

Group Therapy



**Offices of
Psychiatry &
Counseling Services**

Matthew A. Berger, MD, PC

340 Montage Mountain Rd, Moosic, PA 18507
p: (570) 346-3686 / f: (570) 207-0615

Our Mission

People may choose to seek group therapy for any number of life circumstances. Group therapy provides a unique opportunity to gain support from both trained professionals and peers who are having similar experiences. Our life realities often make it difficult to trust someone to understand the reactions to our challenges. Licensed professional therapists can walk you through your transition in a caring, safe and a nonjudgmental environment, which helps you feel that you are not alone.

As we share your journey of life circumstances to find the right support for your personal, professional and individual growth, we offer a few support group therapies.

- ◆ **Adult Children of Alcoholics**

- ◆ **Sexual Assault - Psychoeducational**

- ◆ **Anxiety, Depression & Coping Skills**

- ◆ **Anxiety, Panic and OCD**

- ◆ **Post-Hospitalization**

Jennifer Julstedt

Licensed Professional Counselor

Anxiety, Depression and Coping Skills Support Group

Jennifer obtained her Bachelors of Psychology at East Stroudsburg University and received her Master's degree from Walden University. She has been working in community mental health agencies helping children with mental health difficulties and their families. Jennifer worked with children with various diagnosis such as Borderline Personality Disorder, Bi-Polar Disorder, Anxiety, Depression and ADHD.

In this group people will come together to share their experiences and feelings uniting them for a common goal, which is to help them cope with depression or anxiety, and to have a sense of acceptance in knowing that they are not alone in their struggles. Individuals receive education about anxiety and depression, also how to use appropriate coping skills to assist in the decrease of symptoms.

More Information: matthewbergermd.com

**First & Third Thursdays Of Each Month
6:00pm-7:00pm
Total Sessions: On Going**

**Ages: 18 and Older
Open Group (Call to Schedule)
\$20 Per Session***

Anxiety, Depression and Coping Skills Support Group

Robert Tryzenski

MA, Licensed Professional Counselor

Anxiety, Panic and OCD Support Therapy Group

Robert received his degree from Marywood University with additional education at Philadelphia Child Guidance Center. Robert specializes in treating anxiety and depression in adults, children and adolescents. He provides patients with psychotherapy services by appointment.

This is a growth and support group designed to discuss techniques, support one another and explore the latest trends in managing anxiety, panic and OCD.

The group will discuss, experiment with, and utilize techniques found in CBT, DBT, EMDR, exposure therapy, humanistic, Christian, spiritual, and Eastern traditions in a supportive setting.

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**Ages: 18 and Older
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\$20 Per Session***

**Anxiety, Panic and OCD
Support Therapy Group**

**One Step
At A Time**

**One Day
At A Time**

**One Hour
At A Time**



Providing Unique Opportunity for Support

Kelsey Nataupsky

Licensed Marital & Family Therapist

Psychoeducational Support Group

Kelsey graduated from Syracuse University with her Master's Degree in marriage and family therapy, and is currently a member of the American Association of Marriage and Family Therapists. She specializes in trauma, sexual abuse, parent-child relationships, and working with couples.

This is a psychoeducational support group designed to teach women how to reconnect and focus on empowerment to assist in their recovery. Primarily paying attention to providing education and support, increase coping skills, and develop further knowledge of sexual assaults as it affects women.

More Information: matthewbergermd.com

**Every 3rd Tuesday
5:00pm-6:00pm
Total Sessions: 8**

**Ages: 20-45
Closed Group - Call to Schedule
\$160* (For 8 Sessions)**

Psychoeducational Support Group

Tina Gordon

Licensed Marital & Family Therapist

Adult Children of Alcoholics Support Group

Tina graduated from Phillips Graduate Institute, California. She specializes in addiction issues, domestic violence, gay and lesbian issues, as well as marital and family therapy. Tina provides patients with psychotherapy services by appointment.

There are very specific behaviors and a mindset of men and women who grew up in the household of an addict. The support from others with this group will educate and encourage the adult child to accomplish the greatest level of emotional healing.

Individuals will develop skills that can help them recover at their own pace. Realizing that you are not alone can lead to a happier future.

More Information: matthewbergermd.com

**Every Thursday
5:00pm-6:00pm
Total Sessions: 8**

**Ages: 18 and Older
Closed Group (Call to Schedule)
\$160 * (For 8 sessions)**

**Adult Children of Alcoholics
Support Group**

**“Be strong enough to stand alone,
smart enough to know when you need help,
and brave enough to ask for it.”**

-Ziad Abdelnour -



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***Payment Information**

Accepting Co-Pays for Participating Insurances
Uninsured Patients and Patients with
Non Participating Insurance Providers
are \$20 for Each Session

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