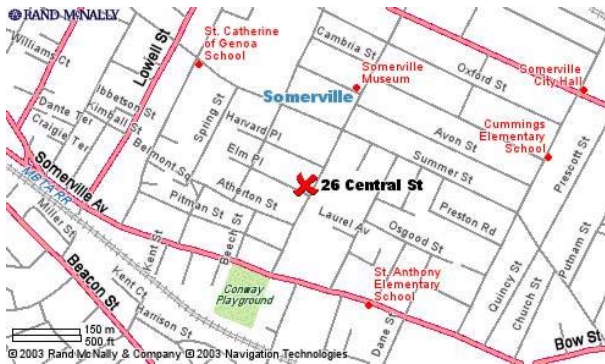


How to Get Help

For more information, consultation

Or to make a referral

please call: 617- 591-6360.

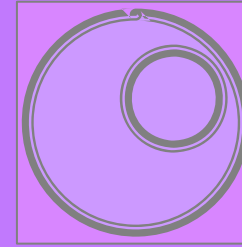


We are located on the 4th floor of the
Central Street Health Center
26 Central Street
Somerville, MA 02143



Cambridge Health Alliance
A COMMUNITY OF CARING

Victims of Violence Program
Central Street Health Center, 4th Floor
26 Central Street, Somerville, MA 02143



Victims
Of
Violence
Program

Group Psychotherapy
at the VOV

Group treatment can provide a safe and supportive *environment* to break isolation and establish new, affirming connections.

(617) 591-6360

Cambridge Health Alliance
A Community of Caring

Pain and Distress are Normal Reactions to Violence

The following is a list of the current and upcoming groups that are offered through the Victims of Violence Program.

Trauma Information Group – A 10-week psycho-educational group focused on providing a supportive environment to understand the current impact of trauma. Topics discussed include PTSD, shame and self-blame, relationship building, and the recovery process. Trauma histories are not explored in this group. This group runs several times during the year.

Stress Management Group – A time-limited supportive group emphasizing the management of PTSD symptoms in everyday living. Areas of focus are listening to the wisdom of the body, development of self-care routines, and building and practicing skills designed to lower one's level of stress and anxiety.

The POWER Group – Practice Of Wholeness, Emotions, and Relationships – This yearlong group will tailor the principles of DBT for work with trauma survivors. Areas of focus will be building skills in mindfulness, emotional stability, distress tolerance, and interpersonal effectiveness.

Addictions & Trauma Recovery Skills Group – A 10-week group providing education, skills and support for members seeking to better understand the connection between addiction and trauma.

Male Survivors Group – A 10-week psycho-educational group focused on providing a supportive environment to understand the current impact of trauma. Topics include trust, masculinity/identity, relationships, PTSD, anger, recovery, and self-care. Trauma histories are not explored in this group.

Help is Available

Safety and Self-Care Group – A time-limited group that focuses on developing, maintaining, and reinforcing self-care skills. Individual goals may include managing self-harming behaviors, developing daily routines, and expanding support networks. Individual histories of trauma are not explored in this group.

Passageways Group – This is a time-limited group for women who are transitioning from stabilization to exploration of the past. The group allows for discussion of general women's issues, exploration of identity using expressive and interpersonal exercises, and moves, in the final third of the group, to a more specific discussion of members' trauma histories.

Time-Limited Trauma Groups – In these groups, members set individual goals which may evolve as the group progresses. Examples of goals might be the sharing of memories, disclosing the abuse to a significant other, integrating memory and affect, addressing difficulties with intimacy in current relationships. This is offered both as a coed and a women's group.

Can the VOV help?

Group work can be a powerful component of the healing process. People who have experienced abuse often isolate themselves in an attempt to avoid any further interpersonal harm. Participating in a group can provide a way out of this isolation into a positive, healing community of peers.

The Victims of Violence Program (VOV) aims to provide group treatment that reflects the needs of trauma survivors as they move through the stages of recovery.

Typical tasks of group treatment can include building safety in one's life, learning healthy, positive coping skills, gaining a cognitive understanding of trauma, grieving the past, differentiating between past and present, and building a new, empowered sense of self and of relationships.

The VOV Program is also available for consultation and referrals to family members of survivors.

How do I join a group?

The process of identifying which group would be most helpful begins with an initial call to the central intake office at 617-591-6033 for a brief interview.

Following that, a phone or in-person interview will be provided by a group therapist of the VOV to gain a more in-depth understanding of each person's needs and discuss the most appropriate group for that individual.

Please see the attached flyer for information on our current and upcoming groups.

I have a question – who do I call?

For more information, consultation or to make a referral, please call the Victims of Violence Program main telephone number at 617-591-6360, to get in touch with the Group Program Coordinator.