

My Mental Health Newsletter

August 2016

IN THIS ISSUE: COMING SOON: GROUP THERAPY! · EVERYTHING YOU NEED TO KNOW ABOUT GROUP THERAPY · WHY WE'RE EXCITED

COMPASSIONATE CARE BACKED BY SCIENCE

MMH FOLLOWS EVIDENCE BASED PRACTICES, WHICH MEANS WE USE TREATMENTS AND INTERVENTIONS THAT HAVE BEEN THOROUGHLY TESTED AND RESEARCHED. THIS ENSURES THAT PROVIDE TREATMENTS THAT BEST HELP OUR CLIENTS REACH THEIR GOALS.

HOW WE HELP YOU

PHYSICIAN ASSISTANTS ARE TRAINED IN MEDICINE AND WORK UNDER THE SUPERVISION OF A PHYSICIAN. THEY PERFORM EVALUATIONS AND ASSESSMENTS, PRESCRIBE MEDICINE, ORDER PSYCHOLOGICAL TESTS AND REFERRALS AS NEEDED, AND ESTABLISH AND MANAGE TREATMENT PLANS.

LICENSED CLINICAL SOCIAL WORKERS ARE SOCIAL WORKERS WHO ARE TRAINED IN COUNSELING. THEY HELP INDIVIDUALS DEAL WITH A VARIETY OF MENTAL HEALTH AND DAILY LIVING PROBLEMS TO IMPROVE OVERALL FUNCTIONING AND WELL-BEING.

LICENSED CLINICAL PSYCHOLOGISTS ARE MENTAL HEALTH PROFESSIONALS TRAINED IN DIAGNOSING AND TREATING MENTAL, BEHAVIORAL, AND EMOTIONAL ILLNESSES. THEY USE PSYCHOLOGICAL METHODS AND RESEARCH IN THEIR THERAPY. THEY CAN ALSO PERFORM PSYCHOLOGICAL TESTS TO CLARIFY THEIR PATIENTS ISSUES AND IMPROVE TREATMENT.

Insurance

MMH PARTICIPATES WITH AETNA, CAREFIRST BLUE CROSS BLUE SHIELD, MAGELLAN, CIGNA, MEDICARE AND TRICARE.



A Message from Dr. Hanita Chhabra MD, Founder and Medical Director of MMH

"Great care should not have to cost you a lot of money. At MMH, we are a group of exceptional providers who want our patients to get the best possible compassionate, comprehensive, and cutting edge care, without needing to pay privately. Even though we participate with insurance, every patient is a VIP to us and will get our best! We offer all types of therapy, medication management, genetic testing, psychological testing, second opinion consults, legal expert testimony, and TMS to patients who have a strong desire to live and feel better."



Coming Soon: Group Therapy

Exciting news! MMH will soon be offering group therapy with Dr. Michael Wusik, PhD, and Colleen Novak, LGSW. Much like how not all individual therapies are the same, not all groups are the same. There are different types of groups that are designed to suite a variety of needs.

EDUCATION GROUPS/CLASSES

These are sessions designed to deliver information on a specific topic. Research has consistently found that learning about problems and understanding why they develop is the first, and sometimes most crucial, step towards recovery.

SKILLS CLASSES

Sometimes all you need is that one tool, and these are the classes that will give that to you. Skills classes focus on a specific technique and work with members to develop a specific skill.

PROCESS GROUPS

These are classic group therapy sessions and this is where the power of community really comes out. Members all come in with their own personal agendas/goals for the group, and group members work together to discuss each other's progress towards that goal. Group therapists work to keep the group on topic and group members work to push each other towards their goals.

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Why We're Excited About Group Therapy:

Michael Wusik, PhD

As a clinician, I find that every single person I meet has something new, unique, insightful, and incredibly powerful to communicate. Group allows you to share your story and learn from others. At its most basic, a group is an excellent place to learn and try things. At its best, a group is a community – one that provides a safe space for individuals to be themselves, receive feedback, and work towards the life you want. In group, like most things in life, the harder you work the more you get. However, group offers something unique – the harder you work, the harder other people work as well. When you are strong, you can be encouraging to someone else. When you feel weak, you have someone you trust, who understands, to push you. We are all working towards living the life we want to live. Group lets us work together towards that.

Colleen Novak, LGSW

Group therapy offers treatment in a way that individual therapy cannot. The moment a person walks into a group, they can feel a sense of normalcy, because they know that everyone else in that room can relate and understand them in some capacity. Group therapy provides a safe space for individuals to get help themselves, while simultaneously being a part of the treatment and healing for others. The use of self, group cohesion, and willingness to grow and change are aspects that make a group really successful. While group therapy can sometimes work really well in tandem with individual treatment, it may be less intimidating for individuals who are not ready, or just not a fan of individual therapy. At MMH, we strive to offer individuals with a variety of treatment options, because not everyone's journey to wellness looks the same-- Groups offer yet another avenue to feel your best!

Have feedback?

You can message us through Facebook, or anonymously through our website, and we will take your suggestions or concerns into consideration.

Why we love MMH

"Megan, Emily, and everyone is so great. Dr. Chhabra has a wonderful team here. I am very blessed to be a part of it. Thank you!"
– Angela T

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Everything You Need to Know About Group Therapy

We know that group therapy is intimidating. It's hard enough to share your personal life with a therapist, let alone sharing with a group of strangers! But group therapy offers benefits that you can't get through one-on-one therapy. In fact, there is evidence that shows that those who engage in a combination of individual and group therapy get to their goals the fastest and are more likely to maintain their progress.

The Benefits of Group Therapy

The benefit most reported by people who have attended group therapy is a reduced sense of isolation. You are among people who understand what you're going through, probably better than your friends and family. You and the other members of the group will form a community of support.

Within this supportive environment, you can expect to receive helpful, constructive feedback from group members that you are unlikely to get anywhere else. While your friends and family care for you, often people find that they have a hard time getting accurate, helpful feedback from loved ones.

Group therapy is an excellent opportunity to receive feedback as well as practice giving feedback in an open, honest, and constructive way. Unlike in one-on-one therapy, group gives you the chance to help other members. Your input and experience is valuable, and the experience is helping others is satisfying.

The group is also a safe environment to try out new approaches to problems and to learn more effective ways to communicate your feelings and needs. Group is an excellent place to hear new ideas about old problems, and a group can offer new perspectives you haven't considered.

Still Hesitant?

You are in control of your experience in group therapy. You only need to share what you want to share, and you are free to participate or not participate at your will. Many people do not feel comfortable sharing right away, but are ready to share after a few sessions. The group leader will ensure that the environment stays safe and respectful.

Most importantly, groups are confidential – what you share in the group stays in group.

Want to learn more?

If you'd like to learn more, we suggest reading:

"What about Group Therapy"
by Ryan Howes for *Psychology Today*

"The Kindness of Strangers"
by Zoe Lewis for *The Guardian*

In our next newsletter...

Mindfulness! We'll explain what mindfulness is, how it helps you, and how it's used in therapy.