

OUTPATIENT GROUP SCHEDULE

MONDAY **Art Therapy Group: Monday 6:30pm-7:45pm**

A licensed Art Therapist leads the group by beginning with a prompt that encourages self-expression to challenge any perfectionistic thoughts or self-criticism and instead, embrace flexibility and tolerating hard emotions by experiencing them without judgment.

WEDNESDAY **Acceptance and Commitment Therapy (ACT) Group: Wednesday 6:30pm-7:45pm**

Acceptance and Commitment Therapy blends cognitive behavioral therapy, mindfulness, and relational frame theory. In other words, ACT looks at how the human brain works in producing our thoughts. When we understand the basic functions and processes of our brain we can begin to understand our reactions. In this group, individuals work to increase awareness of their thoughts, develop more adaptive and creative responses to problems, and reconnect to their values.

THURSDAY **Dialectical Behavioral Therapy (DBT) Group: Thursday 6:30pm-7:45pm**

Dialectical Behavioral Therapy is effective at helping individuals manage overwhelming emotions. Research shows DBT strengthens a person's ability to handle distress without losing control or acting destructively. Through DBT, individuals will learn four critically important skills that can both reduce the size of emotional waves and help keep balance when emotions become overwhelming.

Anyone seeking Outpatient Groups must provide proof that they are currently seeing an OP therapist. Must be at least 18+ and pre-screenings are required. Cost is \$30.00 out-of-pocket per group. Covered by some insurance plans. Individuals responsible for submitting billing slip to their insurance for reimbursement. To learn more about our services, register for a group, or to schedule a complimentary assessment, please contact our Admissions Team at (402) 408-0294

Groups are held at EDCare Omaha

11218 John Galt Boulevard, Suite 204 | Omaha, NE 68137