

FocusDFW Groups

At this time, all groups will be held on alternating weeks. Description of group along with their meeting days for January are listed below. All groups will be held in person from 5:30 - 7:00 PM, unless otherwise specified.

Mondays

Adult Art Therapy

This process based group for **adults** focuses on introducing how the act of art making and self-expression can be used as a coping skill in response to everyday stressors. The art making process will help participants improve communication, emotional regulation, and self-esteem.

January Group Dates: 1/5, 1/19

Creative Coping

A mixed emotional processing, art therapy, and Cognitive-Behavioral skills group for adolescence **ages 14 - 17**, who experience depression and anxiety. The group's focus is to learn new coping skills, improve emotional regulation, and increase social connections.

January Group Dates: 1/12, 1/26

Tuesdays

Kid's Club

This mixed art therapy and social skills group is designed for children **ages 6-9** who experience challenges with communication, interpersonal relationships, and emotional awareness.

January Group Dates: 1/6, 1/20

Mind-Crafting

An art therapy group designed for children **ages 10-13**, to engage social skills, improve emotional awareness, learn coping skills, and challenge impulse control.

January Group Dates: 1/13, 1/27



FocusDFW Groups Cont.

Thursdays

Adult Telehealth Group

This group is an alternative for individuals who are unable to attend groups in person. The focus of this group will be to allow individuals a change to improve socialization, engage in emotional awareness, and to process stress. At this time, telehealth groups are adults only.

January Group Dates: 1/8, 1/22

Trauma Group

This group is designed for **adults** who have experienced traumatic events that has posed significant risk to one's health, safety, or wellbeing. Group interventions are designed to improve awareness of how the traumatic event has effected one cognitively and/or behaviorally, as well as increase connections with others who have experienced trauma.

January Group Dates: 1/15, 1/29

Who Will Be Leading Groups?

Currently, all group therapy sessions at FocusDFW will be provided by Allison Viator, who is a Licensed Professional Counselor and an Registered Art Therapist.



Allison Viator LPC, ATR

Allison sees and treats people of all ages who find that traditional therapy hasn't been effective for them. Through art therapy she is able to address a variety of needs including problems associated with mood disorders, trauma, maladaptive behaviors, psychosis, and neurodevelopmental disorders.

Allison primarily operates from a humanistic perspective to determine how to structure sessions and achieve goals, but utilizes cognitive behavioral principles as a means to understand and change behavior.

Art therapy incorporates creative expression into the therapeutic setting, which can be used as a tool for communication, to promote an individual's capabilities, processing distress, improve problem solving, introduce coping skills and to change behaviors.

One does not need to have any prior artistic experience, but only a willingness to try.

