Group Psychotherapy
at the Rachel Upjohn Building

At Michigan Medicine’s Department of Ambulatory Psychiatry we have a variety of group psychotherapy options for adults, adolescents, and children.

These include groups for:

- Depression
- Anxiety
- Sleep Disorders
- Perinatal (around pregnancy) depression and anxiety
- Bipolar Disorder
- Medical model mood maintenance
- Early Psychosis
- Substance Abuse
- And more…

We offer Cognitive-Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) groups for various problems.

We also have support Groups for depression, bipolar disorder, and addiction.

For a full listing of our groups with descriptions and Frequently Asked Questions, go to the following webpage:

https://medicine.umich.edu/dept/psychiatry/patient-care/group-psychotherapy-options-rachel-upjohn-building-associated-locations

Or Google “Michigan Medicine Department of Psychiatry Patient Care” and click on “Group Psychotherapy Options”

If you are interested in any of these groups, talk to your clinician to discuss it.