

Interactive Group Therapy

Carroll County Youth Service Bureau

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What do we do?

- We help teenagers:
 - Resolve conflict
 - Grow emotionally
 - Diffuse anger
 - Manage emotions
 - Combat fears
 - Strengthen relationships

Psychodrama Techniques

□ Techniques involving action, acting, and imagination

- Doubling/Role plays
- Role Reversal
- Future Projection
- Role Sculpting

- Asides/Soliloquies

Demonstrated in Action





Healing Elements

- What the group experience provides
 - Commonality/Shared Experience
 - Helping Agents → Group Members
 - Inclusive Roles
 - Friendship, Bonding, Intimacy
 - Ending Experience

Who should be referred?

- ❑ Any adolescent age 14-18 with difficulty managing anger and other emotions.
- ❑ Topics covered include:
 - Anger towards adults/peers
 - Family conflict
 - Relationship issues
 - Social problems
 - Substance use

Referrals

- Most referrals come from DJS, CHC, and within CCYSB

- If you would like to make a referral, call CCYSB
 - Contact Kate Swisher, MA
 - 410.848.2500, ext. 146