

# New groups starting this season at Whitman-Walker Health

## Behavioral Activation

### *Behavior Change Focused*

Are you feeling down, stuck, or unmotivated? Do you feel that you know what you want or need to do, but struggle to do it? Behavioral activation strategies can help you re-engage with activities that bring you joy and meaning, break the cycle of avoidance, and build healthier routines. This 8-week group is a compassionate space to boost your well-being and connect with others on a similar journey.

**Group Facilitator: Emily Marion, LICSW**

**Mondays, 12:15 pm - 1:15 pm at 1525 14th Street, NW**

To enroll reach out to Emily: [emarion@whitman-walker.org](mailto:emarion@whitman-walker.org)

## Understanding Your Use

### *Substance Use Focused*

Are you struggling with the impact of substance use on your life? This group is designed as a safe and non-judgmental space to talk about your relationship with substance use. Explore the behaviors you may wish to adjust, change, or revise. Discover tools, learn about addictive processes, self-assess where you are in the stages of change, and take control of the changes you want to see. Please join us in this space for support.

**Group Facilitators: Emily Marion, LICSW & Agustin Aguirre, LICSW**

**Thursdays, 12:15-1:15 pm at Max Robinson Center, SE**

To enroll reach out to Agustin: [aaguirreherrerra@whitman-walker.org](mailto:aaguirreherrerra@whitman-walker.org)

## Cognitive Processing Therapy (CPT)

### *Trauma Focused*

Cognitive Processing Therapy (CPT) is one specific type of Cognitive Behavioral Therapy. CPT focuses on how your thinking has been impacted by the trauma and teaches you to take a look at your thoughts and help you progress toward recovery. CPT is an effective, 12 session group which treats PTSD across a variety of populations.

**Group Facilitators: Dr. Kevin Waldorf-Cruz, LICSW & Jamila Kani, LICSW**

To enroll reach out to Kevin: [kwaldorf@whiman-walker.org](mailto:kwaldorf@whiman-walker.org)

