

Dungeons and Dragons Therapy Group

Charlotte Behavioral Health Care



Game to Grow...the Zone of Truth!

Our Dungeons and Dragons therapy group is intended for teens aged 14-17 who struggle with depression, anxiety, isolation, and other interpersonal difficulties. The group therapy utilizes a mix of playing Dungeons and Dragons, a table-top role-playing game, while interacting with others in a traditional process group format.

Through the game portion of the group, teens have a chance to try out new things and ideas, communicate, and experience safe consequences - both good and bad. After that, everyone present will have the chance to talk about what happened, get feedback, and check on how actions might have impacted others.

The process group format features an unstructured, discussion-based approach to group counseling that examines what is happening in the here-and-now during the group session in order to increase understanding of self and others. The goal is to build social and problem-solving skills, as well as resilience, self-esteem, confidence, and more.

Group meets in person every Friday from 3-5 p.m. on our Punta Gorda campus and requires a 6-8 week commitment. Although group size is limited to 3-4 individuals at a time, a waitlist will be available if group is currently full.

**Call us at (941) 639-8300 today
to enroll as class size is limited!**

