

MOCOSA

Metropolitan Organization to Counter Sexual Assault
 3100 Broadway, Suite 400 · Kansas City, Missouri 64111-2591
 Business: 816/931-4527 · Fax: 816/931-4532

Counseling Groups

For more information please contact Kate Heinen (816-285-1338) or Kelsea Ankle (816-285-1392).

What is the name of the group?	When is the group offered?	What do they talk about in this group?
Skills	Monday evening Thursday morning	This group is psychoeducational and encourages group participation and discussion. Utilizing Dialectical Behavioral Therapy (DBT) and other techniques, members learn concepts and skills to enhance mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance.
Foundations of Healing	Wednesday evening	We know a few things about what your brain needs to recover from trauma. These groups put that knowledge into action. The curriculum changes periodically, but the focus is on increasing awareness of the impact of trauma and gaining new insight to facilitate healing.
Trauma-Sensitive Yoga (TSY)	Monday evening Tuesday morning	This open group provides a space for individuals to cultivate an awareness of their own mind-body connection. TSY is an adjunct to individual therapy in which participants are provided an opportunity to learn/practice being in their bodies and strengthening self-regulation skills.
Creative Healing	Thursday morning	The open expressive arts group provides connection and support for adults that have experienced sexual violence. This trauma-sensitive support group will focus on building internal resiliency and connection with others, in addition to allowing for expression of experiences and well-being through the effective and safe medium of art.

Men's Support Group	Tuesday evening	This group is peer led and provides support and information for men who have experienced sexual abuse and assault.
Partners in Healing	Tuesday evening	This group is designed to support children and parents/caregivers who have experienced sexual abuse in their families. Adults and children meet separately for discussion, and then meet together and children share what they have learned.
Youth with Sexual Behavior Problems	Wednesday evening	This group is designed to support children who have sexual behavior problems and their families. The parents and children meet separately for one hour.