



Program Groups and Descriptions

ACUPUNCTURE THERAPY curbs cravings and helps to ease withdrawal symptoms during detox episodes from substance abuse while increasing peace and tranquility. Many of our patients receive instant relief from their chronic disturbances by compulsions that they have difficulty controlling.

ALONELINESS ALLEVIATION is a Campaign to End Our Patient's Loneliness via process group. Our patients are the lonely, but they soon realize that they are not alone in their loneliness. Our purpose is to achieve a state of balance between solitude and loving community and to realize and accept the reality that, "We're born alone, we live alone, we die alone. Only through our love and friendship can we mitigate this crippling reality by caring for one another."

ART THERAPY is a form of therapy that uses free-form expression and creative process to improve a person's physical, mental and emotional well-being. It's a fun way for our patients to achieve improved mental health and stability that would not otherwise be available to them.

BEHAVIORAL CHRISTIANITY is a secular journey into the behaviors of Jesus Christ and, through a combined use of Psychological Modeling and Cognitive Behavioral Therapy (both evidence-based), we help our patients guide themselves towards the achievement of their goals. Holy Text is specifically not utilized in this method, only behaviors as documented by historians.

COMING OF AGE's purpose is to engage our aging patients with a focused subject matter forum on "aging in the context of addiction." This gives participants a space to not only process just aging but aging while also experiencing a life of addiction. This group challenges the common belief that the future holds inevitable decline and works to redefine later life as an opportunity for sober and successful aging.

DYING TO LIVE helps suture up the psychological holes left in the lives of our patients who have lost friends and family due to overdose, suicide, or depleted health issues. Using evidence-based Death Anxiety therapies alongside Terror Management Theory (TMT), our patients gather in group to "talk through" the fear, resentment, and grief that many of them have never been able to talk about, *to anyone*, before.

E.F.T. (Emotional Freedom Technique) or "tapping" is a two-part process. The most urgent issue is typically the physical craving, which is one major relapse initiator that E.F.T. resolves. Tapping provides surprisingly fast relief for cravings, which allows our patients to lower their use/intake of the addicting substance or activity amazingly quickly. Tapping also gives addicts a healthy replacement for their addiction.

END IT! TRANSGENERATIONAL TRAUMA addresses the problematic fact that most of our patients come from broken homes with only parent and very questionable role models which have, in turn, influenced their lives very negatively. End It! is a substance abuse support program specifically tailored for those who have experienced childhood or early adulthood trauma and don't know what it is, where it is, or what to do about it.



HARMONY, HOPE AND HEALING offers transformation through music. It is one of the favorite groups, along with Recovery Choir, and the participants give full, exuberant participation as they temporarily leave the stress of their addictions and life problems by pounding on drums, working tambourines, and singing their hearts out in harmony with each other in ways that they could not through the spoken word.

HOPE is the essence of which Above and Beyond was created, and currently runs on. Because we so strongly believe Hope's fundamental role in starting any process of accomplishment, especially recovery, we have constructed a therapeutic curriculum that enhances all of the other programs, groups, and the very effectiveness of our counseling.

IMPROV THERAPY tackles our patient's lack of confidence in themselves and teaches them how to handle the unexpected in humorous and entertaining ways. In this intimate group it's ok to be yourself and say stupid and ridiculous things without any fear of shame or judgement . . . in fact, failure is celebrated!

Our **IOP and OP** group are wonderful platforms to not only share best practices for overcoming addiction and unwanted compulsions, but also for creating friends and. It's almost magical and it's almost impossible to be in group and not be changed for the better. On a technical level, we offer level I and level II Illinois SUPR licensed outpatient groups.

JOB READINESS is a six-week curriculum which covers topics such as the participant's skill set and work history, financial literacy, the participant's personal goals and steps to achieve them. The six-week curriculum does not have a specific order, participants may join at any time. At each session, participants will be provided with handouts that combine to form a solid plan of how to become employed in a sustainable job with a living wage.

LEARNING to LOVE YOURSELF obliterates one of the most powerful drivers of substance abuse: self-hatred! The purpose of this group is to teach participants that they are worthy of being loved, by themselves and by others, and how to uncover this love for every occasion use. Then, we instruct on how to store it for those times when our patients are plagued by darkness and do not feel that they are worthy of life or of the attention, especially love, from others.

LOGOTHERAPY (Life, Purpose and Meaning) is based on the life work of Viktor Frankl, which he describes in his critically acclaimed book *Man's Search for Meaning* and the other 39 books he published regarding the importance and process of uncovering one's purpose and meaning in life. We help our patients to uncover, each one of them, their own reason for being alive which helps them, in turn, to hold onto their recovery.

MANWHOLE is for those men who are experiencing problems with Traditional Masculine Identity (TMI) which is commonly called "Toxic Masculinity". We have many male patients who are deeply constrained by dysfunctional expressions of manhood who we teach to behave positively in the four areas of Community, Contribution, Commitment, and Collaboration. It is very popular with a very narrow group of patients that needs what it teaches!



MEN for SOBRIETY is a self-help Program for men with problems of addiction. It is the first and only gender-specific self-help Program for men and its precepts take into account the very special problems that men have in recovery - the need for feelings of self-value and self-worth, and the need to expiate feelings of guilt and humiliation along with the guilt and humiliation that they themselves have wrought on others.

