ADULT GROUPS (MIXED GENDER)

Attachment, Trauma & Emotional Regulation: This group is for individuals who present with depression, anxiety, repetitive relationship struggles, and/or compulsive behaviors such as eating disorders, alcoholism or other addictions. It is appropriate for people who grew up in family systems in which there was addiction, rigidity, physical abuse, sexual abuse, emotional abuse and/or neglect, and who wish to break out of the patterns of mood and behavior disturbances that early confusion and trauma can set up. The first hour of each 2 1/2 hour group is psychoeducational and includes a variety of audiovisual materials and exercises to help group members identify their particular patterns and areas of loss, grief, and shame. Material from the fields of Attachment Theory as well as Posttraumatic Stress Disorder and the impact on the nervous system is presented, including the models of Somatic Experiencing, Bodynamics Attachment, Shame Resilience, Internal Family Systems, Mindfulness practice, as well as other material related to brain plasticity and resilience. The second half of the group is a process group that provides a forum for individuals to not only process through issues, including grief and shame, but also to work within the group context to learn and practice self-regulation, boundaries, and healthy conflict resolution.

**Group Type:** Mixed Gender, ongoing, psychoeducational/process  
**Time:** Wednesdays 4:30-7:00 p.m.; Requires 18-week commitment  
**Group Size:** Limited to 8.  
**Cost:** $70 per 2 ½ hour session/week  
**Location:** Midtown area: 1300 Baxter Street, Suite 255, Charlotte  
**Group Leader:** Donna M. Davis, LCSW, LMFT, SEP – Approved Supervisor • Certified Shame Resilience Curriculum Facilitator • 704.333.3341 • http://sepractitioner.membergrove.com/member-details.php?id=389  

**Couples IMAGO Group:** For couples with communication problems, disagreements or who’ve lost “that closeness.” You and your partner can learn to communicate in a way that each of you can feel heard, validated and empathized with. Resolve conflict in a safe, respectful way that produces growth, and increases emotional intimacy.

**Group Type:** Adult couples  
**Time:** 2 hours on evening TBD; weekly for 12 weeks  
**Cost:** $90/couple per session  
**Location:** SouthPark Area - At Park & Selwyn: 5200 Park Road, Suite 226, Charlotte  
**Group Leader:** Sue Anne Wrenn, LCSW, BCD • 704-527-3077 • sawrenn@bellsouth.net

MHA MISSION STATEMENT:  
To promote mental wellness through advocacy, prevention and education in Mecklenburg and Cabarrus Counties.

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ADULT GROUPS (MIXED GENDER)

Embracing Imperfection: Shame Resilience. Hustling for Worthiness? This 8 week psychoeducational group is a soulful exploration of what it means to engage the world from a place of worthiness; to move from "what will people think?" to "I am enough." Many experts agree that shame lies at the core of addictive and compulsive behavior. Goals include: Understanding what drives the messages of "never good enough;" exploring triggers & vulnerabilities; embracing vulnerability, self-compassion & imperfection; choosing courage & authenticity over pretending, pleasing & perfecting; living & loving with our whole hearts. Based on the pioneering research of Dr. Brene Brown, with whom Donna trained directly in this model. This group is also being offered periodically as a weekend intensive.

Group Type: Adults, Mixed Gender

Time: Tuesday 5:30-7:30 pm (though days may vary over time)

Cost: $650.00 for 16 hours  
Location: Midtown area: 1300 Baxter Street, Suite 255

Group Leader: Donna M. Davis, LCSW, LMFT, SEP, AAMFT—Approved Supervisor

Certified Shame Resilience Curriculum Facilitator • 704.333.3341  

Hold Me Tight® Workshop. “Hold Me Tight” is an intensive couples weekend, based on the work of Dr. Sue Johnson, world-renowned clinician and researcher on attachment in adult love relationships. This program utilizes the latest research to help couples to build safety and security in their relationships- the essentials of a lasting and loving bond. This workshop will also help couples to identify patterns in which they get stuck, so they can change these patterns and build a sturdy foundation for love to grow. Emotions are what connect humans, and this workshop will assist you in finding the language that will connect you and your partner more deeply. When we are securely connected as couples, we are much more likely to be responsive to each other’s needs and yearnings. When we improve intimacy in marriage, families grow stronger. This weekend will include group education among other couples along with private, confidential breakout sessions for individual time with your partner. Call to get more information about couples weekend offerings.

