

*"Let us not look back in anger
or forward in fear, but around
in awareness."
~James Thurber*

PR's Dual Recovery Group

The Dual Recovery group psychotherapy provides comprehensive treatment for patients who require a clinical focus on both mental illness and addiction.

Patients learn to understand, accept, and cope with the challenges of mental illness and addictions. It is common for those suffering from a mental illness or problem behavior to feel alone, isolated or different. Group therapy can help clients by providing a peer group of individuals that are currently experiencing similar symptoms or who have recovered from similar difficulties.

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PSYCH RECOVERY, INC.

DUAL RECOVERY GROUP PSYCHOTHERAPY

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DUAL RECOVERY PSYCHOTHERAPY GROUP

Dual Recovery

This group is led by one of PR's licensed and trained psychotherapists. Dual Recovery offers education, support, skill building, and encouragement. It strives to promote an open atmosphere and deals with issues such as stabilizing addictions and avoiding relapse, coping with mental illness, working on relationships, and improving daily living.

*"How wonderful it is that nobody need wait a single moment before starting to improve themselves."
~Anne Frank*

As part of our cognitive-behavioral approach to treatment. Regular group offerings include:

- Education about addiction and mental illness
- Antecedents to addictions
- Changing maladaptive behaviors, thoughts, and emotions
- Anger management
- Self-esteem/building confidence
- Boundary setting
- Positive peer support
- Identification of feelings and associated behavior
- Self discipline and limit setting
- Installation of hope and inspiration for the future
- Support and a safe forum to practice new behaviors

Interested in joining PR's Dual Recovery Group?

The first step is to attend an intake appointment. To schedule an intake, or for more information, please contact:

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Group psychotherapy is generally covered by health insurance policies. Psych Recovery, Inc. accepts most major insurances.