

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 9 am to 10 am

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 cope 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.

DBT (Dialectical Behavioral Therapy) "Grad" Group

Geisinger Medical Center
Foss Clinic, 2nd Floor
Every other Tuesday 9 to 10:30 am

Advanced DBT program for those who have completed the Skills Program.

For more information please contact R. James Rinck, LCSW at 570.271.6516.

Tapping Your Strengths

Corner of Drexel Road and Bloom St.,
Danville, PA
Every Tuesday 1 to 2:30 pm

Addresses anxiety, depression and other behavioral health disorders from a strengths based perspective.

For more information, contact Mary Ellen Doll, LCSW or Jay Johnson, LCSW at 570.271.6840.

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.

(Please see reverse side for more group therapy sessions.)

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, PA
Every Tuesday 5:30 to 7 pm, and every Thursday
10 to 11:30 am

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, PA
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, LPC at 570.271.6840.

Middle School Group

Geisinger Medical Center
Foss Clinic, 2nd Floor
Every Wednesday 3:30 to 5 pm

Focuses on issues such as depression, anxiety, family conflicts, school problems and relationships for junior high school students (grades 6-8). Intervention with parents is also available.

For more information contact Shelly Hosterman, PhD at 570.817.6516.

R.E.A.L. Program

Geisinger Medical Center
Foss Clinic 2nd Floor
Every Tuesday 5:30 – 6:30 pm for ages 13-18, and
every Thursday 5 – 6 pm for ages 9-12

Designed for overweight children and teenagers, age 9-18, who are struggling with their weight. Children/teens meet in one group to learn healthy weight management skills; while their parents or guardians meet separately to learn how to help their family make healthy changes.

For more information contact Nicole Quinlan, PhD at 570.271.8255.

Intensive Outpatient Program

Corner of Drexel Road and Bloom St.,
Danville, PA
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 Linda Larson, LCSW, ACSW or Mary Ellen Doll, LCSW at 570.271.6840.

Intensive Outpatient “Light” Program

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

Program designed to maintain/improve activities of daily living, social skills and emotional stability.

For more information contact Ruth MacAlister, MSW, LSW at 570.271.6840.

Post Partum Depression Group

Corner of Drexel Road and Bloom St.,
Danville, PA
1st and 3rd Tuesdays 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 Linda Larson, LCSW, ACSW at 570.271.6840.

REDEFINING BOUNDARIES®
GEISINGER