

# Substance use disorders process group

**For those with at least 90 days of sobriety from alcohol or other drugs**

## **Who can attend?**

Anyone with at least 90 days of sobriety in the community or successful completion of an intensive outpatient program treating substance disorders is a candidate for this group.

## **Can a person in individual therapy also attend this group?**

Yes. However, for the purpose of insurance billing, the appointments must be on different days.

## **Why does this group exist? Isn't my AA and or NA attendance enough for recovery?**

Perhaps for some individuals in long-term recovery, support groups may be enough; however, the process group is a psychotherapeutic group that is led by a licensed therapist. For those in the early stages of recovery (less than two years), process group is especially helpful in supporting sobriety and works in conjunction with your AA or other support group attendance.

**Wednesdays, 5:30 to 6:30 p.m. Call  
703-369-8055 for appointments.**

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