

The following groups and therapy sessions meet regularly at Lindner Center of HOPE or virtually. All persons attending, except staff and current inpatients, must check in at the Welcome Center.

Individual dates are listed on the events page on our website at [www.lindnercenterofhope.org](http://www.lindnercenterofhope.org).

### Body Image Group

10 week (includes commitment session) CBT group focusing on body image awareness, coping with triggers, and learning self and body acceptance. Will include media awareness and mirror work.

**Intended For:** Age 18 or above. Engaged in outpatient treatment at least monthly. Struggles with body image most days. Not imminently a threat to self or others. Clinician agrees to this referral and to maintain part of treatment throughout group.

**Location:** Via Zoom

**Maximum Number of Participants:** 6-8

**Dates/Times:** Thursdays from 4-5:30 pm

Contact: Kelly Bernens, 513-536-0634

### Dialectical Behavioral Therapy (DBT) Skills Group for Adults & Adolescents - Virtual

Dialectical Behavioral Therapy (DBT) is geared toward individuals who experience difficulty regulating their emotions, tolerating distress, and having healthy interpersonal relationships. DBT has four skills modules: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness to help address these areas of difficulty. It balances the need for the person to make changes along with respect for how painful life is for them. This group is open for patients with a variety of diagnoses.

**Location:** Via Zoom

**Maximum Number of Participants:** 12

**Dates/Times:** Mondays at 9 am, Tuesdays – 4 pm, Wednesdays – 3 pm and 7 pm, Thursdays – 3:30 pm (**Adult**)

Wednesdays – 3:30 pm (**Young adults/transitional**)

Tuesdays and Wednesdays – 3:30 pm (**Adolescent**)

Contact: Kelly Bernens, 513-536-0634

### Dialectical Behavioral Therapy (DBT) Group (Co-ed) - In-person

In-person DBT group on Monday nights at 6 pm. This will be co-ed, so all adults are welcome.

**Location:** Lindner Center of HOPE

**Maximum Number of Participants:** 10

**Dates/Times:** Monday nights at 6 pm

Contact: Kelly Bernens, 513-536-0634

### Divorce Support Group

This group provides an opportunity to transform your life if you are going through a divorce. Divorce can be an opportunity to leave your old way of life and enter a new way. This group will help change the cultural paradigm of divorce, seeing it as an opportunity rather than a failure or cause for despair. It is time to change the paradigm, considering a successful marriage one which encourages growth rather than simply a long-standing one.

**Location:** Via Zoom

**Maximum Number of Participants:** 10

**Dates/Times:** Tuesday evenings, 5:00-6:00 pm

Contact: Kelly Bernens, 513-536-0634

### Ehlers-Danlos Syndromes Psychotherapy Group

Whether you're newly diagnosed, have lived with the condition for decades, or anywhere in between, this group will be an opportunity to connect with others living with EDS while learning skills to not only cope with chronic illness, but invest in a life worth living, in the body you have. The group will partially focus on processing struggles related to living with EDS for adults, as well as DBT skills and principles of self compassion to cope with the reality of this chronic illness that impacts every system of the body.

**Location:** Via Zoom

**Dates/Times:** Mondays - 5:30-6:30 pm and Tuesdays - 8 am-9 am

Contact: [sidney.hays@lindnercenter.org](mailto:sidney.hays@lindnercenter.org)

**Harold C. Schott Eating Disorder Program, Eating Disorder Family Support Group**

The groups will offer education, support, and feedback for families as well a caring, safe environment to express concerns. All groups are facilitated by an experienced professional member of the Harold C. Schott Foundation Eating Disorders Program. For the protection of patients and families, confidentiality is expected within this group.

**Location:** Via Zoom

**Dates/Times:** Wednesdays, 4:00 - 5:00 pm

Contact Chelsey Zulia (513) 536-0214

**HOPE: A Christian-Integrated Cognitive Behavioral Group for Depression**

In HOPE, group members join together to support and inspire one another as each person finds their unique path forward. The group will explore the connection between thoughts, emotions, bodily reactions, and behaviors. Individuals will learn to identify thoughts that are contributing to their depression and how to develop more balanced and adaptive thoughts.

Members share about their faith and the way it guides their lives and draw close to one another to discuss the importance of Connection. **Intended For:** adults desiring to gain Christian Cognitive Behavioral skills for Depression.

**Location:** Via Zoom

**Dates & Times:** 3:00 – 4:00 ; Thursdays

Contact: Kelly Bernens, 513-536-0634 or E-mail- Denise.Price@LindnerCenter.org

**Intuitive Eating Group**

Learn to eat with intention, attention, and enjoyment in this 10-week group focusing on mindfulness, mindful eating, & body awareness.

**Intended For:** Adults (age 18 or above). Willing to consider mature adolescents as well. Struggles with mindless eating (i.e., binge eating, compulsive eating) most days. Not imminently a threat to self or others. Patients do not need to have an eating disorder diagnosis to benefit. Engaged in outpatient treatment at least monthly. Clinician agrees to this referral and to maintain treatment throughout group.

**Location:** Via Zoom

**Maximum Number of Participants:** 12

**Dates & Times:** Tuesdays from 3:30-5 pm

Contact: Kelly Bernens, 513-536-0634

**Middle School Girls Self Esteem Group**

A collaborative 12 week, in person group for young adolescent girls, age 13-15 to work on and address self esteem.

Recommended for individuals who are open to working on their relationship with themselves, and interested in growing in a group environment. Topic areas include boundaries, body image, and reconnecting with yourself.

