



Spaces are limited for these groups. You must get your name placed on the interest list and then speak with one of our counselors prior to joining any of the groups.

Veterans

Anger Management Group

Starting Wednesday, January 9, 2008 from 1:30 p.m. to 3:00 p.m. for 12 sessions

Brian Blochl, RN and Jocelyn Cahall, LCSW

The goal of this group is to provide participants with the skills and knowledge needed to manage and/or express anger in an appropriate manner. Group members will learn and practice the difference between being assertive and aggressive.

Culture and Combat

Starting Wednesday, January 9, 2008 from 1:00 p.m. to 2:30 p.m. for 12 sessions.

Gwen Newsome, Ph.D. and Lisa McLaughlin, LCSW

The goal of this group is to utilize the trauma processing model of CPT to address the impact of culture on trauma experiences. Issues of culture may include race, ethnic heritage, religious beliefs, and gender issues.

Post Traumatic Stress Symptoms Management Group

Starting Wednesday, January 23, 2008 from 9:30 a.m. to 11:00 a.m. for 12 sessions.

Brian Blochl, RN and Lisa McLaughlin, LCSW

The goal of this group is to help participants develop and/or enhance skills that will enable them to better manage PTSD symptoms that might include but are not limited to: arousal (irritability, oversensitivity, physical reactivity), re-experiencing (intrusive thoughts, nightmares, etc.) and avoidance/numbing behaviors (staying away from family, friends or activities you enjoy).

Spirituality Group

Starting Tuesday, January 8, 2008 from 1:00 p.m. to 2:30 p.m. for 10 sessions.

Ray Koval, LCSW and John Oliver

An ecumenical, self directed group for veterans who would like to explore how spirituality can support them in their journey.

RET (Rational Emotive Therapy) Group

Starting Monday, January 21, 2008 from 6:30 p.m. to 8:00 p.m. for 12 sessions.

Ray Koval, LCSW and Guy Towne, P-LCSW

Rational Emotive Therapy puts forth that people are upset not by events, but by the views which they have of them. One of the goals of this group is to challenge irrational thoughts so we can look at past events in a different light. Members of the group will be expected to challenge their own and other group members beliefs as part of the groups process.

Veteran Support and Process Group I

Every Friday from 10:00 a.m. to 11:30 a.m.

Lisa McLaughlin, LCSW or Ray Koval, LCSW

The goal of this group is to address interpersonal issues related to PTSD. Veteran can discuss issues such as loss, hurt, anxiety, depression, family, health, as well as issues that pertain directly to their traumatic combat experiences. As these groups are continually open to new members, please see the facilitator if you are interested in joining the group.

Veteran Support and Process Group II

Every Thursday from 7:00 p.m. to 9:00 p.m.

Ray Koval, LCSW

Couples and Families

Marriage Enrichment

Starting Monday, March 31, 2008 (tentative) from 5:30 p.m. to 7:00 p.m. for 5 sessions.

Jocelyn Cahall, LCSW

The goals of the group are to provide education and skills to couples addressing the impact of PTSD on interpersonal relationships.

8 Habits of Highly Effective Couples

Starting Monday, January 14, 2008 from 5:30 p.m. to 7:00 p.m. for 5 sessions.

Jocelyn Cahall, LCSW

Based on the best selling book by Stephen Covey, this group focuses on learning habits aimed at improving your relationship with you partner.

Conflict Resolution for Couples

Starting Monday February 18, 2008 (tentative) from 5:30 p.m. to 7:00 p.m. for 5 sessions.

Jocelyn Cahall, LCSW

The goal of this group is to help members develop effective conflict resolution skills including communication and negotiation. This group is open to both veterans and their spouses.

Spouse Support and Process Group

Starting Wednesday, January 9, 2008 from 5:00 p.m. to 6:30 p.m. for 12 sessions.

Lisa McLaughlin, LCSW

The goal of this group is to educate veterans' spouses about PTSD, compassion fatigue and how these issues can affect marital relationships. This group will also offer a support and process component encouraging spouses to support each other as they learn.

Outstation Groups

Roxboro

Veteran Support and Process Group I

First and Third Fridays from 10:00 a.m. to 11:30 a.m.

Ray Koval, LCSW

These groups meet weekly to address interpersonal issues related to PTSD. Veteran's can discuss issues such as loss, hurt, anxiety, depression, family, health, as well as issues that pertain directly to their traumatic combat experiences. As these groups are continually open to new members, please see the facilitator if you are interested in joining the group.

Smithfield

Symptom Management Group

Starting date in January 2008 to be announced.

Ray Koval, LCSW

The goal of this group is to help participants develop and/or enhance skills that will enable them to better manage PTSD symptoms that might include but are not limited to: arousal (irritability, oversensitivity, physical reactivity), re-experiencing (intrusive thoughts, nightmares, etc.) and avoidance and numbing behaviors (staying away from family, friends or activities you enjoy).

***More outstation groups coming soon!
Look for new groups in Henderson and the Chapel Hill/Apex area!***

Specialty Groups

Offered by MSW Interns from UNC and NC State

Yoga

Starting Wednesday, January 30, 2008 from 11:30-1:00 pm for 4 sessions

Ray Koval, LCSW and Ally Kane, Social Work Intern

The goal of this group is to introduce veterans to yoga and its physical and psychological benefits. This group will use yoga as a tool to increase feelings of relaxation, flexibility, strength and balance. Please see information sheet for further details.

Reaffirming your Legacy

Charita McCollers, Social Work Intern and Jocelyn Cahall, LCSW

The goal of this seminar is to help veterans reconnect to their life goals, dreams and aspiration through various written exercise, activities and creative tools of expression. Veterans will identify what has meaning for them and establish a commitment to making behavioral changes to achieve these goals.

Employment Skills