

# Geisinger Marworth specialty services & programs

Geisinger  
Marworth  
Treatment Center



Geisinger Marworth Alcohol and Chemical Dependency Treatment Center is a nationally recognized addiction medicine program. To help each patient find the most success in his/her recovery, Marworth offers a variety of specialty support groups and programs.

## Seeking safety: Trauma & PTSD support group

- A gender-specific, weekly program for patients who have experienced significant trauma or suffer from post-traumatic stress disorder (PTSD) and have a history of addiction
- Topics covered include:
  - » Grounding skills
  - » Asking for help
  - » Boundaries
  - » Recovery thinking
  - » Anger and trauma

## Relationship Issues group

- A program for patients dealing with unhealthy relationships and/or unhealthy sexual behavior and using alcohol or drugs to cope meets three times weekly
- Goals for patients include:
  - » Identify unhealthy sexual behavior patterns
  - » Understanding the correlation between chemical dependency and unhealthy sexual behavior patterns
  - » Gain insight into self and higher power
  - » Identify primary triggers related to loneliness
  - » Normalize sexual diversity within a relationship
  - » Manage relationships, set healthy boundaries
  - » Incorporate healthy sexuality into overall recovery

## Nutrition Education program

- A four-week series for patients with a dual diagnosis of an eating disorder and have a history of using alcohol or drugs to cope
- Topics covered include:
  - » Eating disorders and chemical dependency
  - » Relationship with food
  - » Emotional, spiritual and physical approach to eating disorder recovery
  - » Mindfulness and mindful eating
- Monthly nutrition education lecture presented by nutritionist for all Marworth patients

### HealthRHYTHMS: Music Therapy

- Small groups attend weekly sessions with a board-certified music therapist to address physical, emotional, cognitive and social needs of individuals through creating, singing, moving to, and/or listening to music
- Musical background not necessary
- Uses instrumental and vocal music strategies to facilitate changes that are non-musical in nature, such as identifying personal strengths and learning how to transfer them to other areas of their lives
- Provides an avenue for communication for those who with difficulty expressing themselves in words, emphasizes the mind-body connection and promotes wellness
- Topics covered include:
  - » Exploration of feelings and attitudes through music
  - » Enhance awareness of self and environment
  - » Developing coping and relaxation skills
  - » Improving problem-solving skills
  - » Developing team cohesiveness and trust
  - » Conflict resolution

### Recreation Therapy

- Small groups are led daily by certified recreation therapists to foster group problem-solving capabilities, teach patients to trust others, empower patients to ask for help, and to confront compulsive behavior; particularly effective with health care professionals
- Activities include:
  - » Low elements ropes course
  - » Fitness center
  - » Trust exercises
  - » Nature and leisure activities
- Topics covered include:
  - » Team building
  - » Trust
  - » Leisure education

### Family program: Focus on the patient

- Offered each Monday to help family members of an addicted individual understand the disease and learn how to manage the family dynamic in a way that is conducive to recovery
- Topics covered include:
  - » Disease of addiction
  - » Family symptoms of addiction
  - » Roles in the family system
  - » Healthy communication
  - » Healthy boundaries

### Family program: Focus on the family member

- Available one Saturday per month, the program helps the patient understand how his/her disease of addiction affects family members and how to facilitate recovery for the whole family system
- Topics covered include:
  - » Challenges facing family members
  - » Family self-care skills
  - » Relapse prevention for the family member
  - » Intro to Al-Anon
  - » Recovery for the family system

#### For more information

Call Geisinger Marworth toll-free at  
**800-442-7722** or visit [marworth.org](http://marworth.org).

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