

**CHERRY CREEK PSYCHOTHERAPY, LLC
1660 SOUTH ALBION STREET
SUITE 1025
DENVER, COLORADO
80222**

General Group Information

Cherry Creek Psychotherapy offers multiple groups for adolescents (ages 12 to 17) and young adults (ages 18 to 27).

Our groups are age-specific, doing our best to keep younger adolescents together and separate from older adolescents.

Our groups are primarily **Dialectical Behavior Therapy (DBT)**, but we also incorporate **Cognitive Behavior Therapy (CBT)** skills, as well as other therapies such as Acceptance & Commitment Therapy (ACT).

We identify our groups as "hybrid" Skills-Training groups, since we don't strictly follow the guidelines of traditional DBT Skills Training groups, created by Marsha Linehan (founder of DBT).

Our unique philosophy informs our “**hybrid**” approach that is about the integration of skills over time, throughout life’s ups and downs, rather than offering a time limited (traditional) teaching approach.

We operate from a non-negotiable positive peer culture perspective that includes direct, honest relational interactions in our groups.

We do follow a basic format of providing skills training from the **4 modules of DBT**: "Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance." We go through all of the material in the DBT Skills Training Manual/Workbook, 2nd Edition, in addition to numerous other resources. For younger to middle adolescent clients, we have adapted the material in ways that make coping skills more meaningful, applicable and attractive to teenagers.

Our monthly group fee is \$340 or \$85 per group (as of January 2018). If there is an extra day (5th day) in the month, it is a complimentary group if the fee is paid monthly. That is, no charge for the 5th group of the month! It is common for groups of this nature for the monthly fees to be prepaid. The DBT skills can be difficult for group clients, as a portion of this modality confronts ineffective (or maladaptive) coping skills. It is not uncommon for a group member to experience a difficult group and then feel less motivated to come the following week. It is critically important that members do their best to attend weekly, for the cumulative benefits of skills-training to be realized. DBT, in its nature, is a very dynamic therapeutic modality, balancing the validation of a person’s experience/behavior, combined with the confrontation on what is not effective or helpful.

The monthly group fee also includes a weekly email to parents and individual therapists, with the topic/skill discussed that week and the client's target behavior/goal, intermittent communication with parents and outpatient providers, group materials (handouts, etc), and complimentary snacks.

While we do not require our members to utilize a diary card (paper or app), we do strongly recommend the diary card to better serve our group members. Some members may be asked to complete a diary card (paper or app) for a period of time, so that the group therapists can better understand the day-to-day experiences of a member.

A parent support group is also provided approximately once every 4-5 weeks and (less frequent during the summer months), which is \$40 per family (as of January 2018). The parent support groups are for parents only.

An intake evaluation is required to be admitted into one of our groups. The intake evaluation (\$175) allows us to better determine if/which group is the most appropriate environment for you (your child). The intake evaluation also helps us to develop an individual treatment plan for the client before starting group therapy with us. The intake fee of \$175 takes approximately two hours in total, including a 50 to 60 minute session with just the prospective group member and the group therapist/intake evaluator. The remainder of the intake time is devoted to parent/caregiver conversations (calls and in person) and coordination with the prospective group member's individual providers.

Our group therapy program is highly individualized. We are therefore very concerned about each member's specific goals and growth trajectory, not only the collective progress. During a member's time with us, we regularly meet privately with each and every group member to ensure his/her specific needs are being met. This occurs during group therapy and is not an extra or additional session. When appropriate, we will request separate family/parent sessions.

We **do not** bill insurance directly, although provide documentation for clients to receive reimbursement from their insurance companies. We provide electronic paid statements at the end of each month (available upon request, but always completed and available).

Our groups consist of two main parts: The first part is the skills training portion, during which we teach and discuss specific skills. The second part is the check-in portion, during which clients have the opportunity to share in more detail the specifics they are experiencing, day-by-day and week-by-week. During the check-in portion, we also weave in a variety of skills, recommending clients use a specific skill to manage their situation, which also coordinates with their weekly target behaviors/goals. Our peer culture encourages more experienced members teaching and modeling more skillful living. At times, the longer-standing members will serve as mentors for our newer members.

Clients are generally in our groups for approximately 6 months, although sometimes as long as 12 months (or longer). Again, we are focused on each individual in the context of the group of which he/she is a member. As such, the length of stay varies.

Members are also *absolutely* required to have an individual therapist to start and maintain group therapy with us. We are flexible with how often the client sees the therapist (1-4 times a month) depending on the need of the client, although do require it since our groups are a supplementation of psychotherapy. At times, we may suggest an increase (or decrease) with respect to individual therapy, in order to maintain membership in one of our groups.

You are welcome to refer to our website for info: cherrycreekpsychotherapy.com.

The address to our office is: 1660 South Albion Street Suite 1025 Denver, CO 80222.

Our office is located near I25 and Colorado Boulevard. From I25, turn north onto Colorado Boulevard. Then take your next right or turn east onto Mexico Avenue. Then turn left (or north) onto Albion Street. We are on the northeast corner of Albion Street and Mexico Avenue. We are in Suite 1025, so please take the elevator to the 10th floor. Our office is on the north end of the hall once you get off the elevators.

Thank you very much for considering our unique program. Our team is dedicated and passionate in providing exceptional care for you or your child.

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