



Women's Recovery Group

Group purpose: *To provide a safe, healing and supportive environment for women who have the intent to stay abstinent, willingness to be honest and openness to make life changes necessary for successful recovery.*

Group Leader bios:

Elizabeth Jorgensen, CADC has 26 years of experience as a psychotherapist specializing in adolescent psychotherapy and substance abuse counseling. She is a nationally recognized expert in substance abuse counseling, engaging resistant teens and motivating them to change. She is also a consultant to independent schools and agencies and is a popular speaker on parenting pre-teens and teenagers. She has presented nationally, including at Harvard University and Dartmouth College. Liz worked for 18 years at Danbury Hospital, where she helped develop all the adolescent substance abuse and Dual Diagnosis programs.

Sarah Allen Benton, MS, LMHC, LPC is a Therapist at Insight Counseling and Co-Owner of Benton Behavioral Health Consulting, LLC offering a range of addiction and dual diagnosis services. She was formerly a Therapist at Turning Point in New Haven, CT and at McLean Hospital at McLean Brook Program for dual diagnosis in Waltham, MA. She is author of the book, "Understanding the High-Functioning Alcoholic". Sarah has been featured in the media including the NY Times, has appeared on The Oprah Winfrey Show, The Today Show, The CBS Early Show, NPR and is a blogger for PsychologyToday.com.

Group topics include:

- Establishing recovery goals
- Physical, mental & spiritual symptoms
- Early sobriety challenges
- Relapse prevention
- Interpersonal & family issues
- Spirituality
- Practicing self-care
- Effects of personal changes & growth on loved ones
- Forming healthy relationship boundaries
- Relaxation, meditation & mindfulness

**Beginning
June 3, 2015**

**Wednesdays
12:00 PM – 1:15 PM**



INSIGHT COUNSELING
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