact how participants move in the world, and to develop or enhance the place of writing and reading poetry in connection with their deeper selves. Examples of themes include: hope, coping with life's stresses, mindfulness, family, self-worth, childhood issues, coping with anger, fear, loss and change and/or life transitions, among others.

### **RELATIONSHIP SKILLS**

The relationship group is focused on different types of interpersonal relating. The group is mixed and addresses intimate relationships, family relationships, peer or business relationships, as well as friendship relationships. In addition, we look at a variety of communication styles, and develop communication skills and effective ways to deal with conflict and boundary setting.

### **WHAT'S ON YOUR MIND**

This group is a process group intended to permit group members to drive content, while providing an experience of peer reference group process. It is anticipated that members will bring to the group the behaviors, beliefs and attitudes that reflect their personal conflicts, and family of origin experience, and that these will manifest in group interactions. The therapist will assist the group in identifying and exploring these issues as they appear during the sessions, using feedback from group members to provide much of the processing around these group experiences. This group will be limited to eight weeks and will alternate with the Symptom Management group in this time slot.

## **ART THERAPY GROUP**

Art therapy is a process group in which clients have the opportunity to engage in the making of visual expressions for personal exploration and growth. Gaining insight and understanding as well as expressing feelings for communication to self and others is the main focus. The therapist will facilitate the group members' use of art materials and various art processes in discovering paths to solve problems, console pain, face losses and disappointments, acknowledge and celebrate success and to reveal self. Incorporating reflection from group members provides the opportunity for processing these group experiences.

## **REFLECTIONS, MYTHS & FABLES**

The purpose of the group is to encourage processing of internal conflict through the use of projective material delivered through readings. Traditionally, fairy tales and myth are often used as models of healing and conflict resolution. However, more modern material may also be added to these "tried and true" vehicles. Each session would begin with a reading in which the group facilitator would read a selection out loud while group members relax and focus on the piece. The group will then be asked to process the reading through mutual discussion. Members will be encouraged to dig deeply into their feelings, but will also be permitted to approach the material from a more intellectual viewpoint.

## **CONNECTING THROUGH ART**

This process group utilizes art materials for self-expression and verbalizing thoughts and feelings through visual expressions. The group will focus on the promotion of basic skills such as communication, expression of feelings, problem solving skills and cooperative teamwork with others in a group setting. Relationship skills will also be focused on, including: building interpersonal in order to improve the client's ability to use peer, familial, professional and community supports in navigating their mental illness.



**P S Y C H O -  
E D U C A T I O N A L  
G R O U P S**

### **VOCATIONAL GROUP**

This is an informational, psycho-educational, and sometimes process group. It is designed to help clients identify, develop and implement their educational, occupational and career choices. Clients' interests, skills, work related values, and personal strengths are explored. Concurrent activities include developing resume writing, job interviewing and job hunting skills. Support in pursuing professional, volunteer and/or paid opportunities are supported by hands-on coaching from the rehabilitation specialist. The ultimate goal is to foster employment readiness and appropriate referrals into the community.

### **SYMPTOM MANAGEMENT GROUP**

This will be a 10-week group focusing on medication & other available sources for the management of psychiatric symptoms. Each week a specific category or cluster of psychiatric symptoms will be explored. The sessions will include a didactic overview followed by discussion focusing on various medications used to treat these symptoms. Discussion will include: indications, contraindications, effects, side effects and drug interactions. Additionally, we shall discuss advantages and disadvantages of each medication as well as alternatives or adjuncts to medication treatment.

### **CURRENT EVENTS**

This is a psycho-educational group that focuses on the social interaction between clients and awareness of the larger world. Clients read local and world news stories from a variety of newspapers and then engage in lively conversation with each reviewing and commenting on a news story.

## **ADDICTIONS, TRIGGERS, & PATTERNS**

The purpose of this group is to provide resources and support for group members to identify and explore a wide range of addictions, triggers and/or behavioral/thought patterns. The focus will be all-inclusive, and will not be limited to just those involving substance abuse. Clients will work to assess their needs, understand how the pattern or behavior serves them and eventually create individualized plans for addressing the issues/behaviors/ thinking that interfere with that individual's growth & sense of well-being. Sharing of ideas and feedback amongst members will be encouraged, as well as artwork and writing as an alternative means of expression.

## **HIGH LEVEL WELLNESS**

High Level Wellness is a psycho-educational group teaching participants how to balance and manage the important aspects of their lives. This includes managing their mental illness, physical issues, addictions, intellectual needs, relationships, vocational pursuits, creativity, recreation and meaning in life. Cognitive behavioral skills for depression, anxiety, anger management, assertiveness, stress management, positive self esteem, relationship building and more will be learned and applied to participants' lives while concurrently planning and implementing an overall wellness lifestyle.

## **ANGER/DEPRESSION MANAGEMENT**

This process and psycho-educational group uses evocative art directives to create personal awareness of how anger is triggered, experienced and expressed. Through nonverbal and verbal processes clients are coached to recognize feelings and communicate them in modulated and functionally adaptive ways. Interactive exercises promote empathy, recognize feelings, and provide relationship building skills.

