

Ryan N. Scarborough
LCSW, EMDR Level II, CACIII

Ryan is a Licensed Clinical Social Worker, Level II trained Eye Movement Desensitization and Reprocessing (EMDR) Therapist and a Certified Addictions Counselor Level III with several years of experience in group and individual therapy collaborating with patients to address trauma, addiction, self esteem, assertiveness, relationships and healthy boundaries. He has received specialized training in the areas of clinical counseling, trauma, addictions, collaborative care, and co-occurring interventions.



Ryan N. Scarborough
Licensed Clinical Social Worker
Level II Trained EMDR Therapist
Certified Addictions Counselor III

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Richard Oddy MD
Psychiatry
Addiction Medicine
Psychosomatic Medicine
Psychiatric Consultant

Groups will occur biweekly for 90 mins
To inquire about availability call:

970 622 0588

The group sessions start on Monday September 14th, and ongoing sessions will take place every other Monday
Sessions will cost \$70 per 90 minute session

Women's Group

Offering a group experience to address common issues of concern in a supportive setting while developing skills and management strategies.



R A Oddy MD Psychiatry LLC



This group is appropriate for any woman managing with:

- Depression
- Bipolar Disorder
- Anxiety Disorders
- Adjustment Disorders
- Grief and Loss
- Substance Use Disorders
- Post Traumatic Stress Disorder
- Relationship Difficulties
- Attention Difficulties (related to ADD or ADHD)
- Chronic Pain

Group Treatment allows for each participant to share in a therapeutic experience with other women dealing with similar issues. This type of interaction allows for a collaborative effort to address any issue of concern.

The group interventions will utilize various modalities to address the following:

- Coping with Depression and Anxiety
- Boundary Development and Support
- Self-Esteem Regulation
- Balanced Lifestyle
- General Psychoeducation
- Healthy Relationships
- Communication Skills (including Assertiveness)
- Coping with Trauma
- Coping with Grief
- Skills and Tools to help manage Addictive Disorders (including relapse prevention, harm reduction and replacement behaviors)
- Relaxation and Stress Management (including meditation, deep breathing and progressive muscle relaxation)
- Coping with chronic pain disorders

What are the benefits of participating in a group?

You learn that you are not alone with the issues and concerns you are facing in life. You can develop an understanding of how others cope with similar situations and build on each others experiences with the benefits that add to your individual efforts. Group work is fun.



The group process will include specific therapeutic interventions that will be facilitated by Ryan in addition to individual time allotted for each member to check in about current issues. It is encouraged that appropriate feedback is shared between group members that will allow for supportive and meaningful relationships to develop.