



January & 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 **Tuesday, January 8th 6:00 PM - 7:30PM**
- **Second Session Duration:** One Hour **Tuesday, January 15th 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:** **Thursday, January 3rd**

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

- **Session Duration:** One and a half hours **Thursday, January 17th 6:00 PM -7:30 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:** **Tuesday, January 15th**

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 **Tuesday, January 22nd 6:00 PM – 7:30 PM**
- **Second Session Duration:** One Hour **Tuesday, January 29th 6:00 PM – 7:00 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:** **Thursday, January 17th**

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 **Thursday, January 24th 6:00 PM – 7:00 PM**
- **Second Session Duration:** One Hour **Thursday, January 31st 6:00 PM – 7:00 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:** **Tuesday, January 22nd**



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 **Tuesday, February 5th 6:00 PM – 7:30 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, January 31st**

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 **Thursday, February 7th 6:00 PM – 7:30 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: Tuesday, February 5th**

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 12th 6:00 PM – 7:30 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: Thursday, February 7th**

****ABOVE SKILL GROUPS ARE ALSO AVAILABLE AS PRIVATE SESSIONS. PLEASE CALL 610-432-5066
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