



# SANCTUARY CENTERS

OF SANTA BARBARA

## GROUP DESCRIPTIONS

### OUTPATIENT MENTAL HEALTH

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, and other groups which provide an opportunity for expanding socialization skills & the ability to move comfortably in the community.



## **P R O C E S S   G R O U P S**

### **S E L F   E S T E E M   G R O U P**

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.

### **E X P L O R I N G   Y O U R   W O R L D T H R O U G H   F I L M**

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.

### **R E L A T I O N S H I P   S K I L L S**

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.

### **T H E   A R T   O F   C O M M U N I C A T I O N**

In this interactive group members will learn communication skills building that include listening, self-disclosure, eye contact, assertiveness training, negotiation, and conflict resolution. By learning the steps necessary for effective communication group members will improve their ability to communicate verbally in social, family, business, and school settings.

## **POETRY THERAPY**

This is a process group in which reading and writing poetry is a vehicle for exploring feelings, thoughts, conflicts—a full 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 & 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.

## **APPRECIATING MUSIC/MUSIC THERAPY**

Connecting with others through music can be a powerful and healing experience. These groups foster emotional and social connections between clients through discussions and expressions of feeling, thoughts, and memories. Social and emotional bonds are cultivated through participation in music-related activities including: active music listening experiences, songwriting, creating music, and exploration of different musical genres. Topics for discussion will arise from the completion of tasks centering around music and the auditory senses.

## **ART THERAPY**

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.

### **AN EXPRESSION OF GRIEF AND LOSS**

The focus of this group is on identifying the range of life experiences around which humans grieve. These experiences could range from the death of a loved one to the loss of one's own talents and former self through mental illness. Clients explore and learn about the nature of the grieving process. In addition, through the act of using their personal experience and hearing of those of others, clients begin to grasp the range of ways and journeys used by others to deal with loss.

### **EXPRESSIVE BOOKMAKING**

Expressive Bookmaking is a process group in which members have the opportunity to creatively explore the story of their lives. Members will build a foundation for their books through a timeline that encompasses the stages of life, significant events, phases of personal growth as well as the evolution of the Self and ones relationships. This will be expressed through mixed media including, but not limited to: collage, painting, drawing, poetry, and storytelling.

### **HEALING THROUGH NATURE & ARTS**

This process based outing group is designed to assist clients with gaining insight around how art, nature, and the environment impact ones feelings and emotions. Members are encouraged to engage in a variety of activities ranging from discussions to artwork at various outdoor locations in the Santa Barbara community. The directives use an evidenced based framework and are centered around utilizing the calming aspects of nature for personal insight, growth, and healing.

## **HIGH LEVEL WELLNESS**

This process oriented group teaches 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.

## **TRAUMA AND RECOVERY**

Participants in this group will both see and understand that the healing of traumas places them on a road where they are able to express themselves, their gifts, talents, and skills more fully. It's a road to better relationships in the present, and future, by healing the past which provides a more fulfilling life in general. Topics covered include the steps to resolving traumas while the focus will be on changing thoughts, emotions, somatic experiences, and behaviors.

## **REFLECTIONS, MYTHS & FABLES**

This group encourages the 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. Each session begins with a reading and 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.

## **DANCE MOVEMENT THERAPY**

This group is designed to assist clients in gaining insight around the relationship between one's body, thoughts, and emotions to help promote wellness, a sense of self, and emotional regulation. This group aims to increase awareness of one's body and one's breath, to enhance clients' ability to better identify, express, and cope with emotions and thoughts. Members are encouraged to engage in a variety of activities and directives ranging from discussion to guided and structured dance and movement therapy interventions on both individual and group levels. Directives may also include other expressive arts therapy mediums, such as visual art and poetry, in addition to mindfulness based techniques. Members are provided opportunities to build trust, safety, and communication skills as well as explore issues pertaining to self-esteem, transformation, and witnessing.

