



WEEKLY NEWSLETTER

**turn
challenges
into
changes
and stress
into
success**

MOTIVATION TO CHANGE

By: Bethany Dement

Change is constant, inevitable, and can be very challenging. Sometimes in our lives, we go through periods of time where we can experience several different life experiences. Some of these life experiences can include stagnation, such as repetitive or unfulfilling routines, lack of meaning or purpose in life, hitting rock bottom, emotional distress, and a change in life goals (James, 2020).

There are several stages that need to occur in order for a change to happen, which we call the "cycle of change".

* *Pre-contemplation* is usually the stage where we are unaware of the behavior and how it affects our lives (Stages of Change, 2020).

* *Contemplation* is the stage where we are noticing how it is affecting our lives but may not have a plan or further exploration. This is also the stage where the individual can weigh the pros and cons to assess the benefits of changing. This stage is where the individual will assess hesitation for commitment (Stages of Change, 2020).

* *Preparation* is when developing a plan and a course for action—figuring out what coping skills can be implemented. This is also the stage where the individual will build self-confidence and commitment to change (Stages of Change, 2020).

* *Action* is the stage where we implement the plan and try different skills. There are many different skills such as,

- Mindfulness
- Deep Breathing
- Emotional Regulation
- Distress Tolerance
- Developing a support system

* *Maintenance* this stage is where we continue to use the skills, but the behaviors have become a more normalized process. This is also the stage where relapse prevention would occur.

- If there is a relapse, then it could be possible for the individual to return to one of the earlier stages, such as contemplation "Is this worth it." Or back to the preparation stage to develop a new plan or a need to implement different skills (Stages of Change, 2020).

* *Termination* this stage is where the new desired behavior is a constant part of their world. The person has evolved and has developed a new sense of purposeful life.

(James.2020, May 29). *What motivates a person to change?* (5 inevitable reasons). Eighty-Six Four Hundred. Retrieved January 20, 2022, from <https://eightsixfourhundred.c...>

motivates-a-person to change; Motivation for change: The stages of change model—mental Help Motivation for Change,

GROUP THERAPY:

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

DEPRESSION & ANXIETY GROUP (14-15)

IN PERSON
THURSDAY FROM 5-6PM
109 HOLLEMAN STREET APEX, NC

TEENS IN THIS GROUP LEARN TO:

- CHALLENGE NEGATIVE THINKING
- DEVELOP APPROPRIATE & HEALTHY COPING SKILLS
- UNDERSTAND ANXIETY & DEPRESSION
- LEARN MINDFULNESS STRATEGIES
- IMPROVE SELF-CONFIDENCE

\$200 Deposit
\$50 per group
(919) 893-9444

IN PERSON DEPRESSION & ANXIETY GROUP 11-13

IS YOUR TWEEN EXPERIENCING CHANGES IN THEIR APPETITE
WITHDRAWING FROM FRIENDS AND ACTIVITIES
DECLINES IN GRADES
A CHANGE IN NORMAL BEHAVIOR OR PERSONALITY
INABILITY TO ENJOY LIFE

Research has shown that children who experience depression are at a greater risk of their symptoms increasing in severity and engaging in dangerous behaviors. Our group can help! Your child can learn valuable skills for overcoming their depression and live healthier lives.

Wednesdays @ 5pm
\$200 Deposit
\$50 per session

Email us at info@ncpsychologist.com
Call 919 893 9444
Visit us www.ncpsychologist.com

Our Services

What does the program include?

- 8 hours of group therapy 1 day a week
- Evaluation and coordination
- Individual & family counseling

WHO IS THE PROGRAM FOR?

Children who have been diagnosed with depression, anxiety, or both. Children who are struggling with school, social skills, or self-esteem. Children who are struggling with depression, anxiety, or both.

WHAT TO EXPECT

There are 8 sessions in the program. Each session is 1 hour long. Children will learn skills to manage their symptoms and improve their self-esteem. Children will also learn how to cope with stress and how to seek help when needed.

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

KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES

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.

Website

Krippa Family Psychological & Wellness Services

547 Keisler Drive Suite 202, Cary
200 East St, Pittsboro

919 893 9444

109 Holleman St, Apex

You received this email because you
signed up on our website or made a
purchase from us.



[Unsubscribe](#)