

PCSD GROUP THERAPY

PSYCHIATRIC CENTERS AT SAN DIEGO

NEW GROUPS OFFERED

TRANSFORMATIONS Spiritual Solutions to Life's Problems

A group for adults who want to apply the wisdom from spirituality and psychology to overcome their challenges. Learn ways to improve your mood, experience more fulfilling relationships, and develop a new sense of yourself as a productive & valued person.

Facilitator: Mike Kallas, MFT
Phone: (858) 558-2731
Location: La Jolla Office

CO-DEPENDENCE

This group is for adults who want to learn how to identify their own individual cycles of co-dependence, and understand its impact in their lives. Develop a greater sense of awareness through discussion and activities.

Facilitator: Matthew Koch, MFT
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.

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

MEN COPING WITH THE TRAUMA OF SEPARATION AND DIVORCE

This ongoing group is for men who are going through separation & divorce. Learn about yourself, children, and how to deal with anger that may present itself at the end of a relationship.

Facilitator: George Horn, Ph.D., MFT
Phone: (760) 471-4073
Location: San Marcos Office



WOMEN COPING WITH THE TRAUMA OF SEPARATION AND DIVORCE

This ongoing group is for women who are going through separation & divorce. Learn about yourself, children, and how to deal with anger that may present itself at the end of a relationship.

Facilitator: George Horn, Ph.D., MFT
Phone: (760) 471-4073
Location: San Marcos Office

**ADULT THERAPY
(CO-ED)**

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

Dialectical Behavior Group Therapy (DBT)

This group will help clients learn coping skills to manage problematic behaviors. Group goals are to 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

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

Weight Loss Support Group

A support/therapy group for men & women who want to learn how to change behaviors and thoughts, to lose weight and keep it off.

Facilitator: Mike Kallas, MFT
Phone: (858) 558-2731
Location: La Jolla 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

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

Adult Depression & Anxiety

Recovery Group

This ongoing group is geared for participants between the ages of 20-55 who are either in treatment for, or in remission from, depression and anxiety. The group will focus on developing insight and skills to reduce and prevent the effects of clinical depression.

Facilitator: Robert Aguilar, MFT
Phone: (619) 498-5454
Location: Chula Vista Office

Build Self Esteem & Improve Choices

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

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

Work Clinic

The group's purpose is to support, educate, and assist patients who have been placed on a disability leave from work for two weeks or more. It's purpose is to also assist members to either return to work, transfer within the company, or change jobs.

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

Self Esteem Boost Camp

This is a six-week session group for adults who want to improve their self esteem. Group members will use the Ten Days to Self Esteem workbook to guide them in changing negative thinking and behavior patterns. Participants will understand the connections between how we think, what we do, and how we feel, as well as, identify and change self-defeating thoughts and behaviors to feel better and boost self esteem.

Facilitator: Michael Kallas, MFT
Phone: (858) 558-2731
Location: La Jolla Office

Coping with 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

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

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-Putnam, LCSW
Phone: (760) 471-4073
Location: San Marcos Office

Cognitive Therapy Support Group

A group for adults who want to discover ways to overcome depression, anxiety, and create more fulfilling relationships. You will find support and guidance as you learn skills to break out of bad moods and self-defeating behaviors.

Facilitator: Mike Kallas, MFT
Phone: (858) 558-2731
Location: La Jolla Office

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

WOMEN'S ISSUES

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

Women: Depression and Anxiety

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

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

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

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 mindfulness and stress management; en-

hance 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 McCreery, LCSW
Phone: (619) 667-3380
Location: East County Office

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

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

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

RELATIONSHIP ISSUES

Intimacy, Relationships, and Depression

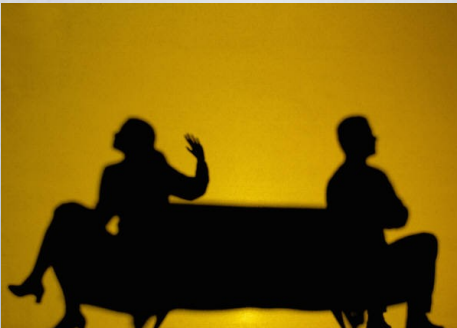
Ongoing interactive open group for adult men & women with difficulty in such issues as self esteem, intimacy, and interpersonal relationships with significant others, spouses, other family members, friends, and co-workers.

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

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



Coping with the Trauma of Separation & Divorce-Men

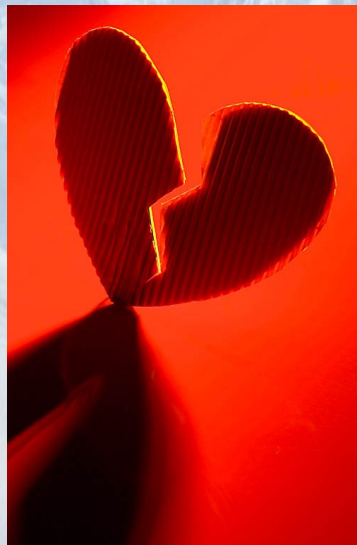
This ongoing group is for men who are going through separation & divorce. Learn about yourself, children, and how to deal with anger that may present itself at the end of a relationship.

Facilitator: George Horn, Ph.D., MFT
Phone: (760) 471-4073
Location: San Marcos Office

Coping with the Trauma of Separation & Divorce-Women

This ongoing group is for women who are going through separation & divorce. Learn about yourself, children, and how to deal with anger that may present itself at the end of a relationship.

Facilitator: George Horn, Ph.D., MFT
Phone: (760) 471-4073
Location: San Marcos Office



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Group Therapy sessions are based on a \$30-\$60 sliding scale



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.

Please check our website for the most up-to-date information at:

www.psychiatriccenters.com

or call

1-877-257-7273

We look forward to providing you with the best care possible

PCSD

Psychiatric Centers at San Diego

PARENTING ISSUES

Parents Group

This group is for parents with troubled children. The following topics will be addressed: Home, work, boundaries, backtalk, drugs, driving, peer relationships, family interactions, self esteem, taking responsibility, making and keeping commitments.

Facilitator: George Horn, Ph.D., MFT
Phone: (760) 471-4073
Location: San Marcos 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

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

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

CHILD & ADOLESCENT ISSUES

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

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

Boys & Girls Adolescent Group

This group will address issues such as peer relationships, siblings, family interactions, self esteem, school, work, taking responsibility, and making/keeping commitments.

Facilitator: George Horn, Ph.D., MFT
Phone: (760) 471-4073
Location: San Marcos 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

High School Process Group

This is a process orientated group offered to high school aged boys & girls (14-18 yrs). Group participants will gain a heightened level of self awareness and will develop, explore, and examine interpersonal relationships.

Facilitator: Joshua Fink, Psy.D., PA
Phone: (619) 692-1581
Location: Child & Adolescent Center



Psychiatric Centers at San Diego, Inc.
P.O. Box 609001
San Diego, CA 92160

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PCSD Group Therapy



PCSD



Psychiatric Centers at San Diego, Incorporated Medical Group (PCSD) is a group of 30 psychiatrists, 61 therapists, and 9 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, #270
(619) 692-1581

CHULA VISTA

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

EAST COUNTY

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

ENCINITAS

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

ESCONDIDO

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

KEARNY MESA

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

LA JOLLA

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

MISSION VALLEY

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

RANCHO BERNARDO

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

SAN MARCOS

120 Craven Road, #205
(760) 471-4073

CORPORATE OFFICE

P.O. Box 609001
San Diego, CA 92160
(619) 528-4600
Toll Free (877) 257-7273

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



Visit us on the web:

www.PsychiatricCenters.com