

Women-Only Therapy Groups

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Ralph H. Johnson VA Health Care System

Mental Health Service Line

These groups are available exclusively to women Veterans. At this time, all groups are offered virtually. Please contact your mental health provider to express interest in joining.

If you have questions about these groups or ideas for other group topics, please contact the Women's Mental Health Champion, Dr. Katie Rider Munday, at: 843-770-0444, ext 302235. **"The Women's Mental Health Champion can also be reached through My HealtheVet by sending a secure message to Women Mental Health Champion."**

Women's Stress Management Group

When: Thursdays 1 p.m. - 2 p.m.

What: This 9-week group includes a mix of skills-building and discussion. This group is focused on improving stress management techniques and connecting with other women.

Who: All women Veterans are welcome.

Women's Empowerment Group

When: Wednesdays 8:30 a.m. - 9:45 a.m.

What: This 11-week group is designed to assist women Veterans with establishing and maintaining healthy behaviors, developing a healthy view of intimacy and sexuality, and identifying and expressing needs. Completion of practice assignments between sessions is an essential part of this group.

Who: Any women Veteran who has completed – or is in the process of completing – an evidence-based treatment for trauma, has an assigned mental health treatment coordinator, and has a PTSD diagnosis.

Women's Health and Healing After Trauma Group

When: Thursdays 1 p.m. - 2 p.m.

What: This 15-week group is designed to enhance trauma recovery skills with an emphasis on overall health and

wellbeing. Topics addressed include managing emotions, physical health, relationship and intimacy issues, boundary setting, and body image.

Who: Any women Veteran with a history of sexual trauma.

Women's Chronic Pain Management Group

When: Fridays 1 p.m. - 2 p.m.

What: This 10-week group focuses on equipping women Veterans with strategies to improve their pain management using Cognitive Behavioral Therapy for Chronic Pain techniques. Pain management issues specific to women will be addressed, including the impact of hormones on chronic pain, caregiving with chronic pain, body image issues, and navigating gender treatment disparities.

Who: Any women Veteran struggling with chronic pain.

Women's MST Group

When: Mondays 1 p.m. - 2 p.m.

What: This open-ended group has no predetermined number of sessions. The group involves a mix of education on recovery topics (e.g., managing anger, sleep, coping with distress, unhelpful thinking traps) and opportunity for discussion.

Who: Any women Veteran who lives in South Carolina.

"She served, she deserves the best care anywhere."

Women Veterans Call Center 1.855.VA.WOMEN