

# PCSD

## GROUP THERAPY

PSYCHIATRIC CENTERS AT SAN DIEGO

**NEW GROUPS OFFERED**

### **BUILDING SOCIAL SKILLS**

Group members will learn to practice skills to build friendships through Role Play which will help them to learn socially appropriate ways to communicate and build relationships. This will also help to increase confidence, self esteem, and patience. Other key areas addressed are friendship skills, anger management, social awareness, confidence, and decision making.

**Facilitator:** Steven Covelluzzi, Psy.D.  
**Phone:** (619) 692-1581  
**Location:** Child & Adolescent Center

### **Dialectical Behavior Therapy**

A group for adults who want to learn how to manage their emotions more effectively. Participants can expect to learn how to manage distress, regulate their emotions, and improve their interpersonal skills.

**Facilitators:** Marla Vencil, Ph.D. and Janet Young, LCSW  
**Phone:** (619) 688-5855  
**Location:** Mission Valley Office

### **Adult Psychotherapy**

This ongoing group for adult men & women focuses on such issues as self esteem, intimacy, and interpersonal relationships.

**Facilitator:** Michele McCarter, Ph.D.  
**Phone:** (619) 688-5855  
**Location:** Mission Valley Office

*Most groups REQUIRE Pre-Screening  
 Please call the office for more information*



### **Dialectical Behavior Therapy**

This group will help clients learn coping skills to manage problematic behaviors. Group goals are to learn distress tolerance skills, emotion regulation skills, interpersonal effectiveness and mindfulness.

**Facilitators:** Lisa Klise, MFT and Mary Ellen Bennett, LCSW  
**Phone:** (858) 673-3360  
**Location:** Rancho Bernardo Office

### **INTERPERSONAL PROCESS GROUP FOR ADOLESCENTS**

Group members will learn, through the process of interacting with others, how they relate to and interpret the world. Under a climate of acceptance, teens will explore interpersonal difficulties in a safe environment and learn problem-solving strategies that promote self-acceptance and growth.

**Facilitator:** Steven Covelluzzi, Psy.D.  
**Phone:** (619) 692-1581  
**Location:** Child & Adolescent Center

### **Cognitive Skills Group**

This group is designed for adults with depression and anxiety. The group will work through the Mind Over Mood workbook, learning specific cognitive skills to help with their moods.

**Facilitator:** Marla Vencil, Ph.D.  
**Phone:** (619) 688-5855  
**Location:** Mission Valley Office

### **Challenging Co-Dependency**

Group participants will gain support and assistance to change dysfunctional relationship patterns. Issues such as control, self-esteem, and addictive patterns will be explored.

**Facilitators:** Marla Vencil, Ph.D. and Elizabeth Hammer, Ph.D., PA  
**Phone:** (619) 688-5855  
**Location:** Mission Valley Office

**Adult Psychotherapy**

This co-ed ongoing group for adults will focus on issues such as stress, relationships, intimacy, and conflict resolution.

**Facilitator:** Edward Calix, Ph.D.

**Phone:** (619) 667-3380

**Location:** East County Office

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**Bereavement Support**

For those who have lost a loved one due to death. This group will explore the psychological, social, spiritual, and practical aspects of loss.

**Facilitator:** Rita McCreery, LCSW

**Phone:** (619) 667-3380

**Location:** East County Office

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**Seniors Group**

This group for seniors aged 65 and up will address the following issues associated with aging: Physical health, loss of spouse, and friends, alienation from adult children and conflicts with them, adjustment to loss of function, emphasize the importance of keeping active, and help coping with depression.

**Facilitator:** Gil Jackofsky, Ph.D.

**Phone:** (858) 673-3360

**Location:** Rancho Bernardo Office

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**Life Skills & Growth**

This adult co-ed group will teach participants skills to increase effective communication and strengthen relationships, while developing skills to control anger and conflict escalation. Gain more clarity within yourself, roles, and relationships.

**Facilitator:** Chris Coulapides, MFT

**Phone:** (619) 667-3380

**Location:** East County Office

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**Coping w/Chronic Health Issues**

This will be an ongoing process group for individuals who have chronic medical health issues such as chronic pain, diabetes, Crohn's Disease, fibromyalgia, etc.

**Facilitator:** Vickie Dowling, Psy.D.

**Phone:** (760) 489-4930

**Location:** Escondido Office

**Dealing with Grief & Loss**

This support group will allow participants to explore the loss of a loved one in a safe environment. Gain support and a better understanding of the grieving process.

**Facilitator:** Liz Hammer, Ph.D., PA

**Phone:** (619) 688-5855

**Location:** Mission Valley Office

**Adult Mood Disorder Group**

This co-ed group will increase knowledge and use of positive coping strategies, reduce negative symptoms, improve communication skills, reduce/eliminate self sabotage behaviors.

