

Jay H. Berk, Ph.D., Inc.

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Group Psychotherapy Summary

Jay H. Berk, Ph.D., a Clinical Psychologist, is currently facilitating several psychotherapy groups for children, adolescents, and young adults. The participants in these groups may range in age from 7 through 20. Participants are broken down into their respective group by not only age criteria, but as well, issues they are experiencing. Some participants have issues that include Attention Deficit Disorder, Asperger's Syndrome, Anxiety Disorder, Depression, Anger Management, School Phobia, Oppositional Defiant Disorder, and other related diagnoses/issues or social problems. Some individuals have no diagnosis, just some issues to work on. The primary focus of group is social success and getting along with others better in terms of family, school, friendships, and other relationships.

Through the different groups offered, individuals are placed in a group appropriate for their specific needs. Groups are goal-focused and have individual members working on specific treatment goals that have been designed not only for them, but by them. These groups meet bi-monthly and concentrate on using the therapeutic group process to assist in specific behavioral changes. Thus, they are not simply skills groups, but more process oriented. Group members are encouraged to share ideas and utilize others within the group to facilitate active change in their lives. The group structure includes activities to facilitate this process.

Group treatment modalities include homework assignments between groups, behavioral rehearsal, exchange between group members, and other various techniques applied to strategize a rapid change where possible within the young person. These groups are ongoing and thus entry and exit may occur at anytime as a specific group member's needs dictate.

For further information, please contact Dr. Jay Berk at (216) 292-7170.