



WEEKLY NEWSLETTER

Stuck?



Feeling Stuck

Stephanie Brekstad, LCMHCA

Have you ever felt helpless? Whether you feel stuck in a situation you can't change, whether you are stuck a job you don't like, or feeling stuck about how to help your mental health? Feeling stuck can really make you feel lost, can increase feelings of anxiety or depression, and overall decrease our satisfaction with life. Feeling stuck can happen for many different reasons and in some cases be very complex. Getting unstuck isn't easy and is not the same for each person.

Working with a mental health professional to identify potential causes and support you in getting unstuck is always an option. If you aren't sure you're ready for that, here a few things to explore:

AVOID BLAME

If something is going wrong or if you're feeling helpless, it's natural to want to find the cause. Sometimes, a very common reaction is to find someone or something to blame. Avoid casting blame on yourself and others. Blaming yourself increases feelings of helplessness and shame or guilt which not only

contribute to feeling stuck, but can also increase “stuck” behaviors. Blaming situations or others creates the belief that we have no power over our situation-“I’m here because of someone else or this situation caused me to be here.” It relinquishes your power over the situation making you believe there’s nothing you can do.

USE YOUR IMAGINATION

Take a moment to ask yourself “What would I change about my life?” Imagine “if you were your best self, what would you do?” Begin exploring the possibility that your situation can change. Begin visualizing how your life could be different and what that would feel like.

CLARIFY YOUR VALUES

Think about what is most important to you. Identify when you felt proudest or what made you the proudest. Identify when you were happiest or what makes you the happiest. Explore what it was about these moments that are meaningful. Make a list of these values and identify what actions you can take that would fall in line with or support these values.

FIND DIFFERENT ALTERNATIVES

When feeling unsure of what actions you need to take and can’t make a decision, exploring consequences of taking different actions could be helpful in determining whether you really want to take this action and what potential impact it could have on different areas of your life. It would also be important to determine how this action would fit in with your values.

TAKE OPPOSITE ACTION

Identify what you have tried to resolve your situation or to become unstuck. Identify moments in your life where you were once stuck or had a problem and what you did to overcome them.

Think about what you did. Could you try the same here? When you find yourself in the same situation, consider what actions you have taken. Ask yourself, what would be the opposite of what I’m doing? What would be an opposite way of thinking about this situation? Consider these different options that may come and decide to take opposite action.

Taking action of any kind, even exploring the potential that your situation could change can make a difference. Don’t give up and if you continue to feel stuck or the negative impacts seeing professional assistance.

- Krippa Family Psychological & Wellness Services is excited to announce that we will be opening a new office in Cary located at 104 Fountain Brook Circle A, Cary, NC. 27511

Along with our groups, other services offered:

***Psychological Evaluations, Dr. Marcy Jaslow, Psy. D*

***Medication Management – Jamie Wiles, RN, MSN, PMHNP-BC*

GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Intensive Outpatient Program (11-18)
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety & Depression Group (16-18)
- Parenting Teens Support Group

Our Services

WHAT IS AN IOP?
An intensive outpatient program is a therapeutic treatment program for teens helping address issues.

WHO IS THE PROGRAM FOR?
Discontinuing treatment with more than weekly individual and group therapy can provide a safe and healthy way to transition from inpatient care to the community. This program is designed for teens who are currently struggling from an inpatient or residential treatment center. Our teens commonly struggle with anxiety, depression, self-harm, suicidal thoughts, high levels of stress, and other mental health challenges.

WHAT TO EXPECT
Teens experience multiple groups a day focused on skill building, positive and emotional regulation, as well as tools such as coping strategies, medication, and family and therapy techniques and building therapy.

BENEFITS

Groups provide support, learning from others with similar issues helps your teen and they are an added to dealing with the concerns that may come. Teens learn experience a sense of what others going through and how they are the only ones experiencing these intense emotions and struggles.

Our treatment center has been recognized and has been awarded several times by the state for its excellence in care. The treatment center is a safe and secure place for teens and adults.

Our Mission:

Helping teens develop a life worth living.

Hours offered & timeline

M-F 3:30-6:30
M, W, F 10am-1pm

Timeline Varies
3-5 days week
8-12 weeks on average
Will vary in line with their needs, will be assessed by lead clinician

IS IOP RIGHT FOR MY TEEN


- Is your teen skipping school?
- Is your teen stepping down from a partial hospitalization or residential treatment program?
- Does your teen need more support than weekly outpatient therapy?
- Is your teen withdrawing from the family and activities they used to love?
- Is your teen engaging in risky behaviors?
- Does your teen struggle with self-harm?
- Is your teen having a hard time regulating their emotions?

How To Get Started


What does the program include?

- 3 hours of group therapy 3-5 days a week
- Psychiatric medication education
- Individual & family counseling

Call us today at:
1 (833) NCPSYCH (627-7924)



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To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

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