Group Type: Couples, intensive weekend (Friday-Sunday)

Cost: $650/couple

For dates/updates, check the MHA website at www.mhacentralcarolinas.org on the Find a Practitioner directory and select Psychotherapy Groups or contact Susan Morrow, LCSW at susan@susanmorrow.us

Workshop leaders: Susan Morrow, LCSW • 704-332-5153 • susan@susanmorrow.us and Ron Wolfe, LMFT, LPC, SEP • 704-375-8040 • ron7wolfe@yahoo.com
ADULT GROUPS (MIXED GENDER)

Dialectical Behavior Therapy (DBT): DBT teaches four skill sets: mindfulness skills, distress tolerance skills, emotion regulation skills, and interpersonal skills. They aim to replace problematic coping patterns that cause misery and distress with effective thinking, emotions, and behaviors.

**Group Type:** Borderline Personality Disorder or Chronic Depression & Anxiety  
**Time:** Tuesdays 11:00 - 12:45 a.m. and Wednesdays 7:00 - 8:45 p.m.  
**Cost:** $40 per week  
**Location:** 10720 Carmel Commons Boulevard, Suite 330, Charlotte  
**Group Leader:** Kristi Knox, LPC • 704-651-9639 • kristiknox@gmail.com

**Requirements:** Be in ongoing individual therapy while attending group and complete a screening appointment prior to entering group.

Getting Unstuck: How to Stop Struggling and Start Living. This is a personal development workshop based on the Acceptance and Commitment Therapy model. Participants will learn skills to overcome inner obstacles to make life rich, full and meaningful, and to effectively handle the stress and difficulty that life inevitably brings. While the skills learned will be helpful for people with depression, anxiety and other psychological conditions, this workshop should not be seen as a ‘treatment’ or ‘therapy’ for those conditions and is not covered by insurance.

**Group Type:** Adult, mixed gender, time limited  
**Time:** 1.5 hours; weekly for 6 weeks  
**Cost:** $380  
**Location:** Cotswold Area - 4425 Randolph Road, Ste. 411, Charlotte  
**Group Leaders:**  
Nona Patterson, PhD, 704-366-3400 • drnonapatterson@mac.com  
Nadine Rosen, LPC • 704-280-9458 • nrosen@carolina.rr.com

Soul Repair: Healing From Distressing Religious Experiences: Many of our clients have grown up with rigid religious beliefs systems that have resulted in frightening or unhealthy images of God. This has left many with a core sense of feeling unworthy and defective. Others may have felt wounded as a result of punitive experiences within their religious communities. The net result is disconnection from important spiritual resources that may be necessary for healing anxiety, depression, and anger.

Participants will be given space to tell the stories that formed their core religious and spiritual beliefs and examine the impact this has on their life and the ability to cope effectively with life’s challenges. Participants will be encouraged to discover and develop their own healthy and mature spirituality.

**Group Type:** Men & Women (limited to 6 people)  
**Time:** October 2 –November 6, 6:30-8:00pm  
**Cost:** $200 for 6 weeks  
**Location:** 6845 Fairview Road, Charlotte, NC 28210  
**Group Leader:** Patricia Butler, LCSW, LMFT • 704-358-0070 • pjbutler-msw@earthlink.net

Weight Management - Take It Off/Keep It Off: A Cognitive-Behavioral Group for Weight Loss and Maintenance. Over the course of this 8 week structured group, participants will learn skills to overcome psychological barriers to healthy eating. Participants will develop skills to cope with cravings, reduce emotional eating, and learn to effectively handle thoughts and feelings that get in the way of successful weight loss and having a rich and meaningful life not dictated by food and weight. Participants will also learn stress management, problem solving, and mindfulness skills, as well as how to develop and maintain self-compassion and motivation for lifestyle change.

