

Therapeutic Group For Anxiety & Reconnection after COVID-19

Community Need Statement

This fall Open Door Community Health Centers (ODCHC) experienced a extremely high number of patients whose anxiety and agoraphobia made it difficult for them to engage in valued life activities. I was asked to assist with developing and implementing a therapeutic group to support these individuals because clinicians at this organization were experiencing such large caseloads that it was difficult for them to effectively serve all the clients who needed support. The goal of this project was to create a group therapy setting where clients could be treated in a sustainable and time effective way. Group therapy in an integrated care setting such as ODCHC serves to reduce financial barriers and provide easy access to services as well as, reduce the shame and stigma around receiving services.

Acknowledgements

- ★ Catherine Rathbun, PhD, community partner & mentor
- ★ Brandon Tomlin LCSW, group co-facilitator
- ★ Susie Cha LCSW, mentor
- ★ All group participants



Method

- ★ Reviewed literature on best practices for clinical intervention for anxiety disorders.
- ★ Meet with Catherine & Brandon to develop an 8 week curriculum to support group participants in identifying, examining, challenging and modifying the thoughts underlying their anxiety as well as, inspiring participants to improve their quality of life by engaging in activities that bring them pleasure, satisfaction and lift mood.
- ★ Implemented curriculum in two separate rounds of groups with 6-12 participants (ages 18+)
- ★ Data collected through user surveys and informal communication pathways.
- ★ Compiled final draft of 8 week curriculum.
- ★ Submitted to ODCHC for use by all Behavioral Health Clinicians

Theoretical Issues/Literature

- ★ Cognitive Behavioral Therapy
- ★ Acceptance and Commitment Therapy
- ★ Strengths Based
- ★ Trauma Informed
- ★ Emphasis on Cultural Humility

Credibility Statement

- ★ Worked in mental health for 3 years
- ★ 2 years of experience facilitating therapeutic groups
- ★ One Circle Foundation Group Facilitator certificate
- ★ Cal Poly Humboldt Masters in Social Work Candidate

Deliverable/Results

8 Week Therapeutic Group Curriculum aimed to effectively support patients experiencing symptoms of Anxiety Spectrum Disorders

References

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