### **LIFE IS GOOD**

This is a two hour group in which clients experience ways to improve the quality of their daily lives. These experiences include the opportunity to cook healthy new foods, learn skills such as budgeting, and practice self-care skills such as relaxation and self-soothing. The activities will differ weekly, and will change with the seasons. The first meeting of each month will be an outing in the community, which will afford clients the opportunity to familiarize themselves with local places of interest that they then may incorporate into their personal lives. Group members will be encouraged to provide input regarding the activities and outings.

### **WRAP**

The Wellness Recovery Action Plan (WRAP) program is designed to promote personal wellness and empowerment. During this group each client will create an individualized, written, wellness plan to support ongoing mental health recovery. Typical plans include a list of activities that promote mental health and stability, daily maintenance, triggers and early warning signs, as well as crisis and post crisis planning. Group sessions will include psycho-education, supportive discussions, and writing time. The focus of this group is to assist and explore ways in which you can increase your sense of well being.

### **JOURNALING GROUP**

This group offers clients the opportunity to express themselves through writing and partake in the writing of other group members. This shared creativity can offer personal growth opportunities adjunctive to individual therapy. The group will also be psychoeducational in nature, as the group leader will begin each session with an informational reading on the topic of journaling and therapeutic writing.



**D I A L E C T I C A L  
B E H A V I O R A L  
T H E R A P Y   S K I L L S  
T R A I N I N G   G R O U P S**

**DBT PSYCHOSOCIAL SKILLS TRAINING**

This psycho educational group provides a safe environment for members to effectively develop skills to manage undesirable behaviors and realize more of their potential. The focus is on interpersonal effectiveness, emotion regulation, distress tolerance and mindfulness. Members are instructed in the use of a Diary Card to support symptom management and desired behavior change. In addition to the Diary Card, homework assignments are given and reviewed each week for the purpose of skills integration.



## THERAPEUTIC RECREATIONAL GROUPS

### **SOCIALIZATION**

This is a two hour recreational group that fosters social skills. Typical destinations include the harbor and pier areas of Santa Barbara, Five Points shopping center and Camino Real shopping center. Clients are able to mingle with each other and engage in unstructured interpersonal interaction. Additionally, clients are encouraged to practice socially acceptable behaviors and skills in public situations.

### **WALKING GROUP**

This is a one-hour therapeutic recreational group. Clients typically walk to a location in the downtown Santa Barbara area. They are encouraged to interact with one another as well as to practice socially acceptable behaviors and skills in public situations.

### **HIKING GROUP**

This is a therapeutic socialization group that has as its overall goals: to learn to utilize community resources; interact cooperatively with others; utilize the natural environment, exercise for stress reduction, and improve comfort level in unstructured group environments. Staff models and coaches for social interaction, encourages environmental awareness and facilitates group decision-making.

### **HEALTHY CHOICES**

Clients in this experiential group identify and practice activities that promote wellness. The activities include cooking, breathing exercises, socialization, exercise, journaling, movies, and creating music. The practice of activities is intended to build skills and to encourage clients to explore wellness activities that they have not previously considered.

### **ACTIVITIES GROUP**

This group will provide informal interaction with peers around games, art, sharing, music or other activities offered by group members. The goal is to explore structured “down-time.” Group members will examine types of activities that engage them and why, develop greater awareness of their experience as they participate in various activities, and open them to trying activities that are new.

### **EXPLORING REC. OPPORTUNITIES**

This group is designed to empower group members with the tools and awareness needed to engage in positive social and recreational activities. The group will discuss the purpose of recreation; identify the different areas where one may pursue recreation and explore specific recreational activities. The facilitator will also educate members about the community resources available to pursue various recreational outlets. In addition, the group will discuss the benefits and rewards they experience as result of engaging in such activities and how those benefits relate to managing stress and symptoms of mental illness.

### **WOMEN’S GROUP**

This group offers clients the opportunity to socialize with other women, of similar ages and varied life experiences. This shared social experience can offer personal growth opportunities adjunctive to individual therapy, such as normalization of experiences. The group will engage in a variety of activities such as playing games, taking outings in the community, discussing books and film and gathering to complete craft and baking projects. Group members will be encouraged to collaborate and provide input regarding recreational possibilities for the group, which will be incorporated, allowing the group to evolve over time.



SANCTUARY PSYCHIATRIC CENTERS  
OF SANTA BARBARA

Sanctuary Psychiatric Centers  
of Santa Barbara

P.O. Box 551  
Santa Barbara, CA 93102

Phone: 805.569.2785  
Fax: 805.563.1977

**OUR GOAL:**

To ensure clients have a safe, inviting environment in which to do the personal work that has led them to seek a day treatment program. We hope the experience all our clients have in the Arlington program will allow them to develop and enhance a range of skills and a sense of well being. We also hope their experience here will contribute to a strengthened sense of self as they walk in the world and enable them to pursue directions that tap their greatest potential.

**FOR MORE INFORMATION  
REGARDING ADTC  
GROUPS, CALL:**

**805.564.3534 x216**

