



February Skill Building Workshops

Unhelpful Thinking Habits: A two session workshop learning to identify, challenge, and change unhelpful thinking habits. **Participants must be 18 or older to attend this group.**

- **First Session Duration:** One and a half hours **Thursday February 15th 6:00 PM-7:30PM**
- **Second Session Duration:** One Hour **Thursday February 22nd 6:00 PM – 7:00PM** **Cost:** \$80 includes both sessions
- **Workshop Will Cover:** Defining unhelpful thinking habits; Introducing common unhelpful thinking habits; Learning how to challenge and change unhelpful thinking habits that maintain your psychological problems.
- **Deadline to Sign Up:** Tuesday February 13th

Motivation Enhancement for Treatment Engagement: One session workshop focusing on increasing motivation impacting treatment goals.

- **Session Duration:** One and a half hours **Tuesday February 13th 5:00 PM -6:30 PM** **Cost:** \$40
- **Workshop Will Cover:** Exploring the costs and benefits of changing; Exploring costs and benefits of remaining the same; Setting specific treatment goals; Setting manageable steps to achieve treatment goals.
- **Deadline to Sign Up:** Friday February 9th

Stinkin' Thinkin': A two session workshop learning to identify, challenge, and change unhelpful thinking habits. **Participants ages 14-18.**

- **First Session Duration:** One and a half hours **Thursday February 15th 4:00 PM – 5:30 PM**
- **Second Session Duration:** One Hour **Thursday February 22nd 4:00 PM – 5:00 PM** **Cost:** \$80 includes both sessions
- **Workshop Will Cover:** Defining unhelpful thinking habits; Introducing common unhelpful thinking habits; Learning how to challenge and change unhelpful thinking habits that maintain your psychological problems.
- **Deadline to Sign Up:** Tuesday February 13th

Understanding Emotions: A two session workshop focusing on understanding the function of emotions and how emotions influence our actions and behaviors.

- **First Session Duration:** One Hour **Friday February 16th 5:00 PM – 6:00 PM**
- **Second Session Duration:** One Hour **Friday February 23rd 5:00 PM – 6:00 PM** **Cost:** \$80 includes both sessions
- **Workshop Will Cover:** Learning the functions of emotions; Learning what makes up an emotional experience; Learning how emotional experiences unfold; learning how emotions influence our actions and behaviors; learning skills to monitor emotional experiences.
- **Deadline to Sign Up:** Wednesday February 14th



Emotion Awareness Training: Learning to Observe Experiences: One session workshop focusing on how reactions to emotions impact emotional experiences.

- **Session Duration:** One and a half hours **Monday February 26th 5:00 PM – 6:30 PM** **Cost:** \$40
- **Workshop Will Cover:** Learning how reactions to emotions affect our emotional experiences; learning non-judgmental emotion awareness; learning the importance of present- focused awareness; learning to practice present-focused awareness using mindfulness exercise and musical mood inductions
- **Deadline to Sign Up: Thursday February 22nd**

Cognitive Appraisal and Reappraisal: One session workshop focusing on how thoughts influence emotions, what cognitive appraisal is, what thinking traps are and how to avoid them, and what cognitive reappraisal is and how to implement it to increase flexibility in thinking.

- **Session Duration:** One and a half hours **Monday February 26th 6:30 PM – 8:00 PM** **Cost:** \$40
- **Workshop Will Cover:** Learning how thoughts influence emotions; learning about cognitive appraisal; learning and identifying thinking traps; learning and implementing cognitive reappraisal.
- **Deadline to Sign Up: Thursday February 22nd**

Emotion Avoidance & Emotion Driven Behaviors: One session workshop focusing on understanding what emotion avoidance is, how it influences emotional experiences, and identifying different emotion avoidance strategies. In addition, there will be a focus on understanding emotion driven behaviors, how they influence emotional experiences, and how to identify and counter emotion driven behaviors.

- **Session Duration:** One and a half hours **Tuesday February 27th 5:30 PM – 7:00 PM** **Cost:** \$40
- **Workshop Will Cover:** Learning about emotion avoidance; learning how emotion avoidance influences emotional experience; learning how to identify emotion avoidance strategies. Learning about emotion-driven behaviors; learning how emotion driven behaviors influence emotional experiences; learning to identify and counter emotion driven behaviors.
- **Deadline to Sign Up: Friday February 23rd**

****ABOVE SKILL GROUPS ARE ALSO AVAIBLE AS PRIVATE SESSIONS. PLEASE CALL 610-432-5066 • 1251 S. Cedar Crest Blvd. Suite 211D • Allentown, PA 18103****



The Hold Me Tight Program: Conversations for Connection. A relationship education group for couples, based on the book *Hold Me Tight: Seven Conversations for a Lifetime of Love* by: Dr. Sue Johnson www.dr.suejohnson.com Group is limited to 4 couples. Group not intended for couples experiencing drug or alcohol, chronic mental health, or physical/emotional abuse issues.

- **Date:** TBD **Cost:** \$330 per couple. Paid prior to beginning of sessions. Non-refundable.
- **Program Will Cover:** Better understand romantic love – the pivotal moves and the moments that define a relationship; better understand their own and their partner’s emotional responses and needs; be able to describe and control negative interactions/spirals that create pain and distance; be able to shape the positive moments of reaching and responding that create a secure bond.

Mindfulness and Meditation Workshop: Four session workshop focusing on the benefits of mindfulness and meditation and how to incorporate this into your daily lives. Learn various techniques, including breath awareness meditation, mindful eating practices, walking meditation, body scan meditation, and loving-kindness meditation. Learn how to create a formal and informal practice plan.

- **Session Duration:** 4 sessions, each lasting 1 hour
Schedule: Wednesday March 7th; Wednesday, March 14th; Wednesday, March 21st; Wednesday, March 28th.
All sessions **6:30 PM – 7:30 PM**
- **Cost:** \$80.00 for entire program.
- **Deadline to Sign Up:** Friday, March 2nd

To Sign Up For the Above Group, Please Call: 610-432-5066 • 1251 S. Cedar Crest Blvd. Suite 211D • Allentown, PA 18103