

THE PSYCHOTHERAPY GROUP

ALEX THEBERGE, MFT

256 Sutter Street, 6th Floor
San Francisco, California 94108
Phone 415-963-4238

Comprehensive Coping Skills Groups

Mondays: 6:00 PM – 7:15 PM

Overview

Comprehensive Coping Skills is a package of psychological strategies and techniques developed to help individuals experiencing depression, anxiety, and mood dysregulation. Comprehensive Coping Skills groups brings together some of the most effective strategies from Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), and Mindfulness into a complete package of skills. This approach modifies the Dialectical Behavior Therapy skills training format by making them more relevant for people experiencing depression and anxiety.

This is an ongoing open-enrollment Comprehensive Coping Skills group with a 12-week minimum commitment. It will take approximately 12 weeks to provide initial exposure to the core skill set. Each session will include learning and practicing a variety of different skills, including the following four skill areas associated with Dialectical Behavior Therapy to decrease emotional distress and increase positive emotions and experiences:

Mindfulness

Mindfulness is a practice of being fully present in the moment in a non-judgmental way. It is often described as being in control of your mind versus having your mind control you. In addition, mindfulness practices help you to focus your attention, accept current realities, and ease distress.

Emotional Regulation

Emotional regulation helps you learn how to balance your emotions and more fully experience positive emotions. It includes skills for accepting and tolerating emotions, as well as skills for changing emotional states and developing positive emotions.

Distress Tolerance

Distress tolerance helps you more effectively manage the stress of everyday life, whether it is a relationship, work, school, or something else. You will learn how to identify triggers to distress and how to soothe the pain of distress.

Interpersonal Effectiveness

We often feel overwhelmed by the complexities and challenges within our day to day relationships. Interpersonal effectiveness helps you more effectively navigate your way through the world using assertiveness techniques, learning how to get your needs met and developing and maintaining boundaries that are healthy and respected by others.

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Group and Session Length

This is an ongoing open-enrollment group that meets throughout the year. Groups meet every Monday at 6:00 PM and last 75 minutes.

Attendance

All clients are expected to make a 12-week minimum commitment to the group. Please try not to miss any sessions during the first 12 weeks, as consistent attendance is necessary to learn the initial skill-set.

Cancellation

Please provide at least 24 hour advance notice for cancellation of an appointment by calling 415-963-4238. Missed appointments or appointments cancelled with less than 24 hours notice will be billed at regular session rates.

Leaving the Group

Please provide the group with at least 2 sessions notice when leaving the group. This provides everyone an opportunity to prepare for the changes to the group. I will likewise provide advanced notice prior to any new members joining the group.

Fees & Payment

The fee is \$60 per group and is due at each session. I accept cash or check. Please make checks payable to Alex Theberge.

Collateral Contact

All group members are asked to sign a release of information for their current individual therapist. This is needed in terms of both skills acquisition and client safety. All group members are required to be in individual psychotherapy.

Insurance Reimbursement

I am not a preferred provider on any insurance panels, however, your mental health coverage may cover group therapy as an out-of-network benefit. If you decide to use out-of-network insurance coverage, we will provide you with an invoice which you can submit to your insurance company for reimbursement.

Emergency Procedures

In case of psychiatric emergency, please call San Francisco's 24-hour Psychiatric Emergency Services at 415-206-8125. You may also call Mobile Crisis at 415-355-8300.

Confidentiality

The confidentiality of communication between a client and a therapist is protected by California state law and by the Health Insurance Portability and Accountability Act (HIPPA). Please see the enclosed HIPPA guidelines. I will make every effort to keep information regarding your psychotherapy strictly confidential, as is required by law. A document entitled "Consent for Release of Information" must be reviewed and signed by you in order for oral, written or electronic information about you to be released by me to any other person or agency (other than co-treating providers).

Exceptions: Information CAN be released WITHOUT your permission if:

- You are a danger to yourself or others, or are unable to care for yourself.
- There is suspected elder, dependent-adult or child abuse/neglect.
- I am ordered by a court to release information.