**Facilitator:** Julie Jones, LCSW

**Phone:** (760) 471-4073

**Location:** San Marcos Office

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**Tools for Success**

This educational therapy group teaches skills and provides tools to overcome depression, anxiety, and create more fulfilling relationships.

**Facilitator:** Michael Kallas, MFT

**Phone:** (858) 558-2731

**Location:** La Jolla Office

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**Chronic Pain Support Group**

A support therapy group for men and women who are dealing with chronic pain. Participants will be able to discuss feelings, share experiences and information, and gain insight to help cope with life issues.

**Facilitator:** Marla Vencil, Ph.D.

**Phone:** (619) 688-5855

**Location:** Mission Valley Office

**FEES:** Most insurances accepted.  
Group Therapy sessions are based on a \$30-\$60 sliding scale

**Coping with Sleep Disorders**

A group for those suffering from Sleep Apnea, Insomnia, and other sleep disorders. Participants will gain support and assistance in changing sleep patterns, and will discuss issues with depression and anxiety related to sleep disorders.

**Facilitator:** Liz Hammer, Ph.D., PA

**Phone:** (619) 688-5855

**Location:** Mission Valley Office

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**Dialectical Behavior Therapy**

A skills training and practice group that will include lecture and skills practice. Participants will learn skills to help tolerate emotional distress, reduce impulsivity, and learn to be in the present.

**Facilitator:** Jeffrey Shepard, Ph.D. and

Hamid Karimi, Psy.D., PA

**Phone:** (760) 730-4540

**Location:** Encinitas Office

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**Anger Management**

A group for adults who want to take control of their anger and rage that is causing conflicts in their personal and professional lives. Participants will learn coping skills to help manage intense emotions (Pre-screening is required).

**Facilitator:** Ramsey Khouri, Psy.D., PA

**Phone:** (619) 688-5855

**Location:** Mission Valley Office



**WOMEN'S ISSUES**

**Women Supporting Women in Change**

This ongoing group for women will address such issues as: boundaries, self esteem, anxiety, depression, and interpersonal relationships.

Facilitator: Michele McCarter, Ph.D.

Phone: (619) 688-5855

Location: Mission Valley Office

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**Dealing with Trauma**

A support/therapy group for women who are dealing with issues of sexual trauma, including molestation and rape. Trauma has subtle and long term effects on the relationship to self and others. This group will offer the opportunity to explore issues of trust, intimacy, depression, and anxiety, that often accompany sexual trauma.

Facilitator: Liz Hammer, Ph.D., PA

Phone: (619) 688-5855

Location: Mission Valley Office

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**Women in Transition**

A support/therapy group for women who are dealing with life and relationship transitions. The group will include discussion of issues such as self esteem, anxiety, and depression, that are interfering with occupational and relationship adjustment. Participants can anticipate gaining support and assistance in changing dysfunctional patterns in relationships and at work that interfere with healthy, fulfilling adult development.

Facilitator: Liz Hammer, Ph.D., PA

Phone: (619) 688-5855

Location: Mission Valley Office

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**Cognitive Skills Group**

**for Women**

This 8-week group will teach cognitive/behavioral skills which can be used to reduce anxiety, depression, and panic; develop skills in mindful-

ness and stress management; enhance self esteem; improve problem solving skills; establish assertiveness and effective communication; and learn to control anger and procrastination. \*PRE-registration is required. Please contact the facilitator if you are interested in attending or referring your patient.

Facilitator: Rita McCrerey, LCSW

Phone: (619) 667-3380

Location: East County Office

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**Emerging Women**

A support/therapy group for women in their twenties who are dealing with issues of low self esteem, anxiety, and depression that are interfacing with educational, occupational, and relationship adjustment.

Facilitator: Liz Hammer, Ph.D., PA

Phone: (619) 688-5855

Location: Mission Valley Office

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**Build Self Esteem & Improve**

**Choices for Women**

This group will focus on identifying irrational beliefs and unrealistic expectations that damage self esteem. Participants will learn to reduce self defeating coping patterns, such as binge eating and drinking, self understanding, learn to self validate, improve self care, and decrease negative thinking and negative self talk.

Facilitator: Lisa Klise, MFT

Phone: (760) 489-4930

Location: Escondido Office

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**Women: Depression and Anxiety**

A therapy group for women who want to develop successful strategies and improve their lives. Gain tools to alleviate depression, coping skills for stress and anxiety, confidence and self esteem building, and improve communication and interpersonal relationships.

Facilitator: Helen Davis, Ph.D., MFT

Phone: (858) 673-3360

Location: Rancho Bernardo Office

**Mature Women's Group**

A support group for mature women with discussions focused on divorce, retirement, productivity, dealing with aging parents and/or adult children, health concerns, and socialization. Discovery of oneself during these transitional times of life.

