

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.

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