

Welcome to



**The right care . . .
. . . at the right time**

Counseling and Therapy at New Oakland

Types of Therapy New Oakland Offers

The individual and family should commit to participate in all sessions and to work actively on areas which brought the client to the program. Family sessions will be scheduled with all effort being made to accommodate work schedules. The types of therapies offered are:

- Individual therapy
- Family therapy
- Group therapy
- Theme based milieu activities
- Dialectical Behavior Therapy (DBT)

One-on-One Therapy

The most constructive way to approach individual one-on-one sessions with your therapist is to begin from the secure knowledge that the thoughts and feelings you share with your therapist are confidential and taken in the spirit of helping you understand and manage the events and circumstances in your life that have brought you to therapy in the first place. In other words, your therapist is a "sounding board" for the challenges (and successes!) that have arisen since your last visit. He or she is a trained, compassionate professional whose role in your care is to help you "connect the dots" and identify the solutions that work best for you.

Group Therapy

The basic purpose in your joining group therapy is to provide you with an opportunity to learn about yourself and others and to have a sounding board as you try to work out your problems.

Every member will have the freedom to express their feelings in the context of confidentiality.

While you are strongly encouraged to express as much as you can, you will not be forced to talk about anything you are not quite ready to discuss.

You will be expected to try:

- To share your feelings and problems;
- To listen to others with an open frame of mind, remembering that, although the members of the group may vary in background, there are some common problems shared by everyone;
- To actively participate in the group problem solving process which means offering suggestions and possible alternatives;
- To learn to identify your feelings;
- To explore the reasons why you do things the way you do and react the way you do;
- To establish goals for the group; and
- To establish goals for yourself; goals during your stay and goals immediately following your discharge.

Regular and punctual attendance to the group is critical. Please keep this note and read it frequently in order to remember the goals of the group. Remember, your gains from the group will depend on your effort and participation.