



# Restorative Wellness Project

*Culturally and Spiritually Enhanced Wellness...*

*... Socially Responsible Practice*

## SOBER LIVING

Clinical Therapy Group Programs

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Culturally & Spiritually Enhanced Wellness Services...

...Socially Responsible Practice



# Restorative Wellness Project

## Clinical Therapy Groups

*\*Spirituality as a Foundation for Recovery \*Culturally-Enhanced Program \*Clinically Supervised*

### **DBT Skills Training For Credit (Part I) (House Guest Version)** 8-week Program

#### **Evidence-Based Clinical Group Therapy**

2.5 Hours per week Counsellor and Elder Led (Staff Members Welcome for Facilitation Training)  
Morning (9:30am-12), Afternoon (1:30-4pm) or Evening Session (5-7:30 pm)

#### **DBT Part One Group Covers 2 Chapters:**

- Distress Tolerance Skills
- Core Mindfulness Skills

### **DBT Skills Training For Credit (Part II) (House Guest Version)**

8-week Program

#### **Evidence-Based Clinical Group Therapy**

2.5 Hours per week Counsellor and Elder Led (Staff Members Welcome for Facilitation Training)  
Morning (9:30am-12), Afternoon (1:30-4pm) or Evening Session (5-7:30 pm)

#### **DBT Part Two Group Covers 2 Chapters:**

- Emotion Regulation Skills
- Interpersonal Effectiveness Skills

### **Mindful Self-Compassion (MSC)**

8-week Program

3 Hours per week: Counsellor and Elder Led (Staff Members Welcome for Facilitation Training)  
Morning (9:00am-12) or Afternoon (1:00-4pm)

#### **MSC Clinical Group Offering Covers:**

- Most of us feel compassion when a close friend is struggling. What would it be like to receive the same caring attention whenever you needed it most? All that's required is shift in the direction of our attention—recognizing that as a human being, you, too, are a worthy recipient of compassion.
- **In this program, you'll learn:** *How to stop being so hard on yourself; how to handle difficult emotions with greater ease, how to motivate yourself with encouragement rather than criticism, how to transform difficult relationships, mindfulness and self-compassion practices for home and everyday life, theory and research behind self-compassion.*

### **Mindfulness-Based Relapse Prevention**

8-week Program

2.5 Hours per week: Counsellor and Elder Led (Staff Members Welcome for Facilitation Training)  
Morning (9:30am-12) or Afternoon (1:30-4pm)

#### **MBRP Clinical Group Offering Covers:**

- Mindfulness-Based Relapse Prevention (MBRP), a novel mindfulness-based aftercare approach, integrates core aspects of Relapse Prevention with practices adapted from Mindfulness Therapies. Learning to identify high-risk situations remains central to the training.
- Participants are trained to recognize early warning signs for relapse, increase awareness of internal and external (i.e., situational) cues previously associated with substance use, develop effective coping skills, and enhance self-efficacy. Mindfulness practices included in MBRP are intended to raise awareness of triggers, monitor internal reactions, and foster more skillful behavioral choices. The practices increase acceptance and tolerance of positive and negative physical, emotional, and cognitive states, such as craving.. decreasing the need to alleviate associated discomfort by engaging in substance use.

- Trauma-Informed Art Therapy ● Process Groups ● Sweat Lodge Ceremonies ●
- Empirically Supported Therapy Groups ● Yoga/Meditation & Staff Retreats ●
- EMDR Trauma Counselling ● DBT Skills Training ● Clinical Supervision
- Support The Elders Program ●



# Restorative Wellness Project

## **DBT Skills Training (Staff Members only - Depth Work Version)**

20 - week Program

### **Evidence-Based Clinical Group Therapy**

2.5 Hours per week Counsellor and Elder Led for Helpers Morning (9:30am-12), Afternoon (1:30-4pm)

### **DBT Part One Group Covers 2 Chapters:**

- Distress Tolerance Skills
- Core Mindfulness
- Skills Emotion Regulation Skills
- Interpersonal Effectiveness Skills

## **Mindful Self-Compassion For Staff (Depth Work Version)**

8-week Program

### **Weekly Program Consists of:**

3 Hours per week: Counsellor and Elder Led

Morning (9:00am-12) or Afternoon (1:00-4pm)

In this program, you'll learn:

- How to stop being so hard on yourself; how to handle difficult emotions with greater ease, how to motivate yourself with encouragement rather than criticism, how to transform difficult relationships, mindfulness and self-compassion practices for home and everyday life, theory and research behind self-compassion

## **For Organizations and Professionals:**

### **What are we asking in exchange for your participation as a Community Partner?**

- Not too much!
- 1) 20-40 min of consultation through collaboration meetings
  - Via teleconference, meeting or business lunches
  - How many Meetings?
    - 2-3 once every 6 weeks through PHASE 1 of Restorative Wellness Project (April, June & August 2020).

*These meetings focus on stakeholder and community input as well as the opportunity to decide which funding options are available or all staff and clients with Community Partnering Agency to remove financial barriers to Restorative Counselling access.*
- 2) Referrals to groups: All partnering agencies "Practice what we promote" by allowing open access to staff for any of the groups or programs requested for clients or students.
  - Participants are likely eligible for either extended benefits or FNHA mental health coverage.
  - Staff Co-facilitation Training / Group Practicum Also Available
- 3) Moderate sliding scale also available for all community partners, self-refer clients and students of Community Partners.
- 4) Provide a live link to the [Restorative Wellness Project](#) on your organization website.

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*Fees: To be negotiated based on coverage (professional development / extended benefits)  
And must cover Elder Honorarium, Clinical Facilitator Fee*

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