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## **Mountainside Treatment Center Offers New Therapy Group for Women**

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Mountainside Wilton continues to expand its offerings. As part of its Outpatient Services program, the treatment center now offers a dialectical behavior therapy (DBT) informed skills group for women in the community.

— *an announcement from* [Mountainside Treatment Center](#)

These weekly 90-minute sessions are designed to strengthen each group member's recovery by putting emotion regulation and stress management techniques into practice.

Group members will learn how to be less emotionally reactive and recognize maladaptive behaviors that decrease their well-being.

Through mindfulness, interpersonal effectiveness techniques, emotion regulation practices, and distress tolerance skills, group members are empowered to navigate challenges even when they are living in invalidating environments.

“When people do not feel emotionally fulfilled, they often turn to unhealthy coping methods to ease painful memories or feelings,” said Carolee Paruta, Regional Director of Outpatient Services at Mountainside. “DBT allows us to improve our clients’ chances of success in treatment by modeling new positive thoughts and behaviors.”

A form of cognitive behavioral therapy, DBT encourages individuals to find emotional balance by reversing negative thought patterns and recognizing their strengths. The skills group will offer an in-depth look at distress tolerance and mindfulness techniques that encourage clients to accept the past and prioritize the present.

These outcomes can especially benefit women, whose chances of experiencing Post-Traumatic Stress Disorder are almost double that of men, according to the [U.S. Department of Veterans Affairs](#).

Women who encounter traumatic experiences are at an increased risk of developing addiction as well as mental health disorders such as anxiety and depression.

[The National Institute on Drug Abuse](#) provides the troubling statistic that nearly 80 percent of women who pursue addiction treatment services have experienced some form of trauma in their lives.

In order to reinforce healthy ways of coping with stress, the group invites clients to actively participate in their recovery and acquire relapse prevention skills through hands-on activities.

Through journaling, participants will be able to consider how their emotions influence their actions, making it easier for them to identify and prevent destructive behaviors in the future.

They will similarly develop a skills book to keep as a tangible reminder of their progress when they face challenges during their recovery.

Because addiction can strain relationships with others, developing a strong support system is integral to recovery.

The group provides the ideal opportunity for those recovering from addiction to meet others in similar situations, strengthen their interpersonal skills, and broaden their recovery network. The group will meet each Friday at 1:00 PM.

To inquire about the group, call Mountainside Wilton at (888) 510-8852.

Mountainside Treatment Center

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Mountainside is nationally recognized for the effectiveness of its drug and alcohol addiction treatment programs. Our Integrative Care Model provides a comprehensive set of treatment and care offerings coordinated by a multidisciplinary treatment team to best fit the unique needs and interests of each client. We are lauded for our ability to partner with each client and the client's family and healthcare professionals in developing and executing individualized treatment plans that promote long-term sobriety. Learn more about Mountainside at [mountainside.com](https://mountainside.com).