

Victims of Violence Program 2010-2011 Groups

Trauma Group Offerings

***In development:* NEW groups fostering resiliency and skill building**

Trauma Informed Yoga - NEW

Dates and Time: TBD

Contact Robin Zachary (617-591-6128)

Perspectives: Transforming violence through mindful art-making and narrative expression - NEW

Date & Time: TBD

Contact Barbara Hamm (617-591-6112)

Groups Currently Screening for Fall 2010/Winter 2011:

Trauma Information Group

A ten week psychoeducational group focused on providing a supportive environment to understand the current impact of trauma. Topics discussed include PTSD, shame and self-blame, relationship-building, and the recovery process. Trauma histories are not explored in this group.

Contact Lois Glass, LICSW at 617-591-6110. This group will be offered on Mondays from 5-6:00pm. This group will be observed for training purposes.

Women's Trauma Group

This four month group is one in which members set individual goals which evolve as the group progresses. Examples of goals include the sharing of specific memories, disclosing the abuse to a significant other, integrating memory and affect, and addressing difficulties with intimacy in current relationships. Trauma histories are shared in this group.

Contact Melissa Coco, LICSW, at 617-591-6106. Time and start date TBD.

Trauma & the Body

A twelve week supportive group emphasizing the management of PTSD symptoms in everyday living. Areas of focus include listening to the wisdom of the body, development of self care routines, and building and practicing skills designed to lower one's level of stress and anxiety. Trauma histories are not explored in this group.

Contact Jayme Shorin, LICSW at 617-591-6362. This group will be offered on Thursdays from 3-4:30pm.

Addictions & Trauma Recovery Skills Group

A twelve week group providing education, skills, and support for members seeking to better understand the connection between addiction and trauma. Trauma histories are not explored in this group.

Contact Janet Yassen, LICSW at 617-591-6126. Time and start date TBD.

POWER I: Safety in Numbers

A four month group for clients who neglect their self care or actively self harm. This group will incorporate member led monitoring of self care goals and individual narrative work.

Contact Robin Zachary, LICSW at 617-591-6128. Time and start date TBD.

POWER II: Practice of Wholeness, Emotions & Relationships

A ten month group which integrates trauma education, mindfulness, coping skills, adapted DBT principles, and relational skills practice.

Contact Robin Zachary, LICSW at 617-591-6128. Time and start date TBD.

Male Survivors' Group

A twelve week supportive and psychoeducational group. Topics discussed include trust, shame, masculinity/identity, relationships, PTSD, anger, and the recovery process. This group offers members an opportunity to discuss the impact of their trauma histories on their current life functioning.

Contact Phillip Brown, LICSW at 617 .591.6104. Time and start date TBD.

Center for Homicide Bereavement (CHB) Groups:

Homicide Bereavement Early Stage Support Group

A six week psychoeducational group which offers a framework for understanding the impact of profound loss due to homicide. Meetings are topic-focused and structured for optimal emotional safety. Screening is ongoing, and can be scheduled.

Contact Holly Aldrich, LICSW at 617-591-6123. This group will be offered on Thursdays from 6-7:30pm.

Homicide Bereavement Ongoing Support Group

This group offers a safe and communal context for those who have lost a family member to homicide to engage in the "active" work of mourning.

Contact Holly Aldrich, LICSW at 617-591-6123. This group meets the 1st and 3rd Thursdays of the month from 6:30 – 8:00pm.

From the VAST Program supported by the VOCA grant and offered free of charge:

Healthy Relationships- NEW

This group is free of charge and open to anyone in the community in the area. The group will be held at the Center for Homicide Bereavement offices at 130, Bishop Allen Drive, Cambridge, which is located a few blocks from the Central Square T stop on the Red Line.

The participant goals for this group are:

- To learn how to develop and maintain healthy selves and healthy relationships;
- To increase awareness and insights on the impact of trauma on relationships;
- To learn about healthy sexuality in relationships;
- To learn about setting boundaries and being assertive;
- To develop healthy communication and conflict resolution skills for maintaining good relationships;
- To discuss challenges and struggles in past or current relationships in a supportive space and environment.

This group is a psycho-education oriented group, and participants' trauma histories will not be shared in the group. Participants should not be in crisis, should be in a safe housing situation, have no safety risk issues, be sober, and be able to participate in group activities and exercises.

If you have an interested client, please fill out the VAST group referral form (Attachment 3), and we will directly contact the client for a screening interview.

The group will have a maximum of 8 members, so we will stop the screening process as soon as we reach the maximum number. Please feel free to contact us anytime if you have questions. Thank you and we look forward to hearing from you.

Contacts: Nalina Narain (617-591-6002; nnarain@challiance.org); Yoko Harumi (617-591-6419; yharumi@challiance.org). Tuesdays, 11:30-12:45, 12 weeks beginning October 5

Re-making a Life in America: group for women who have fled their countries of origin due to political or gender-based violence - NEW

This will be a supportive group for women who have left their home countries due to experiences of violence to themselves or to family members and will include creative activities, psycho-education, and group discussion. Group members will have an opportunity to support each other in coping with many current life challenges, such as acculturation issues, loneliness and isolation, dealing with being separated from family, and immigration issues. Professionals from the community will also visit the group to share information and resources that may be helpful to group members.

The group will take place on Thursdays from 6-7:30 in Central Square, Cambridge, very close to a Red Line T stop, and will be conducted in English. In order to participate in the group, prospective members should not be actively psychotic, suicidal, or abusing substances. This group is offered free of charge and without limitations to geographic limitations.

Contact: Barbara Hamm (617-591-6112) Tal Astrachan (617-575-5188). Please do not have prospective group members call directly. Thursday 6-7:30 beginning late September.

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