

Groups Begin October 2013
To make a referral contact us at:
612-223-0373 or www.empowerfam.com

Empower accepts most insurance plans
Location:
227 Colfax Ave Mpls, MN 55405
and other various community locations

Empower Therapeutic Support Services, LLC

Aggression Replacement Training

Length: 10 weeks

Target Population: Individuals on probation or struggling with emotions management. Diagnoses include Conduct Disorder, Cognitive Disorder, ODD, Intermittent Explosive Disorder, ADHD, and Mood Disorder NOS

Description:

Aggression Replacement Training® (ART®) is a cognitive behavioral intervention program to help children and adolescents improve social skill competence and moral reasoning, better manage anger, and reduce aggressive behavior. The program specifically targets chronically aggressive children and adolescents and consists of 10 weeks (30 sessions) of intervention training, divided into three components—social skills training, anger-control training, and training in moral reasoning.

More information is available at:

<http://www.promoteprevent.org/publications/ebi-factsheets/aggression-replacement-training%C2%AE-art%C2%AE>

Girl's Empowerment Group

Length: 8 weeks

Target Population: Females age 12-17 who are struggling with issues involving sexual, emotional, spiritual, biological, cultural, and personal development. Diagnoses include Anxiety Disorder, PTSD, Panic Disorder, Histrionic and Borderline Personality Disorder, OCD, Depression, and Mood Disorder.

Description:

Girl's Empowerment Group is designed to provide a safe space for adolescent females to process their presenting issues so they may learn new ways of understanding and traversing daily life struggles. Techniques will include, but are not limited to, mindfulness, cognitive skills development, aggression management, stress management, time management, self-confidence building, and connectedness. The goal is to provide modeling a drama-free, productive, and peaceful lifestyle in today's hectic adolescent world.

Trauma Recovery Groups – Gender Specific (Male and Female Groups)

Length: 8 weeks

Target Population:

Youth ages 12-17 struggling with issues involving past traumatic experiences. Diagnoses include Anxiety Disorder, PTSD, Panic Disorder, and OCD.

Description: The Trauma Recovery Gender Specific Groups are designed to guide individuals struggling with past traumatic experiences, including emotional, physical, sexual, and mental abuse. It will provide information on statistics, treatment options, coping strategies, and skills building to process and heal from personal, environmental, familial, and social-cultural trauma.

Therapeutic Support Groups