

# Drug and Alcohol Group Counseling

**Where:** 2 South Street, Bristol      **AND/**      39D Center Street, Brandon  
**When:** Wed's from 6:30-7:30pm      **OR**      Mondays from 6-7pm

**\*Most major private insurances accepted\***

## **Group Modality** (What kind of a group is it?)

If you have a substance abuse or dependence problem, and you would like positive supportive feedback and counseling in a group setting, this group may be for you. We work from a client centered approach. Individuals are encouraged to bring in questions regarding addiction, as well as, providing a safe environment for clients to report their day to day struggles with their addiction. We require that individuals in the group report their feelings honestly in a respectful manner concerning how substances have affected their lives. Many people have a difficult time understanding their addiction. We provide a supportive environment to gain knowledge and self understanding of one's own challenges in relation to their addiction(s).

Who is running the Groups? Mary Alexander, MA, LADC and Terri Mayer, MA, LADC

**Mary Alexander, MA, LADC** is a licensed alcohol and drug counselor. She has worked in the drug and alcohol field for 8 years. She received her master's degree in Counseling Psychology from VT College of Norwich University in 2000. Her past experience includes working as a clinician at the Counseling Service of Addison County (CSAC) treating adolescent and adult clients with substance abuse issues, sexual offenses, sexual abuse, depression, anxiety, eating disorders, PTSD/trauma and parenting issues. She currently works at CSAC as a crisis clinician and as a Private Practitioner in Brandon. She is certified as a Qualified Mental Health Practitioner.

**Terri Mayer, MA, LADC** is a licensed alcohol and drug counselor. She has worked in the drug and alcohol field since receiving her Master's Degree in Counseling Psychology in 2000. Her past experience includes working as a counselor as the University of Vermont treating clients with substance abuse issues, trauma, anxiety, depression and eating disorders. She also worked as a substance abuse crisis clinician at the Act One Bridge Program treating clients and their families with substance abuse issues. In 2006, she was trained as an Acupuncture Detoxification Specialist by the National Acupuncture Detoxification Association and is certified to perform auricular acupuncture for detoxification, stress, and anxiety. She is currently in Private Practice in Bristol, VT.

Note: Clients will be required to complete an entrance and exit interview with practitioners. They will be required to attend a minimum of 6 group sessions. Group sessions may be used to qualify for DUI reinstatement.

**For more information, or to sign up for the group please call:**

**802-453-8102**

\*space is limited\*