

ASPENPOINTE

SINCE 1875...



Group Therapy

Group therapy is a form of psychotherapy where a small group of clients meet regularly to talk, interact, and discuss problems with each other and the group leader (therapist). The purpose of group therapy is to assist each individual in emotional growth and personal problem solving.

Overview:

We provide a number of specialized, evidence-based (proven to be effective) groups; including groups for mood disorders, social skills development, anger management, Dialectal Behavioral Therapy (DBT), behavioral difficulties and many more.

Eligibility Criteria:

Available to any client open to AspenPointe Health Services.

Insurance(s) Accepted:

Medicaid, Medicare, Self-Pay, Block Grant and Third Party Insurances

Hours:

Support Line: Call (719) 572-6100



Since 1875, ASPENPOINTE has empowered clients, enriched lives and embraced purpose through individual and family services in mental health, substance abuse, employment & career development, education, housing, jail diversion & reintegration, telephonic wellness, and provider network services.

(719) 572-6100 | (800) 285-1204 | WWW.ASPENPOINTE.ORG