

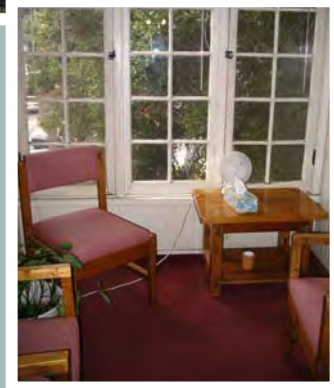
SANCTUARY PSYCHIATRIC CENTERS
OF SANTA BARBARA

 Arlington Day Treatment Center 

G R O U P D E S C R I P T I O N S

**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.





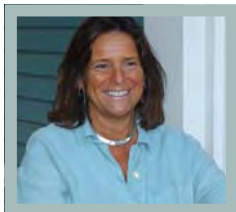
Sanctuary Psychiatric Centers
of Santa Barbara

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.



CLAUDIA CRAWFORD, LMFT
ADTC PROGRAM DIRECTOR

A trained professional with extensive clinical & leadership experience. As the Program Director, Claudia Crawford sets the tone & culture for the Arlington Day Treatment Program. She oversees the program policy & content as well as the staff responsible for delivering the program. Her door is always open to clients either just to chat or to resolve any issues concerning them or their participation in the Day Treatment Program.



PROCESS GROUPS

SELF-ESTEEM GROUP

This group is a mix of process & psycho-education. Clients are familiarized with models of self esteem that stress competency, self worth & balance of self & others. Clients learn to recognize the active role they play in creating their life &, to that end, learn to set & operationalize goals. We encourage actions & statements that accurately reflect values & feelings. Goals include the development of measurable goals & 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, & 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 & 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, & to develop or enhance the place of writing & reading poetry in connection with their deeper selves. The general structure of the group is: a check-in after the theme of the poem for the day is announced. The poem is handed out to each client. It is read twice by two separate volunteers, the first time to become familiar with the poem & the second time for deeper understanding. Examples of themes include: hope, coping with life's stresses, mindfulness, family, self-worth, childhood issues, coping with anger, fear, loss & change and/or life transitions, among others. First, the poem is discussed & explored for how it relates to the individual lives of the participants. The clients then write for about 15 minutes inspired by what they or others have said. Their poems are then shared, if desired, & often read twice. Each client is given positive feedback by the therapist as well as the group members.

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 & attitudes that reflect their personal conflicts & family of origin experience & that these will manifest in group interactions. The therapist will assist the group in identifying & 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 & will alternate with the Symptom Management group in this time slot. That is, for eight weeks, we will have the “What's On Your Mind” group; & then for the next eight weeks, we will have “Symptom Management”. We will then return to this group & repeat the timing.

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 & growth. Gaining insight & understanding as well as expressing feelings for communication to self & others is the main focus. The therapist will facilitate the group members' use of art materials & various art processes in discovering paths to solve problems, console pain, face losses & disappointments, acknowledge & celebrate success & to reveal self. Incorporating reflection from group members provides the opportunity for processing these group experiences.

REFLECTIONS

The general purpose of the group is to encourage processing of internal conflict through the use of projective material delivered through readings. Traditionally, fairy tales & myth are often used as models of healing & conflict resolution. However, more modern material may also be added to these "tried & true" vehicles. Each session would begin with a reading in which the group facilitator would read a selection out loud while group members relax & 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.

RELATIONSHIP GROUP

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



**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, & sometimes process group. It is designed to help clients identify, develop & implement their educational, occupational & career choices. Clients' interests, skills, work related values, & personal strengths are explored. Concurrent activities include developing resume writing, job interviewing & 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 & 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 & drug interactions. Additionally, we shall discuss advantages & 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 & awareness of the larger world. Clients read local & world news stories from a variety of newspapers & then engage in lively conversation with each reviewing & commenting on a news story.

ADDICTIONS, TRIGGERS, & PATTERNS

The purpose of this group is to provide resources & support for group members to identify & explore a wide range of addictions, triggers and/or behavioral/thought patterns. The focus will be all-inclusive, & 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 & eventually create individualized plans for addressing the issues/behaviors/ thinking that interfere with that individual's growth & sense of well-being. Sharing of ideas & feedback amongst members will be encouraged, as well as artwork & writing as an alternative means of expression.

HIGH LEVEL WELLNESS

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

ANGER/DEPRESSION MANAGEMENT

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



**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 & realize more of their potential. The focus is on interpersonal effectiveness, emotion regulation, distress tolerance & mindfulness. Members are instructed in the use of a Diary Card to support symptom management & desired behavior change. In addition to the Diary Card, homework assignments are given & reviewed each week for the purpose of skills integration.

**DBT SKILLS TRAINING FOR FAMILY
MEMBERS**

This psycho educational group provides a safe environment for family members of persons living with mental illness to effectively develop coping skills for supporting their family member, while learning new tools to navigate their own life. The focus is on interpersonal effectiveness, emotion regulation, distress tolerance & mindfulness. Members are instructed in the use of a diary card, which is reviewed each week along with homework assignments for the purpose of skills integration.



THERAPEUTIC RECREATIONAL GROUPS

EXPLORING SANTA BARBARA

This group identifies & travels to sites & locations in & around Santa Barbara so as to expose clients to places & interests they may wish to pursue on their own while living in the area. Additionally, participation in the group encourages social interaction among clients as well as with individuals in the community, the application of effective communication, & general interpersonal skills.

SOCIALIZATION

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

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.

THEATER GROUP

This is a psycho-educational/therapeutic recreational group where the emphasis is on encouraging & building self-esteem through interacting with others. Selected readings, improvisation, & role playing are some of the techniques employed. The light hearted interactions create an atmosphere of comfort that invites clients to participate. Since many of the clients experience feelings of anxiety in group situations, this group works well to relax & normalize their feelings.

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, & improve comfort level in unstructured group environments. Staff models & coaches for social interaction, encourages environmental awareness & facilitates group decision-making.

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 & skills in public situations.



SANCTUARY PSYCHIATRIC CENTERS OF SANTA BARBARA

Sanctuary Psychiatric Centers
of Santa Barbara

P.O. Box 551
Santa Barbara, CA 93102

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Celebrates 33 Years!

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 & enhance a range of skills & 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 & enable them to pursue directions that tap their greatest potential.

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

805.564.3534 x216

FEATURED:

VOCATIONAL GROUP

This is an informational, psycho-educational, & sometimes process group. It is designed to help clients identify, develop & implement their educational, occupational & career choices. *Read full description inside.*

