

# Multi-D Groups

**Moving Forward:** Moving Forward is a group for Service Members (SM's) looking to enhance their resiliency in stress management, problem solving, handling major life changes, and emotion management. Utilizes Problem-Solving Therapy (PST) scheduled 1x per week for 4 weeks. This group is a closed group, no diagnosis is required, and SM's can self-refer at any time.

**Group UP:** Group UP is an emotion focused treatment that teaches individuals how to approach and experience uncomfortable emotions. Utilizes Cognitive Behavioral Therapy (CBT) scheduled 1x per week for 5 weeks. This group is a closed group, no diagnosis is required, and SM's can self-refer at any time.

**Arctic Resiliency Group:** A group on CBT-based approaches to help ease the difficulties associated with change and adjustment to Alaska. Scheduled 1x per week for 6 weeks. This is a closed group, no diagnosis is required, and SM's can self-refer or be referred by their BH Provider at any time.

**Sleep Hygiene Group:** This group is for any service member that is experiencing sleep difficulties and in need of learning effective sleep habits to help promote and maintain sleep. Utilizes CBT-based skills and scheduled 1x per week. It is an open group, drop-ins accepted, to complete the 4 sessions. No diagnosis is required, and SM's can self-refer at any time.

**CBT-I** (Cognitive Behavioral Therapy for Insomnia: CBT-I is a short, structured, and evidence-based approach to combating the frustrating symptoms of insomnia. Utilizes Cognitive Behavioral Therapy (CBT) scheduled 1x per week for 6 weeks. This is a closed group, a diagnosis is not required, and SM's are referred by their PCM or BH provider.

**Anger Management:** A Cognitive-based approach to become aware of negative thoughts and to adjust behaviors to mitigate anger outbursts during distressing events. This is scheduled 1x per week for 8 weeks. This group is a closed group, no diagnosis is required, and SM's are referred by their BH provider.

**Brave Space Trauma Group:** BRAVE Space is designed for ADSM who have experienced any kind of trauma that continues to invade their present-day life. This is a manualized protocol treatment that examines the impact of trauma in their life and helps challenge and change unhelpful thoughts related to the event(s), as well as beliefs about oneself, others, and the world. Utilizes Cognitive Processing Therapy (CPT) scheduled 1x per week for 12 weeks. This group is a closed group, SM's are referred by their BH Provider and must commit to attend and have command support to attend all required sessions.

**AVAILABLE  
BLDG 4066**

