



May
2021



CLINICAL TOOLS AND TIPS

Some people wonder about the purpose of group therapy, feeling their concerns are too personal to share with others. The goal of groups is to reduce participants' perceived isolation, offer different perspectives on similar issues, and improve their social and relationship skills. Groups enable participants to normalize their feelings and behavior, gain understanding of their symptoms, and have peers to provide support, feedback, and accountability. There are several theories on the structure of a group, some more directive, others strength based or solution focused. The main tenets, however, are to instill hope for positive change, increase self-esteem by being able to help other participants, recreate and correct dysfunctional relationships, and experience the feeling of cohesiveness and belonging. Participation is a choice, but it has created lasting and positive changes for many group members.

GROUPS

Some of the group offerings have changed. The Love Languages group has ended and the Grief and Loss Group has moved to a different day and time. In addition, two new groups will be starting in late May/early June. A support group for Trauma Survivors will be on Wednesdays, and a group for Children of Parents with Substance Abuse Disorders will also meet on Wednesdays. If desired, group members can attend in person, but they also have the option to remain attending via group teletherapy. Please refer to the MPB website, under the heading "Services" to find the "Groups" tab with more information on meeting days, times, and how to join. You can email us at group@mpbgroupinc.com or call MPB Group with any questions.

Well, April was a beautiful and mostly warm month, so let's keep the trend going for May. Restaurants are relaxing COVID restrictions, it's warm enough to do outdoor activities, and the days are longer. There is much to look forward to.

Welcome to our monthly newsletter. We are a licensed outpatient mental health center that provides mental health therapy for individuals, couples, and families. We also provide medication management, integrative services for those clients who struggle with alcohol or drug addiction, as well as ongoing group therapy to meet the varied needs of the clients.

PROGRAM UPDATES

This month, we are headlining an important staff member. Helen Ding, LMSW, has been with MPB for one year. She works with adults and co-leads the Anxiety Support group. An interesting fact about her is that she speaks Chinese.

Our agency continues to grow by leaps and bounds! We have hired ~4-5 new clinicians that have specialties working with trauma, substance abuse disorders, and groups. We have further solidified our services into 4 main categories: Integrative (dual diagnosis) services, Child, Couples and Family services, Trauma Services, and Group Development. Furthermore, we've begun offering clients to return to in-person services. At this time, all new clients can do initial screenings for services on our website. They have the choice of doing initial intake assessments and attending groups in person. The next step will be providing individual therapy services in our office. Those who prefer to remain doing teletherapy have that option.

INTERNS CORNER

Interns are highlighted each month so that our community knows the skills and energy that our interns possess. This month, we present Brittany Martin. She is a 2nd year intern from University of Baltimore and her internship just ended. She enjoys working with the adolescent population. Outside of interning, she has a full-time job and is a certified notary public.

Whenever a semester ends, we have some interns leaving and some just starting. This month, we have 4 new interns starting at our agency - we look forward to watching each one of them grow!



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