MIND, BODY and SOUL uses principles of mindfulness, creative self-expression and verbal processing as a way to facilitate deeper understanding of self and integration between body, mind and spirit. Participants in this group are invited to experience a sense of freedom as they listen to the wisdom of their bodies and engage in a communal experience of music and movement.

MINDFULNESS RELAPSE PREVENTION is a cognitive-behavioral approach to relapse with the goal of identifying and preventing high-risk situations by cultivating constant awareness of individual triggers and habitual reactions. We change our patients relationship with discomfort by helping them to develop compassionate and nonjudgmental approach towards themselves and their experiences.

MOVE acknowledges the importance of physical, communal exercise in recovery and provides patients with the ability to decrease physical stress while processing external factors of their addiction. Facilitated by two-time America Ninja Warrior contestant, this group focuses on introducing movement as a therapeutic tool while also instilling a sense of community and group support for the participant to utilize within their recovery.

MUSIC AND YOUR BRAIN was introduced by The Chicago School of Professional Psychology's own Dr. Sandra Siegel and focuses on how music affects the brain influencing how we think, feel and behave. A combination of psychoeducation, experiential and process techniques are used to help patients explore how music influences thoughts, feelings, and behavior. It is the goal of the group to help participants experience musical mindfulness while also identifying new coping skills based around music.

OVERCOMING PROCRASTINATION makes true the claim that all of us are a great deal more capable than we ever realize. The vast majority of us seldom achieve our potential, because we are not as disciplined as we need to be to make our talents blossom. We help our patients to realize what they are really capable of, by teaching them how to put their noses to the grindstone, working against boredom, teaching them that it's actually harder to take the long easy way in life rather than the short hard way, and in this realization we help to make their talents shine as they have never shone before.

RAGE REDUCTION challenges anger and rage compulsions before they can get a grip and drive our behavior. REBT techniques are employed to march back our psychological dark instigators of chaos before any words are uttered or any regrettable actions are taken. Because those around us, including family and society in general, endlessly provide rage and anger stimuli we equip our patients with easy-to-use reframing and REBT tools that allow them to inventory their beliefs and wide array of choices before reacting.



REBT is an intense two-and-a-half hour, twice-a-week session, where participants learn the **Rational Emotive Behavior Theory** of emotional disturbance and change by one of the leading REBT practitioners in the world, Terry London. Strategies for identifying and challenging patients' dysfunctional beliefs and constructing more adaptive beliefs, emotions and behavior are always a primary focus of the group, and the results are nothing less than staggering.

In **SPIRITUALITY** we bond. We think and pray with our hearts without the divisive need to define who or what we are appealing to, or worshipping. The culture and rules of conduct revolve around evidence based psychological pylons that bring our groups together in a nurturing and loving community that helps us all follow the Golden Rule as our primary focus.

TRAUMA GROUP and THERAPY accesses the root cause and/or effect of why most of our patient populations abuse substances and brings about homeostatic, healing processing. We follow a safety-seeking approach (seekingsafety.org) and offer five hours of group every week. Our trauma groups are wildly popular, uniquely interactive and offer tangible, real relief.

WOMEN for SOBRIETY gives protected sanctuary to females who become retraumatized when they are forced to sit in a room full of what they see as predators. Here they can process issues that are distinctly non-male in a nurturing and supportive environment that celebrates the need for building feelings of self-value and self-worth, and the need to shed their inappropriate feelings of guilt and causation.

W.R.A.P. (Wellness Recovery Action Plan) is a structured, individual, written framework which our patients develop an effective approach to overcoming distressing symptoms of problematic mental health, and harmful Substance Abuse behaviors. It is an evidence-based tool, endorsed and sponsored by the IDHS, which has expanded to national and international popularity because of its ease of use and proven results. Developed by Mary Ellen Copeland and taught by a certified WRAP Facilitator, this program is a core pillar of our recovery recommendations.

YOGA THERAPY at Above and Beyond is unique because it brings certified trauma yoga instruction to the people who likely need it the most. Our program involves simple breathing exercises, mindful meditation, and the adoption of specific bodily postures, all aimed at relieving stress and calming the mind and body.

YOUR BRAIN ON DRUGS provides group members with psychoeducation on the neuroscience and mechanisms of certain drugs. Main substances covered in this group are alcohol, cannabis, MDMA, cocaine (powder/crack), heroin/opiates, and PCP. One of the most important questions to ask oneself in recovery is "Why did I use this drug"? The answer(s) can foster insights which are instrumental in tailoring behavioral substitutes for what our brains were seeking.

We offer **SELF-HELP PROCESS GROUPS** which are open to the public, which include:

ALCOHOLICS ANONYMOUS, SMART Recovery, SMART Recovery FAMILY and FRIENDS, ADULT CHILDREN of ALCOHOLICS, RECOVERY DHARMA, LIFERING, WOMEN for SOBRIETY, MEN for SOBRIETY, and WRAP. Since every one of these groups produces unacceptably high failure rates, we have found that having appropriate alternatives to guide fallout patients into is a unique best practice that works.