**Location:** Lindner Center of HOPE

**Dates & Times:** Tuesdays from 6-7:30 pm

Contact: Kelly Bernens, 513-536-0634

**PEERS program**

**What:** A research-based social skills training program out of UCLA.

**Who:** Adolescents ages 13-17. Participants may be teens with social skills difficulty resulting from Autism, ADHD, Social Anxiety, etc.

**Location:** In person at LCOH

**Dates/Times:** Thursdays 3:30pm-5pm

Contact: Kelly Bernens, 513-536-0634

**Psychotherapy Groups**

These groups are for individuals who need help experiencing and processing emotions. Looking for individuals who are functionally stable and in need of a supportive group environment. A therapist will meet with each person for an individual assessment to determine whether the group is a good fit or not. Groups are in person and will be held in Bechtold meeting room. They will meet weekly starting on February 1st and will go on indefinitely with new members being added on an ongoing basis.

**Location:** in person at Bechtold

**Dates/Times:** Co-Ed Group – Wednesdays from 4-5:30 pm ; Men's Group – Wednesdays from 5:30-7 pm

Contact: Kelly Bernens, 513-536-0634

### Radically Open Dialectical Behavior Therapy (RO-DBT) for Adolescents

RO-DBT is designed to focus on building flexible responding, authentic emotional expression, self-enquiry, and ability to manage unexpected or challenging feedback. The primary treatment targets in RO-DBT focus on improving social signaling, enhancing receptivity and openness, and increasing interpersonal connection.

**Intended For:** Adolescents 13-18 (still in HS) with excessive emotional over control that is contributing to negative outcomes such as social isolation or poor interpersonal functioning.

**Location:** Via Zoom

**Dates/Times:** Tuesdays from 4-5:30 pm

Contact: Kelly Bernens, 513-536-0634

### Radically Open Dialectical Behavior Therapy (RO-DBT) for Adults

RO-DBT is an evidence-based treatment targeting disorders of excessive self-control, or overcontrol (OC). It is designed to focus on building flexible responding, authentic emotional expression, self-enquiry, and ability to manage unexpected or challenging feedback. The primary treatment targets in RO-DBT focus on improving social signaling, enhancing receptivity and openness, and increasing interpersonal connection. This group is open for patients with a variety of diagnoses.

**Location:** Via Zoom

**Maximum Number of Participants:** 12

**Dates & Times:** Mondays – 4 pm, Tuesdays – 4 pm, Thursdays – 4 pm and Wednesdays 8 am

Contact: Kelly Bernens, 513-536-0634

### Radically Open Dialectical Behavior Therapy (RO-DBT) Process Group for Graduates

Unlike standard skills classes which are psychoeducational in nature, this group allows individuals to dive deeper into their personal journey of radical openness. The group is designed to help reinforce continued practice of the RO DBT skills and provide a supportive atmosphere where members can work together to build a life worth sharing. The group follows the standard RO DBT lessons to guide discussions and it is recommended individuals utilize the previously provided workbooks. **Intended for:** This group is designed specifically for individuals who have completed a RO DBT skills class and who want the ongoing support of a process group.

**Location:** Via Zoom

**Maximum Number of Participants:** 12

**Dates & Times:** Mondays 4:00-5 pm

Contact: Kelly Bernens, 513-536-0634

### Self-Compassion Group

Learn to be less critical towards oneself in this 10-week group focusing on strategies and skills to increase self-compassion. **Intended For:** Those age 18 and above engaged in outpatient treatment at least monthly, those who struggle with low self-worth, negative self-talk, and/or perfectionism, not imminently a threat to self or others. This group is open for patients with a variety of diagnoses.

**Location:** Via Zoom

**Maximum Number of Participants:** 12

**Dates & Times:** Mondays from 3:30-5 pm

Contact: Kelly Bernens, 513-536-0634

### Young Adult Transition to Independence Psychotherapy Group

This is a young women's group focused on topics related to college aged individuals. The women typically chose a topic to discuss such as feeling overwhelmed by school, issues with their parents, struggling with setting boundaries with parents, friends or partners, etc. Often topics led themselves to skills being brought in by myself such as mindfulness, distress tolerance, body acceptance, etc.

**Location:** Via Zoom

**Dates & Times:** Monday from 3:30-5 pm

Contact: Kelly Bernens, 513-536-0634

## **Other Outside Groups**

### **NAMI Connection Recovery Support Group**

A free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

**Location:** Lindner Center of HOPE - Bechtold Boardroom

**Dates & Times:** 1st and 3rd Mondays of each month, 6:00 - 7:30 PM

Contact NAMI Southwest Ohio (513) 351-3500 [www.namiswoh.org](http://www.namiswoh.org)

### **NAMI Family Support Group**

A peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

**Location:** Lindner Center of HOPE - Bechtold Boardroom

**Dates & Times:** 2nd Monday of each month, 6:00 - 7:30 PM

Contact NAMI Southwest Ohio (513) 351-3500 [www.namiswoh.org](http://www.namiswoh.org)

### **SMART Recovery**

SMART Recovery is a group for people who have chosen to abstain from any type of addictive behavior by teaching them how to change self-defeating thinking, emotions and behaviors. This group is for adult men and women. These groups are also attended by members from the community. Bill Stearns is an attorney and former Magistrate for Clermont County Court and ran their Drug Court program for many years. He has conducted the SMART Meeting at LCOH for over 10 years and is a board member of Smart Recovery International.

**Location:** Virtual

**Dates & Times:** Sundays, 4:30 - 6:00 PM

Contact: Bill Stearns at (513) 289-8992 for additional information. [www.smartrecovery.org](http://www.smartrecovery.org)