Facilitator: Joan Ahlgren, MFT

Phone: (858) 569-7200

Location: Kearny Mesa Office

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**Life Changes and Women**

This ongoing group for women will focus on dealing with life transitions, depression, anxiety, aging, self-esteem, and inter-personal relationships.

Facilitator: Michele McCarter, Ph.D.

Phone: (619) 688-5855

Location: Mission Valley Office

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**Women's Psychotherapy**

This ongoing group for adult women, focuses on such issues as: low self esteem, anxiety, depression, boundaries, interpersonal relationships, health, and intimacy.

Facilitator: Michele McCarter, Ph.D.

Phone: (619) 688-5855

Location: Mission Valley Office



**Depression, Bipolar, and Anxiety Group Psychotherapy for Women**

This ongoing group for women focuses on how to deal more effectively with depression and anxiety. The multiple stressors unique to women will be discussed. Issues of self esteem, health, boundaries, and loss will be addressed.

Facilitator: Michele McCarter, Ph.D.  
Phone: (619) 688-5855  
Location: Mission Valley Office

**MEN'S ISSUES**

**Men's Group**

The Men's Group encourages mutual support, cooperation, identification, and encouragement. Participants can expect to learn effective coping, communication, and problem-solving skills, (Pres-screening required).

Facilitator: Ramsey Khouri, Psy.D., PA  
Phone: (619) 688-5855  
Location: Mission Valley Office

**RELATIONSHIP ISSUES**

**Intimacy, Relationships, and Depression**

Ongoing interactive open group for adult men & women with difficulty in such issues as self esteem, intimacy, and interpersonal relationships with significant others, spouses, other family members, friends, and co-workers.

Facilitator: Gil Jackofsky, Ph.D.  
Phone: (858) 558-2731  
Location: La Jolla Office

**Dealing with Separation and Divorce**

A support/therapy group for men & women dealing with the complex

**FEES:** Most insurances accepted.  
Group Therapy sessions are based on a \$30-\$60 sliding scale

emotions and day-to-day adjustments of separation and divorce.

Facilitator: Liz Hammer, Ph.D., PA  
Phone: (619) 688-5855  
Location: Mission Valley Office

**PARENTING ISSUES**

**Special Children/Special Parents**

This is a support/therapy group for parents dealing with the challenges of raising a child with special needs. Participants will be offered a safe environment to process feelings of loss, frustration, anger, and isolation. Issues surrounding parenting, self-care, marriage/relationship adjustment, school issues, and practical issues of day-to-day life with your special needs child will be explored in an atmosphere of safety and support.

Facilitator: Liz Hammer, Ph.D., PA  
Phone: (619) 688-5855  
Location: Mission Valley Office

**Parenting Skills Group**

Solutions to help promote mutual respect, responsibility, trust and family growth. Expected outcome: A healthier family, more positive family interactions, and increased self-esteem & growth for your child.

Facilitator: Helen Davis, Ph.D., MFT  
Phone: (858) 673-3360  
Location: Rancho Bernardo Office

**CHILD & ADOLESCENT ISSUES**

**Boys Therapy (8-10 yrs)**

This group is designed for boys (ages 8-10) focusing on building social skills and helping develop tools to deal with emotions and problem situations in growing up.

Facilitator: George Koumaras, Ph.D.  
Phone: (619) 688-5855  
Location: Mission Valley Office

Most groups REQUIRE Pre-Screening  
Please call the office for more information

**Boys Therapy (11-14 yrs)**

This group is designed for boys (ages 11-14) focusing on building peer interaction skills and enhancing self esteem. It is appropriate for individuals who have had difficulty with anger management, family relationships, and social skills.

Facilitator: George Koumaras, Ph.D.  
Phone: (619) 688-5855  
Location: Mission Valley Office

**GIRL POWER**

**Adolescent Girl's Therapy Group**

This comprehensive group for girls 14-17 years of age will focus on adolescent concerns and development including topics such as: self esteem, depression/anxiety, peer pressure, and social skills. This group will help develop improving coping skills and self esteem, facilitating more effective social interaction.