## **EQUINE-ASSISTED THERAPY**

This experiential group incorporates the use of horses toward the goal of personal development. Horses are natural teachers in awareness and as such they promote both emotional growth and awareness. Each participant will learn about themselves, and others, by participating in directed activities and processing feelings, behaviors, and patterns with the mental health professional and equine specialist. Members will also learn skills related to assertiveness, empathy, problem solving and impulse control. The facilitators are certified under the EAGALA model, which is an evidence-based, solution-focused approach that integrates horses into the therapeutic process.

## **BUILDING CONNECTION: HEALING**

### **SHAME THROUGH RESILIENCY**

This evidenced-based psychoeducational group uses the curriculum developed by Dr. Brene Brown. In group, clients complete worksheets, participate in discussion and activity to learn about and heal past shame, and develop skills to enhance their capacity for empathy, resilience to shame, and connection with others in order to live an authentic and resilient life of wellness with a chronic illness.

# **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**

## **DBT PSYCHOSOCIAL SKILLS TRAINING**

These psycho-educational groups provide 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.

### **DBT GROUPS OFFERED**

- DBT PSYCHOSOCIAL SKILLS TRAINING GROUPS
- CO-OCCURRING DBT SKILLS TRAINING GROUPS
- INDIVIDUAL DBT COACHING SESSIONS

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

### **CAREER EXPLORATION & DEVELOPMENT**

This group enables members to process concerns and/or barriers in identifying, developing, and implementing their educational and occupational goals. Group member's interests, skills, work related values, personal strengths, and limitations are explored. Concurrent activities include: resume writing, job interviewing skills, vocational exploration, and navigating symptoms in a school or work setting. Members will also learn the independent living skills necessary to manage their lives in the community.

### **SMOKING CESSATION**

This group is designed to enhance each clients' motivation to stop smoking and assist the client in developing a personalized smoking cessation plan. As such, we explore and cultivate resources and strategies for coping with triggers, withdrawal, stress, anxiety, and other emotions/experiences related to smoking history. Nicotine replacement therapy will also be a topic of discussion as the group members provide ongoing support and encouragement toward a commitment to quit.

### **TEAM BUILDING & LEADERSHIP SKILLS**

This skill building group helps clients develop the foundation and tools for effective team work and leadership skills. Through group activities, clients will learn a higher level of communication, trust, flexibility, and the ability to act as participant and observer. Group members will explore various ways which encourage awareness of teamwork and trust building.

## **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.

## **A MINDFUL APPROACH TO HEALTHY EATING**

This group educates members about the significant role wellness and healthy eating plays in one's recovery. Group members will explore the concepts of intuitive eating, balanced nutrition, how to make healthy food choices outside of one's home and routine, and goal setting in regards to healthy eating habits. Participants will also have the opportunity to learn how to prepare and cook healthy, balanced meals during the group.

## **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.

## **T H E R A P E U T I C R E C R E A T I O N A L G R O U P S**

### **STRIDES: AN EXPLORATION**

Strides: An Exploration is a one and a half hour therapeutic recreational group that achieves its goals by walking to a pre-determined location in the downtown Santa Barbara area. This group affords its participants the opportunity to make strides both in physical health and in social skills. Each group member is encouraged to interact with one another as well as to practice socially acceptable behaviors and skills in public situations, while engaging one's body in light physical activity and practicing mindfulness of one's environment.

### **CURRENT EVENTS**

This group focuses on the social interaction between clients and while offering an awareness of the larger world. Clients watch and read local and world news stories from a variety of newspapers and news sites and then engage in lively conversation with each reviewing and commenting on a news story.

### **EXPLORING SANTA BARBARA**

This group is designed to provide the opportunity for clients to identify and travel to notable sites and locations in and around Santa Barbara and expose clients to places and interests they may wish to pursue on their own while living in the area. Additionally, members are encouraged to utilize good interpersonal skills while they socialize with one another as well as with individuals in the community.

## **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.

## **HIKING**

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.

## **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 CENTERS

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OF SANTA BARBARA

Sanctuary Centers  
of Santa Barbara

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## **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. It is our hope that 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  
OUTPATIENT MENTAL  
HEALTH GROUPS, CALL:**

**805.569.2785**

