



Now Enrolling

2023 Group Therapy Programs

Table of Contents

Youth Groups: Springfield, Missouri and Surrounding Areas

C.A.M.P—Child Anger Management Program.....	3
Social Skills: Adolescents.....	3
S.P.A.R.C.S—Structured Psychotherapy for Adolescents Responding to Stress.....	3

Adult Groups

Don't Bottle It Up: Anger Management for Adults.....	5
Choose You, Choose Happiness.....	6
Empowered Relief.....	6
Heads Up: Concussion Recovery Group.....	7
Overcoming Challenges Related to Life and Loss.....	7
Trauma Talks.....	8
Survivors of Suicide Loss.....	9
Assertive Thinking and Communicating.....	10
The Chicken or the Egg.....	11
Parenting: the Second Time Around.....	12
Parenting with Magic 1-2-3.....	13
Parenting with Magic 1-2-3 (for parents aged 16-18 years old).....	13
Coping with Anxiety.....	14
Coping with Depression.....	14
Grounding with Mindfulness.....	14

Group Therapy Programs

Youth Groups: Springfield, Missouri and Surrounding Areas



C.A.M.P.—Children’s Anger Management Program

Younger children sometimes encounter difficulties identifying and expressing their emotions in healthy ways. Children and parents are not necessarily given a handbook on how to manage hot tempers, or the most effective means of cooling down. C.A.M.P. utilizes activities which are both educational and interactive.

Topics addressed include: Emotion identification and regulation, building a set of “cool-down” coping skills, boosting communication and listening skills, and mindfulness-based stress reduction for younger children.

Resources are made available for caregivers throughout the program to help reinforce progress in the home.

C.A.M.P 8 Week program

Date: Starts February 28, 2023

Time: Fridays , 10:00 a.m. - 11:00 a.m.
or 5:30 p.m. - 6:30 p.m.

Facilitator: Deirdra Harris, LPC

Population: 10-14 year old

Location: Burrell Main Campus, Building B,
Room 8, Board Room, Third Floor,
1300 E Bradford Pkwy, Springfield, MO 65804

Social Skills: Adolescents 6 Week program

Date: Starts March 26, 2023

Time: 6:00 p.m. - 7:00 p.m.

Facilitator: Dwayne Walker, LCSW

Population: 12-16 year old

Location: Burrell Main Campus
1300 E Bradford Pkwy, Springfield, MO 65804

Social Skills: Adolescents

This group is for anyone who is looking for social skills for adolescents. Come to a group setting to learn about skills and connect with other adolescents who are looking for social skills.

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Group Therapy Programs

Youth Groups: Springfield, Missouri and Surrounding Areas



S.P.A.R.C.S. - Structured Psychotherapy For Adolescents Responding to Chronic Stress

S.P.A.R.C.S. is an evidence-informed group therapy for youth 12-18 living with chronic stress or who have experienced a traumatic event. While a young person must have experienced trauma to be eligible, the focus in S.P.A.R.C.S. is on helping participants cope with current stress in their lives. The group is completely present-focused, so no past experiences are discussed except during individual assessments prior to beginning groups. S.P.A.R.C.S. skills include connecting with others, coping more effectively, cultivating awareness, and creating meaning. Clients may experience the following benefits: Improved coping strategies, decreased distress, improved management of emotions, and the development of better relationship and communication skills.

S.P.A.R.C.S. 12 Week program

Date: Wednesdays

Time: 4:00 p.m. - 5:00 p.m.

Facilitator: Sherrie Wallace, LCSW
and Chris Cook, LMSW

Population: 12-18 Year Old

Location: Burrell Main Campus
1300 E Bradford Pkwy, Springfield, MO 65804

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Group Therapy Programs

Adult Groups



Don't Bottle It Up: Anger Management for Adults

What are you feeling right now, as you start to read this? Are you curious? Hopeful that you'll learn something about yourself? Perhaps you're distracted by something else, like feeling excited about your weekend plans or sad because you just went through a breakup. Emotions give us information about what we are experiencing and help us to know how to react. How we react is emotional awareness.

