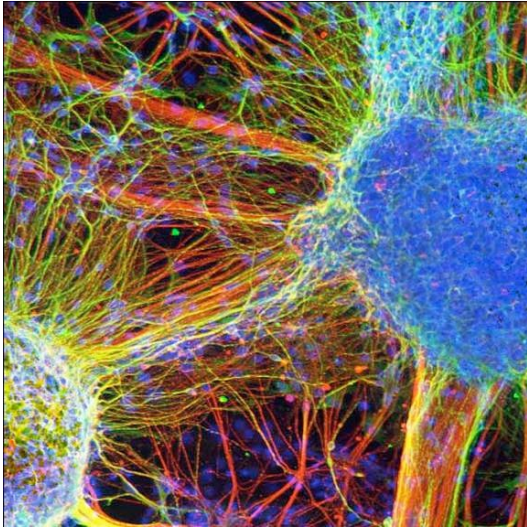


*"Although the world is full of suffering,  
it is also full of the overcoming of it."  
~Helen Keller*



The PR Living with Schizophrenia group is a diverse group of people who meet to discuss similar struggles with their individual challenges that they are seeking to explore and transform.

Group members are adults who are enduring the struggles associated with schizophrenia, schizoaffective disorder, and related psychotic-spectrum disorders.

PSYCH RECOVERY, INC.  
COURT INTERNATIONAL BUILDING  
2550 UNIVERSITY AVENUE WEST  
SUITE 229N  
SAINT PAUL, MN 55114  
651-645-3115

**PSYCH RECOVERY, INC.**

## **LIVING WITH SCHIZOPHRENIA**

**2550 UNIVERSITY AVENUE  
WEST  
SUITE 229N  
ST. PAUL, MN 55114  
651-645-3115**





## GROUP PSYCHOTHERAPY

**The Living with Schizophrenia Group Therapeutic Treatment Modality uses a combination of therapeutic approaches.**

The group is run by Lisa Cowley, PsyD, LP. She is a licensed psychologist who specializes in schizophrenia and related disorders. She has been leading Living with Schizophrenia groups for over 5 years, and has over 10 years' experience working with people with psychotic-spectrum disorders.

*"I'm not a schizophrenic,  
I'm a man with  
schizophrenia."*

Living with Schizophrenia is a weekly, 90-minute group therapy session for people with schizophrenia, schizoaffective disorder, and related psychotic-spectrum disorders.

The group has over 40 topics, many of which are suggested by group members, including:

- \*Assertiveness
- \*Symptom Management
- \*Work Skills and
- \*How to Have Fun.

Clients are gently encouraged to share their experiences and support each other, while honoring their comfort level with participation.

The group duration is approximately 12 months in length.

### **Interested in joining PR's Living with Schizophrenia Group?**

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

Psych Recovery, Inc.  
Court International Building  
2550 University Avenue West  
Suite 229N  
St. Paul, MN 55114  
Phone: (651) 645-3115

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