

The Stolen Relic - A Therapeutic Role Playing Game

The Stolen Relic is an eight-week role playing game that integrates role playing game adventures and storytelling to encourage neurodivergent young adults to learn DBT and ACT skills.

Who: Ages 18-24

When: 09/19/2024 – 11/14/2024

The group will meet Thursday evenings from 6:30-7:30 pm.* There will be **no class October 31**. The group will last for 8 weeks.

*Class may extend to 7:45 pm.



Overview/Goal

Dialectical behavioral therapy tries to identify and change negative thinking patterns and pushes for positive behavioral changes. DBT may be used to treat chronic suicidal ideation, parasuicidal behaviors, mood disorder, anxiety disorder and others. This group will help young adults and their support systems identify problematic behaviors and thought patterns and develop new, positive ones. It focuses on teaching skills in 4 key areas: Emotion Regulation, Distress Tolerance, Interpersonal Effectiveness, and Mindfulness. Acceptance and Commitment Therapy is a type of psychotherapy that uses acceptance to deal with negative thoughts, feelings, symptoms, or circumstances. ACT therapy encourages increased commitment to healthy, constructive activities that uphold your values or goals. This group will also use modalities from therapeutic game play. Materials provided.

Where:

Credence Counseling Services LLC

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Visit our Website @: www.credencecounseling-colorado.com



Group Facilitator:

Shannon Gass, M.A., L.P.C.C.

Credence Counseling Services accepts the following insurances:

Aetna, BCBS, Anthem, Cigna, Medicaid, RMHP, UMR,

United Health Care, Second Wind and numerous other commercial or state payors.

List is not exhaustive.

Updated 8/27/2024