**Group Type:** Men & women, time limited, psycho-educational  
**Time:** TBA, 75 minutes  
**Cost:** $480 per 8-week session  
**Location:** Cotswold area: 4425 Randolph Road, Ste. 411  
**Group Leaders:**  
Holly Savoy, PhD • 704-362-4041 • drhollysavoy.com  
Nona Patterson, PhD • 704-366-3400 • drnonapatterson.com
MEN’S GROUPS

**Men’s Therapy Group** These process-oriented groups are designed to help men become more self-aware and overcome emotional isolation. Topics discussed include problematic relationships; managing anxiety and depression; communicating emotions, especially the appropriate expression of anger; being assertive, and dealing with grief. The primary focus, however, is learning about oneself through the interactions and relationships with fellow group members. While research has shown that men are less likely than women to discuss personal problems, in an all-male group, participants can discover the universality of men’s experiences and feel less alone and isolated.

**Group Type:** Men, ongoing, process-oriented group  
**Time:** Tuesdays 8:00-9:30am Wednesdays 8:00-9:30 a.m.  
**Cost:** $75 per session/week  
**Location:** Cotswold area: 417 South Sharon Amity Road, Charlotte  
**Group Leaders:** Randy Wall, PhD • 704-364-0452 • rwall@charlottepsychotherapy.com and Joe Parisi, PhD • 704-362-1555 • www.drjoeparisi.com

WOMEN’S GROUPS

**New! Connection/Competence: A Group for Women:** This ongoing group helps women to establish a sense of authority and engagement with life. We will give careful attention to the trajectories our lives take, and where we may need more support and direction. Discussion, exercises, and the group process will help members build skills to navigate difficult life transitions, emotions, and relationships. Group members will learn to disable negative thought patterns that hinder goal achievement and happiness. Members will be introduced to a mindfulness attitude that helps one to stay plugged into the grid—without the grid dictating who you are. This group will help members to assess current coping strategies. They have helped to manage difficult times throughout life, yet do they also keep us simply treading water—surviving, not thriving? New strategies will be offered to help you to thrive. Connection/Competence, by design, will help members to experience emotionally healthy attachment, something well worth replicating in our personal lives.

This group is helpful for women who want to improve self-esteem, have better relationships, and a greater sense of connectedness within the world. Women who have relationship/family distress, self-doubt, variable moods, work/life stress, anxiety, depression, restlessness, or questioned hope are given practical skills to cope with the challenges that life inevitably brings.

**Group Type:** Women, ongoing, psychoeducation/process  
**Time:** Thursdays 6:30-8:00 p.m.  
**Cost:** $50 per session/week (12 sessions)  
**Location:** Dilworth area: 517 East Blvd., Charlotte  
**Group Leader:** Susan Morrow, LCSW • 704-332-5153 • susan@susanmorrow.us

**E-Sensual Woman Program:** Women’s group for improving sexual desire and enjoyment, overcoming fear and pain, and learning about sexuality.

**Group Type:** Women  
**Time:** 2nd Thursday each month  
**Cost:** $12 monthly meeting or $60 for 30 day subscription  
**Location:** Sensovi Institute at 1914 Brunswick Avenue, Suite 1B, Charlotte, NC 28207  
**Group Leader:** Dr. Lisa Terrell • 704.377.2022 • info@sensovi.com • www.sensovi.com

The Networker—Psychotherapy Groups 2013-2014  
www.mhacentralcarolinas.org
Adolescent Therapy Group: This ongoing process-oriented group is designed to promote healthy psychological growth as adolescents navigate the challenges of this developmental period. Topics discussed include peer difficulties, social anxiety, coping with depression, parent-child conflict, and academic concerns. The primary focus is on the development of healthy relationships to mitigate the effects of stress. Participants are high school age (15-18) and typically involved in individual and/or family therapy with a primary therapist.