In this group Don't Bottle It Up, you will learn what to do with emotions that are hard for us to feel, like shame and guilt—two famous unformattable emotions. You will learn the importance of mind, body connection, and how to walk through these uncomfortable emotions, where they came from, and what happens if we bottle them up.

Don't Bottle It Up 5 Week Program

Date: Starts February 22, 2023

Time: 6:00 p.m. - 7:00 p.m.

Facilitator: Nicole Lonergan, LMSW

Population: 18+

Location: Zoom - virtual only attendance

- ▶ **Week 1:** You are not alone: what brought you here, Group Norms/Rapport- anger questions
- ▶ **Week 2:** Anger as a secondary emotion: anger iceberg, why we bottle up these emotions, how to challenge our underlying emotions
- ▶ **Week 3:** Does the body really keep the score? Hand model of the brain psychoeducation, mind, body connection
- ▶ **Week 4:** Fighting fair: I statements, opinions vs facts, feelings are mine and I can feel them, goal mindset
- ▶ **Week 5:** Closure, feedback, evaluation



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Group Therapy Programs

Adult Groups

Choose You, Choose Happiness

Choose You, Choose Happiness is a women's empowerment group established to address healthy awareness, healthy choices, and healthy boundaries for a healthy you!

Group members will utilize observations of the world around us to better understanding how we react and respond, while also learning how we create boundaries and prioritize self-care and emotional preservation. This group will help empower ourselves to strive to choose a healthy life and to choose happiness. Groups will provide education and practical applications through collaboration associated with identifying, processing, and preparing oneself for real life experiences and situations.

Choose You, Choose Happiness

Date: Thursdays

Time: 12:00 p.m. - 2:00 p.m.

Facilitator: Robin Rasse, LPC

Population: 18+

Location: Zoom - virtual only attendance.

Empowered Relief

Date: February 16, 2023

Time: 5:00 p.m. - 7:00 p.m.

Facilitator: Stacy Parmer, LPC, LMFT

Population: 18+

Location: Zoom - virtual only attendance

Date: April 14, July 21, and October 20, 2023

Time: 12:00 p.m. - 2:00 p.m.

Facilitator: Dr. Deborah Walker, PsyD., LP

Population: 18+

Location: Burrell Main Campus; Building B,
1300 E Bradford Pkway, Springfield MO
Hybrid Attendance (In person and Virtual)

Empowered Relief

Empowered Relief is an Evidence-based, single-session pain class that was developed at Stanford University by pain psychologist Beth Darnall, Ph.D. It rapidly equips clients with pain management skills by providing education about pain and the skills they can apply to best manage it. This is unique and transformative pain treatment because it requires only ONE two hour class. It is skills-based and evidence based, empowers individual to steer themselves toward pain relief, works alongside other medical treatments, and a support person is welcome to attend.



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Group Therapy Programs

Adult Groups



Heads Up: Concussion Recovery Group

This group is for individuals with a history of concussion or brain injury who would like to learn more about the nature of concussions, expected recovery or progression, and ways to compensate for any thinking problems they may experience. Concussion/traumatic brain injury topics covered include, but are not limited to: Understanding brain injury characteristics, typical recovery progression, importance of expectations, typical treatment team experiences, adjustment to changes, and cognitive strategies.

Overcoming Challenges Related to Life and Loss 6 Week Program

Date: February 15 – March 22, 2023

Time: 3:30 p.m. - 4:30 p.m.

Facilitator: Ashley Angerer-Blunt, MA, LPC, NCC

Population: 18+

Location: Zoom - virtual only attendance

Heads Up

Date: Mondays

Time: 3:00 p.m. - 4:00 p.m.

Facilitator: Lindsay Vo, Psy.D.

Population: 18+ with a history of concussion/brain injury and current difficulties with cognition that is impacting their daily functioning are invited to enroll. Individuals will be screened by a neuropsychologist to determine appropriateness for the group.

