

# Outpatient Mental Health Treatment Group

A program of Children & Families of Iowa



Support for adults who have experienced trauma and/or substance abuse using the successful Seeking Safety curriculum.

**Wednesdays**

**10 – 11:30 a.m.**

**Children & Families of Iowa**

**1111 University Avenue**

**Des Moines, IA 50314**

For more information, contact:

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**www.cfiowa.org**

This therapy group will help you develop the skills needed to deal with past and present trauma:

- Coping skills to deal with trauma without the use of substances or compulsive behaviors
- Managing trauma symptoms such as flashbacks, nightmares and negative feelings
- Staying safe in relationships
- Minimizing behaviors such as cutting, suicidal impulses or unsafe sex, and finding ways to feel good about yourself and enjoy life
- Understanding the importance of taking care of yourself

Treatment consists of 25 evidence-based psychotherapy topics developed by Lisa Najavits, PhD, such as:

- Post Traumatic Stress Disorder: Taking Back Your Power
- Coping with Triggers
- Healing from Anger
- Healthy Relationships
- Honesty
- Creating Meaning
- Self-discovery and Self-nurturing
- Asking for Help

This group is open to adults who are receiving therapy services through Children & Families of Iowa. Medicaid and private insurance are accepted.