

OUTPATIENT GROUP THERAPY

Weight Loss

FOR THOSE SEEKING SUPPORT MANAGING THE STRESS OF WEIGHT LOSS. STRESS MANAGEMENT AND NUTRITIONAL IMPACTS ON MENTAL HEALTH WILL BE DISCUSSED.

Nimitz - Mon (Every other) - 6:15P 45min

Substance/ Impulsive Behavior

FOR THOSE BATTLING ADDICTION CHALLENGES INCLUDING SUBSTANCE ABUSE, ALCOHOL AND OTHERS. MATRIX CURRICULUM IS UTILIZED ALONG WITH OTHER EMPIRICAL REFERENCES.

Nimitz - Mon/Wed/Fri - 9:00A 1-2hrs

All group sessions are subject to change and/or cancellation and are dependent on enrollment.

Anger Management

FOR THOSE SEEKING TO INCREASE THEIR ABILITY TO REGULATE EMOTIONS, INCLUDING ANGER. TRIGGER AWARENESS AND SELF-CARE WILL BE DISCUSSED TO PROMOTE BALANCED EMOTIONS

Nimitz - Tues - 9:00A 60min
Virtual (Zoom) - Tues - 5P 60min

Military Family Stress

FOR THOSE WITH EXPERIENCE WITH MILITARY LIFESTYLES AND ASSOCIATED COMMON STRESSORS.

Virtual (Zoom) - Tues - 6:15P 45min

Insomnia

FOR THOSE WISHING TO IMPROVE THE QUALITY AND DURATION OF THEIR SLEEP. SLEEP HYGIENE TACTICS AND RISK FACTORS OF PROLONG SLEEP DEPRIVATION WILL BE DISCUSSED.

Virtual (Zoom) - Wed (Every other) - 6p 45min

Nicotine Cessation

FOR THOSE WISHING TO REACH OR SUSTAIN A NICOTINE-FREE LIFESTYLE (WHETHER VAPE, CIGARETTES, CIGAR, CHEW, ETC.).

Nimitz - Thursday - 1:00P 60min
Virtual (Zoom) - Friday - 6:00P 60min

Xplor Balance

FOR THOSE SEEKING BALANCED WHOLE WELLNESS IN LIFE; WHETHER TO OVERCOME AN ADDICTION OR SIMPLY TO BECOME MORE BALANCED. KEY PILLARS OF WELLNESS WILL BE DISCUSSED, AND SELF-CARE PLANS FORMED TO FACILITATE WELL-ROUNDED WELLNESS. PHYSICAL, EMOTIONAL AND SPIRITUAL WELLNESS ARE AMONG TOPICS COVERED.

Nimitz - Mon/Wed/Fri - 11:00A 60min

ABOUT GROUP THERAPY

Facilitated by fully licensed clinician(s), referencing nationally recognized curriculum & resources. If there is an intern or unlicensed counselor involved, they will be directly supervised by a fully licensed clinician at all times and are bound by the same privacy laws as the staff.

Groups are co-ed and intended for adults, but age 16+ years old will be considered case by case.

All groups are capped at a maximum of 12 attendees per group.

Clients should be willing to commit to attending each session on time and for the duration.

Insurance Accepted:

HMSA
HMAA
TRICARE
UHA
UHC-OPTUM

SELF-PAY: \$40

New clients should contact our intake department at least 1 week prior to check insurance status and get paired with a Clinician for individual session and review privacy, consent, etc.

Co-Pays vary per plan, insurances will often only pay for one group counseling service per day

For additional information, contact:

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