

Greetings!

Umoja Behavioral Health is very excited to announce that we will be starting a group for Young Adults who have experienced the death of an intimate partner. Below is some information about the group and how to get in contact with the organizer. All interested clients will need to provide insurance information and participate in an intake session prior to the start of the group, which is scheduled for January 23, 2023.

**Group Facilitator:** Bethany Pinsonneault, LMSW

**Facilitator Contact:** email - [bethany@umojawellness.com](mailto:bethany@umojawellness.com) call/text - 505-663-6053

**Ideal clients:** New Mexico residents who experienced the death of their intimate partner (spouse, co-parent, cohabitating partner, dating partner, fiancée, etc.) between the ages of 18 and 40 years.

**Duration:** 12 Weeks, one 90-minute group session per week.

**Time:** Mondays at 6:00-7:30 PM; Starting on January 23, 2023 and running for 12 sessions.

**Platform:** Telehealth

**Group Size:** Minimum 3 clients, Maximum 8-10 clients

**Group Design:** Closed – meaning that the group of clients who begins the group will be the same group of clients that finishes the group; clients will NOT cycle in and out of the group continuously.

**Goals/Structure:** This group design is for adults between the ages of 18 and 40 who have experienced the death of a spouse/intimate partner. The experience they share is deemed widowhood, for the purposes of this therapeutic group. This population often experiences severe isolation as well as poor mental health outcomes resulting from complicated grief compounding with trauma, as a partner death at a young age is most often caused by some sort of sudden or traumatic experience. The therapeutic focus of this group utilizes Cognitive Processing Therapy to combine elements of exposure therapy and cognitive therapy to address challenges associated with the complex experience of traumatic bereavement. The content places special emphasis on the values of interpersonal relationships (because we are all part of a larger system within which we find security in our relationships), diunital logic (because value can be found even in the most confusing and stressful situations we encounter), and inductive knowledge (because our greatest power comes from truly knowing ourselves). It is recommended that participants engage in regular individual therapy while they are moving through this group as the content is replete with topics and activities that could bring up emotional and psychological challenges that would be more thoroughly addressed in the individual setting. Each client in the group will be eligible for a minimum of 2 individual sessions (an intake session before the group begins and at least one check-in session a few weeks into the group) with the group facilitator.