Location: Zoom - virtual only attendance

Overcoming Challenges Related to Life and Loss

This group is for anyone who has been struggling with the challenges of life and loss. This group will assist adults over six weeks to educate themselves on the stages of loss and how to overcome the challenges associated with loss through different skills, education and sharing stories of their loved ones. This group will incorporate different modalities through evidence-based practices such as Cognitive Behavioral Therapy and Expressive techniques to assist in processing the challenges that we are met with in life.



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Group Therapy Programs

Adult Groups

Trauma Talks

Trauma impacts everyone differently during their life journey and may also affect many areas of one's life. Focal points of the group may include, but are not limited to, working within a group context to reduce recurring nightmares or intrusive distressing memories (i.e., "flashbacks"), to reduce persistent negative emotional states, and to improve management of other triggering situations associated with the traumatic event(s).

The group is open for enrollment until full capacity is met, pending an initial screening process by the facilitator. For those who have been negatively affected by traumatic life experiences, this group offers hope.

Trauma Talks

Date: Tuesdays and Thursdays

Time: 4:00 p.m. - 5:00 p.m. and 1:00 p.m. - 2:00 p.m.

Facilitator: Natalie Beeler, LPC

Population: 18+

Location: Virtual and In person based on referrals *

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Group Therapy Programs

Adult Groups

Survivors of Suicide Loss

A new therapy group is starting in February for those who have lost a loved one to suicide.

- Have a safe forum for survivors to share their feelings and experiences with one another
- Receive education about suicide, based on the medical model
- Identify their individual responses to the suicide
- Identify their previous loss experiences
- Identify typical versus atypical grief
- Progress through the grief process created by suicide
- Understand issues which could complicate the grief process

Suicide loss grief is not time limited for many. If anyone is struggling to grasp the loss of their loved one, this might be a group for them.

Survivors of Suicide Loss 8 Week program

Date: Mondays

Time: 5:00 p.m. - 6:30 p.m.

Facilitator: Jeanne Coburn, PLPC

Population: 18+

Location: Burrell Main Campus
1300 E Bradford Pkwy, Springfield, MO 65804

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Group Therapy Programs

Adult Groups

Assertive Thinking & Communicating

This group is for anyone who struggles cognitive distortions, anxiety, low self-esteem, anger and would like to be able to be assertive in their thinking and communication. This group will assist adults over twelve weeks to educate themselves on different communication styles, type of communication style they have been utilizing and how to become more assertive in their thinking to increase their self-esteem, reduce anxiety, depression, anger & etc. along with being assertive in communicating with others. This group will be able to apply these skills to life experiences & practice these learned skills together in role-play.

Assertive Thinking & Communicating 12 Week program

Date: Starts February 6, 2023

Time: 1:00 p.m. - 3:30 p.m.

Facilitator: Christy Crawford, LPC

Population: 18+

Location: Zoom - virtual attendance only

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Group Therapy Programs

Adult Groups



The Chicken or the Egg

This group is for anyone who has been struggling with the challenges of mental health issues and their use of substances. This group will assist adults over 6 weeks to educate themselves on the relationship between their mental health issues and their use of substances (Co-occurring disorders) this group will offer education, understanding harm reduction and abstinence-based models.

The Chicken or the Egg 6 Week program

Date: Sundays

Time: 12:00 p.m. - 1:00 p.m.

Facilitator: Robin Rooney, LMFT

Population: 18+

Location: Zoom - virtual only attendance

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Group Therapy Programs

Adult Groups

Parenting: The Second Time Around

This group is for anyone who is parenting their grandchildren, a relative's children or any child not related to them. This group will allow for & validate feelings they may accompany changing roles as a grandparent and other caregivers assume parenting responsibilities along with children adjusting to new living arrangements.

This group will provide an overview of child development, discuss sensitive issues children may be facing & how to address these concerns and parenting styles. This group will allow caregivers to feel more confident & informed about community resources and encourage caregivers to be advocates for themselves and the children they are caring for.