**Group Type:** Males & females, ages 15-18, ongoing, process-oriented group  
**Time:** Tuesdays 4:00-5:30 p.m.  
**Cost:** $55 per session/week (12 sessions); insurance covers  
**Location:** Cotswold area: 417 South Sharon Amity Road, Charlotte • charlottepsychotherapy.com  
**Group Leader:** Randy Wall, PhD, & Melinda Harper, PhD • 704-364-0452

Adolescent Boys Therapy Group: This group promotes healthy relationships, self-confidence, and the ability to cope amidst the challenges of middle school and early teen years. Topics discussed include social skills, making friends, coping with anxiety and depression, ADHD and school strategies that work, and managing stress. Participants are boys in grades 5-8. The group can be the primary therapy or an adjunct to individual and/or family therapy with a primary therapist.

**Group Type:** Boys in grades 5-8, support and skill acquisition  
**Time:** Wednesdays, 4:45-6:00pm  
**Cost:** $75 per session/week  
**Location:** Cotswold Area: 417 S. Sharon Amity Road, Charlotte  
**Group Leader:** Rob Adelman, LCSW • 704-364-0452 x 2 • radelman@charlottepsychotherapy.com

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**WOMEN’S GROUPS (CONTINUED)**

**Insight: A Program for Women:** 12-week group of cognitive behavioral therapy addressing women’s self-esteem issues including codependency. Work book includes specific exercises to decrease depression and anxiety and increase self-esteem. Research based. The group is specifically designed for women who are experiencing stress, anxiety, depression, low self-esteem, or negative thinking patterns. The group accelerates personal growth, self esteem, and positive relationships. Karen has been leading these groups for over 20 years in Charlotte.

**Group Type:** Women, 18 years and older  
**Time:** Tues. 6-7:30 pm or Fri. 9:15-10:45 a.m.  
**Cost:** $55 per session/week (12 sessions); insurance covers  
**Location:** 1018 East Boulevard, Suite 3 – Charlotte, NC 28203 • Concord: 704.786.4503 ext. 2  
**Group Leader:** Karen DuBose, MSN, RN, CS • 704-372-0051 • krndubose@yahoo.com

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**YOUTH GROUPS**

**Insight: A Program for Women:** 12-week group of cognitive behavioral therapy addressing women’s self-esteem issues including codependency. Work book includes specific exercises to decrease depression and anxiety and increase self-esteem. Research based. The group is specifically designed for women who are experiencing stress, anxiety, depression, low self-esteem, or negative thinking patterns. The group accelerates personal growth, self esteem, and positive relationships. Karen has been leading these groups for over 20 years in Charlotte.

**Group Type:** Women, 18 years and older  
**Time:** Tues. 6-7:30 pm or Fri. 9:15-10:45 a.m.  
**Cost:** $55 per session/week (12 sessions); insurance covers  
**Location:** 1018 East Boulevard, Suite 3 – Charlotte, NC 28203 • Concord: 704.786.4503 ext. 2  
**Group Leader:** Karen DuBose, MSN, RN, CS • 704-372-0051 • krndubose@yahoo.com

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**A VOICE OF HOPE**

Since 1933, the Mental Health Association of Central Carolinas (MHA) has been the voice of hope within Cabarrus and Mecklenburg Counties for persons affected by mental illness.

The mission of the MHA is to promote mental wellness through advocacy, prevention, and education. The MHA’s vision is to promote mental wellness, to reduce stigma, and to advocate for effective mental health services.

Learn more about MHA’s programs and services, and get connected to local resources at [www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org).

Spreading Hope, Spurring Action, Supporting Families, Saving Lives!
Breaking Stigma One Conversation at a Time

“Mental Health Matters: It’s Time to Talk” is a campaign of Mental Health Association of Central Carolinas, Inc. (MHA) to encourage open dialogue about mental health and to reduce stigma, the #1 barrier to recovery. Join the campaign by starting a conversation today!

How Mental Health Affects ALL of Us

- Mental health issues knows no age limits, economic status, race, creed or color. In a given year, 1 in 4 adults may have one or more diagnosable mental disorders (National Institute of Mental Health.) Every family is affected.
- 2/3 of individuals never seek treatment due to stigma.
- Mental health is essential to overall health; prevention works, treatment is effective and recovery is possible!

You can help us shatter stigma!
Visit the MHA website at www.mhacentralcarolinas.org and watch the campaign video. Click on “Take Your Pledge” to add your name and pledge to break stigma on our Anti-Stigma Pledge Wall.