

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.

