

# GEISINGER DIVISION OF PSYCHIATRY GROUP THERAPY CALENDAR

Geisinger Medical Center's Department of Psychiatry offers many types of programs specific to certain age groups, gender, and health related topics. These groups are available for patients and families to have the opportunity to share their concerns in a group setting. Also, should the participant need a referral to meet more specific needs that may arise during these sessions, our network of providers are close by.

## **Preschool Development and Behavior Clinic**

**Geisinger Medical Center  
Foss Clinic, 2nd Floor  
Every Wednesday 11 am to noon**

*Assists parents of children age 3 years to 5 years 11 months, using evidence based intervention, including behavior modification, parent/child interaction and children's group. For more information contact Heather Hoover, PhD at 570.271.8255.*

## **Pain Group**

**Geisinger Woodbine Lane  
Danville, PA  
2nd and 4th Tuesdays 3 to 4:30 pm**

*Promotes strategies for patients who are living with chronic, but non-malignant pain. For more information contact John Gerdes, PhD at 570.271.6516.*

## **DBT (Dialectical Behavioral Therapy) Skills Program**

**Geisinger Medical Center  
Foss Clinic, 2nd Floor  
Every other Tuesday 9 to 11:30 am**

*Develops and implements skills to copy with impulsiveness, emotional dysregulation and interpersonal problems. This group session is in conjunction with individual therapy and medication management at Geisinger. For more information please contact R. James Rinck, LCSW or Mary Ellen Doll, LCSW at 570.271.6516.*

## **Parent/Child Group**

**Geisinger Medical Center  
Foss Clinic, 2nd Floor  
Every Monday 4 to 5 pm, and every  
Tuesday 4:30 to 5:30 pm**

*Designed for ADHD/ODD children age 6 through 11 years and their parents. One group teaches parenting skills; the other group promotes self-control and social skills for children. For more information, please contact, Heather Hoover, PhD at 570.271.8255.*

## **Anger Management**

**Geisinger Medical Center  
Foss Clinic, 2nd Floor  
Every other Tuesday 5 to 6 pm**

*Teaches skills to understand, evaluate and manage the emotion of anger. For more information please contact R. James Rinck, LCSW at 570.271.6516.*

## **Women's Group**

**Corner of Drexel Road and  
Bloom St., Danville  
Every Tuesday 5:30 to 7 pm**

*Designed to cover a wide range of female topics including relationship issues, assertiveness, interpersonal communication and empowerment. For more information contact Bernie Rock, BCD, LCSW or Linda Larson, LCSW, ACSW at 570.271.6840.*

## **High School Group**

**Corner of Drexel Road and  
Bloom St., Danville  
Every Wednesday 3:30 to 5 pm**

*Focuses on issues such as depression, anxiety, family conflicts, school problems and relationships for senior high school students (grades 9-12). Intervention with parents is also available. For more information contact Dave Miller, MS at 570.271.6840.*

## **Intensive Outpatient Program**

**Corner of Drexel Road and  
Bloom St., Danville  
Every Monday, Wednesday and  
Friday 9 am to noon**

*Focuses on problem solving, relationships, stress management, boundary setting, effective management, safety plans, etc. These sessions are for stabilization of acute behavioral health issues. For more information contact Eric Hill, LCSW, Linda Larson, LCSW, ACSW, or Mary Ellen Doll, LCSW at 570.271.6840.*

## **Tapping Your Strengths**

**Corner of Drexel Road and  
Bloom St., Danville  
Every Tuesday 10 to 11:30 am**

*Addresses anxiety, depression and other behavioral health disorders from a strengths based perspective. For more information, contact Mary Ellen Doll, LCSW or Jay Johnson, LSW at 570.271.6840.*

## **Intensive Outpatient "Light" Program**

**Corner of Drexel Road and  
Bloom St., Danville  
Every Thursday 1 to 4 pm**

*Program designed to maintain/improve activities of daily living, social skills and emotional stability. For more information contact Kay Duncan, APRN, BC or Linda Larson, LCSW, ACSW at 570.271.6840.*

## **Post Partum Depression Group**

**Corner of Drexel Road and  
Bloom St., Danville  
Every other Tuesday 10 to 11:30 am**

*Group therapy for mothers, following the birth of a baby, suffering from post partum depression. Discussion includes support, education and treatment interventions. For more information contact Harriet Poechmann, LCSW or Linda Larson, LCSW, ACSW at 570.271.6840.*

## **Teen Diabetes Group**

**Foss Clinic, 2nd Floor  
2nd Monday of the Month  
6 to 7:30 pm**

*Promotes healthy living and improved coping with diabetes. Assists teens and parents with practical tips about self-care and communication. For more information contact Dave Miller, MS at 570.271.6516.*