

BURKE OUTPATIENT THERAPY GROUPS

If you're facing a major illness or stressful life change, you don't have to walk this path alone. **Joining a Burke sponsored therapy group can help you.**

At Burke, we offer a continuum of care, which often starts in the inpatient rehabilitation program, and can continue in our outpatient setting, with specialized therapy groups. Each group is tailored to help individuals and their loved ones navigate this unpredictable and exhausting journey that is often full of uncertainty and fear. We provide beneficial group sessions that can facilitate positive responses to the adverse impact of injury and illness.

The therapy groups are facilitated by professionals in the field of neuropsychology, with specialized training and experience in addressing each individual's unique clinical needs. Our groups are diverse and explore many issues that impact the various stages of the rehabilitation process. Each group has its own focus. Members are placed in a therapy group that best matches their specific rehabilitation needs. This process allows us to better customize interventions and maximize outcome.

All our therapy groups last for 10 consecutive weeks. There is one session per week. New members may not join a group once it has begun. They must wait until a new group begins.

For those with insurance coverage, please check in with the registration staff prior to each session in order to pay any required co-payments. For those who do not have insurance coverage for the group, please submit your payment of \$250 for the 10 week session. Payment in full is due prior to the first session.

Psychotherapy groups are not a substitute for individual treatment. Often, a combination of individual and group therapies are necessary during this challenging time. They can both be beneficial in complementary ways.

HOW DO I PARTICIPATE IN A THERAPY GROUP?

Please call us at **(914) 597-2332** so we can help you find the most appropriate group.

PSYCHOTHERAPY GROUPS

Patient and Caregiver - Women's Therapy Group

Tuesday afternoon

Outpatient Building, Building 8

Contact: 914-597-2332

This is a group in which both patients and caregivers share their hurdles and methods of coping with this challenging experience. Peer support and feedback aid attendees to gain insight into their behavior as well as the responses of their caregivers. You will learn to explore new and practical solutions for coping more effectively with difficulties, in a safe, validating and supportive context.

Patient and Caregiver – Men and Women's Therapy Group

Friday morning

Outpatient Building, Building 8

Contact: 914-597-2332

In this group, both patients and caregivers share the challenges and successes they are facing during this unpredictable experience. Interpersonal peer support, psychological insight and effective coping strategies assist members to deal with their new challenges. The process of expressing thoughts, feelings and experiences in the group are ways participants will discover change. Peer support and feedback help attendees to gain insight into the behavior of the patient as well as the responses of their caregivers.

Men with Stroke – More to Life Therapy Group

Tuesday morning

Outpatient Building, Building 8

Contact: 914-597-2332

This group teaches proven, strategies for managing problems related to the adjustment to disability, and consequently aims to foster hope as well as reassurance. Each week, participants are provided with specific topics to discuss and explore. Encouragement comes from learning about how others have conquered situations similar to theirs. A sense of accomplishment is experienced when long-term members communicate with new participants, and realize how far they have come in their personal journey.

Therapy Group for Women with Debilitating Medical Issues

Thursday afternoon

Outpatient Building, Building 8

Contact: 914-597-2332

The diagnosis of a disease that manifests in progressive decline or major change in functioning can be overwhelming. This group aims to assist women who are forced to

deal with a constellation of frightening issues that they have never dealt with before. While the focus is to manage anxiety more effectively, a spectrum of topics will be introduced including depression, loneliness and relationships. Group members provide one another with support and insight, as they explore methods of coping more effectively with their new challenges. You will realize that you are not alone!

Young Survivors of Traumatic Brain Injury Therapy Group

Thursday morning
Outpatient Building, Building 8
Contact: 914-597-2332

Following brain injury, most people go through a period of necessary adjustment. This group aims to assist people living with the brain injury to cope more effectively with their unique needs. Group members support one another in the exploration of how their lives have been affected by the loss of abilities, decrease in independence, personality changes, professional adjustments and alterations in family structure. The impact of this trauma on significant relationships is validated. Group members explore methods of accepting change, as they share the challenges and ultimate successes in their journey.

Therapy Group for Men Living with Memory Impairment

Friday Afternoon
Outpatient Building, Building 8
Contact: 914-597-2332

Living with memory impairment can be emotionally overwhelming. The aim of this group is to explore methods of coping with unexpected life challenges. Group members are empowered to identify loss, accept change and embrace the present. Each person is given the opportunity to openly explore his feelings in a contained and supportive environment. Strategies for optimizing quality of life and focusing on attainable goals are emphasized. Struggles and successes are validated, as group members gain awareness of the need to be proactive in their process of adjustment and continued change.