Facilitator: Diedra Duchock, Ph.D.  
Phone: (858) 569-7200  
Location: Kearny Mesa Office

**DBT for Teens**

A life skills group that will focus on mindfulness, crisis survival, emotional regulation, and interpersonal effectiveness. Members will learn skills to manage strong emotions, mood swings, and increase a positive outlook in life. (Mon or Wed)

Facilitators: Janice Huggins, Psy.D., MFT and Nicole Fentin-Thompson, Psy.D., PA  
Phone: (619) 692-1581  
Location: Child & Adolescent Center

**DBT for Teens**

A life skills group that will focus on mindfulness, crisis survival, emotional regulation, and interpersonal effectiveness. Members will learn skills to manage strong emotions, mood swings, and increase a positive outlook in life. (Tue)

Facilitator: Steven Covelluzzi, Psy.D.  
Phone: (619) 692-1581  
Location: Child & Adolescent Center

**DRUG & ALCOHOL  
TREATMENT**

**Dual Diagnosis**

A program for clients with both a mood/anxiety disorder and chemical dependency. Clients will learn strategies to cope with their mood disorder and stay in recovery. This group meets Mondays and Wednesdays at 5:00 p.m. and Fridays at 4:00 p.m. for cognitive education and group therapy. The expected outcome is an increased ability to cope with symptoms of depression, anxiety, stress, and bipolar disorder. Abstinence from drugs, alcohol, and other substances is expected.

**Facilitator: Marla Vencil, Ph.D.**

**Phone: (619) 688-5855**

**Location: Mission Valley Office**

**About Group Therapy**

**by George Koumaras, Ph.D.**

Group Therapy is a very effective treatment approach. Studies have shown equal success between individual therapy and group therapy. In fact, there are many advantages and opportunities in group therapy that are not available with individual therapy. Group therapy provides clients with a setting where they can share similar concerns with others. With this safe and supportive environment, clients feel acceptance, caring and empathy. Clients can learn from each other's experiences and provide possible solutions to problems. Group therapy gives clients the opportunity to practice communication and coping skills, as well as self disclosure and new behavior. Lastly, group therapy is a positive occasion for trust, cooperation, and involvement with others.

**WORKSHOPS**

PCSD is pleased to announce the addition of workshops!

These one-session classes offer education to our patients and are open to the public! Topics include Relaxation, Stress Relief, and Turning Panic into Peace. All workshops are facilitated by Michael A. Kallas, MFT, and are held at our La Jolla office. Space is limited and an RSVP is required.

Cost:\$20 per person/\$30 per couple. For more information, please call our La Jolla office at **(858) 558-2731**.

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Please call the office for more information*

**PCSD**

**PSYCHIATRIC CENTERS  
AT SAN DIEGO**

Toll Free Number

877-257-7273

or

visit us at:

[www.PsychiatricCenters.com](http://www.PsychiatricCenters.com)

**\*We have 10 Office Locations  
throughout San Diego County**

Let our experienced professionals  
provide you with *Top Quality Care*  
for all of your Behavioral Health needs

Services are available for Individuals, Couples,  
Children, Adolescents, Families, and Seniors.

Group Therapy offered at most locations and  
include topics such as:

- |                 |                |                |
|-----------------|----------------|----------------|
| Anxiety         | Bereavement    | CBT            |
| Coping Skills   | DBT            | Depression     |
| Divorce         | Dual Diagnosis | Mood Disorders |
| Parents         | Seniors        | Stress         |
| Trauma Recovery | Weight Issues  | and many more! |

Psychiatric Centers at San Diego, Inc.  
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## **PCSD Group Therapy**

*Winter*



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**PCSD**

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Psychiatric Centers at San Diego, Incorporated Medical Group (PCSD) is a group of 35 psychiatrists, 65 therapists, and 8 nurse practitioners who are engaged in a wide range of professional endeavors. The members of PCSD are active with inpatient care, medical and clinical administration, research, teaching, and scientific writings. PCSD has practiced in San Diego County since 1972, and is conveniently located in ten locations throughout the county.

### **PCSD Office Locations**

#### **CHILD & ADOLESCENT CENTER**

1550 Hotel Circle North, #450  
(619) 692-1581

#### **KEARNY MESA**

5095 Murphy Canyon Road, #100  
(858) 569-7200

#### **CORPORATE OFFICE**

P.O. Box 609001  
San Diego, CA 92160  
(619) 528-4600

Toll Free (877) 257-7273

#### **CHULA VISTA**

450 Fourth Avenue, #215  
(619) 498-5454

#### **LA JOLLA**

9850 Genesee Avenue, #970  
(858) 558-2731

**FEES:** Most insurances accepted. Group therapy sessions are based on a \$30-\$60 sliding scale. Call the office directly for more information.

#### **EAST COUNTY**

4700 Spring Street, #220  
(619) 667-3380

#### **MISSION VALLEY**

5353 Mission Center Road, #224  
(619) 688-5855

#### **ENCINITAS**

328 Encinitas Boulevard, #100  
(760) 730-4540

#### **RANCHO BERNARDO**

11770 Bernardo Plaza Court, #370  
(858) 673-3360

#### **ESCONDIDO**

221 West Crest Street, #102  
(760) 489-4930

#### **SAN MARCOS—NEW LOCATION!**

277 Rancheros Drive, #301  
(760) 471-4073

*Winter*

Visit us on the web:

[www.PsychiatricCenters.com](http://www.PsychiatricCenters.com)