

Alternating Mondays from 9:30-11:30

A Somatic Approach to Trauma with Peter Curtin, LCSW

Somatic therapy is an approach to mental health treatment that focuses on the relationship between the body and mind. Trauma can have a significant impact on the body and mind and this 5-week course is designed to explore the connection between somatic therapy and trauma in relation to addiction. Participants will learn about the effects of trauma on the body and how somatic therapy can help individuals process and heal from traumatic experiences. By the end of the course, participants will have a deeper understanding of the connection between somatic therapy and trauma and the tools to integrate somatic therapy into their recovery.

Cross-Addiction with Leah Ehinger, Kim Coshnear, Dana Brawerman, and Annie Stafford

Cross addiction is a complex and common issue among individuals with addiction. This 5-week course is designed to provide participants with an understanding of cross-addiction with food, gambling, work, shopping, and electronics. Throughout the course participants will engage in group discussions, individual reflection, and goal-setting exercises to support their recovery journey. By the end of the course, participants will have a better understanding of cross addiction and the tools necessary to maintain a successful recovery.

Alternating Tuesdays from 9:30-11:30

Art therapy with Dana Brawerman, Beth Foley, Kim Coshnear, Leslie Leasure, and Leah Ehinger

Art therapy is a therapeutic approach that integrates the creative process of art making with the professional practice of psychotherapy. It has been found to be an effective intervention for individuals with a range of mental health concerns, including anxiety, depression, trauma, and addiction. Throughout the course, participants will have the opportunity to engage in group discussions, various art activities, and explore their own personal relationship with art. By the end of the course participants will have a basic understanding of art therapy and will be equipped with tools to incorporate art into their own recoveries.

Journey to Recovery: Psychoeducation on Overcoming Chemsex Addiction and Navigating Attachment/Intimacy Challenges with Kim Coshnear, LMFT

This five-session course is designed to provide psychoeducation and support for individuals seeking to overcome chemsex addiction and navigate the attachment and intimacy challenges that often arise during the recovery process. Through a combination of informative discussions, interactive activities, and videos, participants will gain a deeper understanding of chemsex addiction, recovery pathways, attachment styles, healthy relationship building, and self-care practices.

Alternating Wednesdays from 9:30-11:30

Mindfulness with Leah Ehinger, ASW

The 5-week Mindfulness curriculum is intended to support participants in better understanding the scientific benefits of Mindfulness, along with guided practices to support experiential learning. Over the course of five weeks, we will dive into the many aspects of Mindfulness through group discussions, experiential exercises, and reflective practices. By the end of the course, participants will leave with a Mindfulness toolkit; both from a somatic and DBT-informed perspective, that they can integrate into their daily lives and recoveries.

Spirituality with Leslie Leasure, ASW

Spirituality is a complex and multifaceted concept that is often intertwined with mental health and well-being. This 5-week course will center on questions related to spirituality, such as healing from religious trauma, coping with grief and loss, exploring meaning and purpose, identifying and living our values, and developing tools to cultivate a deeper spirituality to support recovery. By the end of the course, participants will have a deeper understanding of spirituality and its relationship with mental health and addiction, as well as practical tools for integrating spirituality into their recovery and self-care.

Alternating Thursdays from 9:30-11:30

Dialectical Behavior Therapy with Annie Stafford, Kim Coshnear, and Dana Brawerman.

Dialectical Behavior Therapy (DBT) is a comprehensive, evidence-based treatment approach that has been found to be effective in treating a range of mental health concerns. This 5-week course will provide the necessary DBT skills. Throughout the course, participants will have the opportunity to engage in group discussions, group activities, and individual assignments. By the end of the course, participants will have a foundational understanding of DBT and will be equipped with the skills necessary to implement them into their own lives and recoveries.

Cognitive Processing Therapy with Leslie Leasure, ASW

CPT is an evidence-based treatment protocol used to help individuals heal from trauma. The protocol focuses on identifying and addressing cognitive "stuck" points related to trauma that continue to cause suffering in an individual's daily life. This 5-week course will provide tools and exercises to challenge old beliefs and interrogate patterns of thinking that result in negative outcomes. Topics include safety, trust, power and control, and intimacy. By the end of the course, participants will have a foundational understanding of CPT and will be equipped with the skills necessary to implement them in their own lives and recoveries.

Alternating Fridays from 9:30-11:30

Unlocking the Mysteries of Dreams with Kim Coshnear, LMFT

Dreams have always been a source of mystery, wonder, and personal insight. Drawing from the teachings of renowned dream expert, Jeremy Taylor, this six-week class offers participants an in-depth exploration into the world of dreams. Through a combination of lecture, discussion, and experiential exercises, participants will learn to harness the transformative power of their dreams and use them as a tool for personal growth, understanding, and connection. Whether you're a seasoned dreamer or new to the world of dream analysis, this course is designed to enrich your understanding and appreciation of your innermost visions.

Living a Life Worth Living with Leah Ehinger, Dana Brawerman, Kim Coshnear, and Beth Foley

Healthy living and life skills are essential components of overall well-being. This 5-week course will explore the various aspects of healthy living, including exercise, job interviews, finances, healthy eating, and sleep hygiene, and will provide participants with practical tools for incorporating these skills into their own lives. Throughout the course, participants will engage in group discussions, experiential exercises, and reflective practices. By the end of the course, participants will have a deeper understanding of healthy living and life skills to incorporate into their recoveries and a life worth living.