Parenting: The Second Time Around 8 Week program

Date: Starts February 6, 2023

Time: 5:00 p.m. - 6:00 p.m.

Facilitator: Christy Crawford, LPC

Population: 18+ who are raising someone's children

Location: Virtual and In person:
Burrell Behavioral Health, Carrollton Clinic,
305 N Mason, Carrollton, Missouri 64633

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Group Therapy Programs

Adult Groups



Parenting with Magic 1-2-3

This group is for anyone who is struggling with parenting skills such as discipline their children from the ages of 2-12 yrs. This parenting style is based on Thomas W. Phelan, Ph.D Effective Discipline for Children 2-12. This group will learn counting to stop obnoxious behaviors, encourage start behaviors (things we want our children to do) and strengthen the relationship between parent and child. Parents will have the opportunity to share personal experience (success & challenges) with each other, learn from each other & provide support to each other as the incorporate a new parenting style in their home. Dr. Phelan is a registered clinical psychologist and has worked with children, adults & families for over 35 years. Adult parents age 18+ are invited to attend this closed group session. Brief Solution Focused Therapy and Mindfulness will be the treatment modality also utilized in this group.

Parenting with Magic 1-2-3 8 Week program

Date: Starts February 1, 2023

Time: 6:00 p.m. - 7:00 p.m.

Facilitator: Christy Crawford, LPC

Population: Parents who are struggling with parenting skills such as discipline their children from the ages of 2-12 years old.

Location: Virtual and In person:
Burrell Behavioral Health, Carrollton Clinic,
305 N Mason, Carrollton, Missouri 64633

Parenting with Magic 1-2-3 8 Week program

Date: Starts February 1, 2023

Time: 3:30 p.m. - 5:00 p.m.

Facilitator: Christy Crawford, LPC

Population: Parents who are struggling with parenting skills such as discipline their children from the ages of 2-12 years old.

Location: Virtual and In person:
Burrell Behavioral Health, Carrollton Clinic,
305 N Mason, Carrollton, Missouri 64633

Parenting with Magic 1-2-3 (for parents aged 16-18 years old)

This group is for teen parents who is struggling with parenting. In this group, we will learn about child development and positive parenting along with the importance of self-care and support system. This parenting style is based on Thomas W. Phelan, Ph.D Effective Discipline for Children 2-12. This group will learn counting to stop obnoxious behaviors, encourage start behaviors (things we want our children to do) and strengthen the relationship between parent and child. Parents will have the opportunity to share personal experience (success & challenges) with each other, learn from each other & provide support to each other as the incorporate a new parenting style in their home. Dr. Phelan is a registered clinical psychologist and has worked with children, adults & families for over 35 years. This group will also utilize Brief Solution Focus Therapy, Cognitive Behavioral Therapy & Mindfulness. Teen parents are invited to attend this closed group.



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Group Therapy Programs

Adult Groups



Coping with Anxiety

This group is for anyone who has been struggling with anxiety symptoms. This group will assist adults with different skills to cope with their anxiety symptoms.

Coping with Anxiety

Date: Mondays

Time: 11:00 a.m. - 12:00 p.m.

Facilitator: Christy Crawford, MA, LPC

Population: 18+

Location: Zoom - virtual only attendance

Coping with Depression

Date: Thursdays

Time: 1:00 p.m. - 2:00 p.m.

Facilitator: Christy Crawford, MA, LPC

Population: 18+

Location: Zoom - virtual only attendance.

Coping with Depression

This group is for anyone who has been struggling with depression symptoms. This group will assist adults with different skills to cope with their depression symptoms. Adults age 18+ are invited to attend.

Grounding with Mindfulness

This group is for anyone who is struggling with stress, anxiety, crisis, or emotional regulation. This group will assist adults with different skills of grounding themselves through mindfulness while dealing with anxiety, stress and difficulties with controlling their emotions.

Coping with Anxiety

Date: Fridays

Time: 10:00 a.m. - 11:00 p.m.

Facilitator: Christy Crawford, MA, LPC

Population: 18+

Location: Zoom - virtual only attendance



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