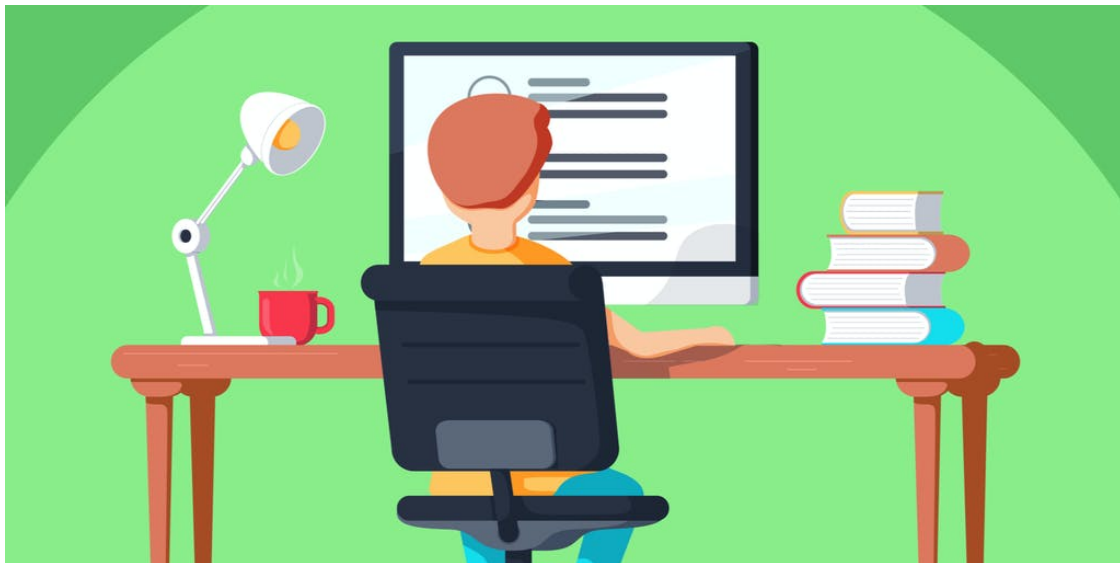




WEEKLY NEWSLETTER



THE IMPORTANCE OF SELF EMPOWERMENT

Bethany Dement, LCMHCA

Why is Self Empowerment Important?

As humans, we all have the need to feel self-worth, belonging, love, friendship, and a sense of identity. Some may feel that they have a voice in the world and others may not.

What is Self Empowerment?

Self-empowerment is when an individual takes control and navigates through their life by making choices that are beneficial for themselves. There are several benefits for gaining one's own self-empowerment such as,

- Better Health
- Satisfying personal and intimate relationships
- Career Success
- Increasing one's self-awareness
- Increasing one's self-confidence

How to increase self-empowerment?

There are a lot of different ways to increase one's self-empowerment by

- Being Aware allows you to assess strengths and weaknesses in order to develop growth in older and newer Skills.
- Being Responsible allows you to be accountable for the actions you take.
- Developing a new mindset allows the individual to change more negative thoughts and be able to differentiate between what is true and what is not.
- Letting go of the past allows you to open up to past emotions but also gives you closure to move forward.

One of the biggest things to keep in mind when making better choices for healthier decisions is FAST Acronym (House, 2018). The FAST Acronym is an approach used in DBT therapy.

- F- Be Fair
- A- No Apologies
- S- Stick to Values
- T- Be truthful

If you know a teen who struggles with self-empowerment then you have come to the right place. We have a teen empowerment group on Monday nights at 5 pm at our Apex location. You may call the main line [\(919\)-893-9444](tel:(919)893-9444) to schedule an appointment with an intake coordinator.

References

House, A. (2018, October 3). Use Dialectical Behavior Therapy (DBT) FAST Skills to Balance Keeping Relationships with Keeping Respect for Yourself. Retrieved from <https://www.optimumperformance...treatment/dbt-fast-skills-explained/>.

GROUP THERAPY:

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

ages 18-24

Young Adult Anxiety + Depression Group


Psychoeducational group for young adults experiencing anxiety and depression. This group will focus on topics such as coping, skills, emotion identification and expression, communication and relationships.

THURSDAY'S @ 12PM VIRTUAL

\$200 Deposit
\$50 per group

Call 919-893-9444

TEEN EMPOWERMENT GROUP



MEETING EVERY MONDAY AT 5PM

IN THIS GROUP YOUR TEENS WILL LEARN VALUABLE SKILLS RELATED TO:


- GREATER SENSE OF SELF
- SELF ESTEEM
- COMMUNICATION AND SOCIAL SKILLS
- HEALTHY RELATIONSHIPS BETTER BOUNDARIES

Phone consultation required call: (919)-893-9444, press 1 schedule or visit <https://ncpsychologist.com/group-therapy> to schedule online and for more information

Krippa Family Psychological & Wellness Services

PARENTING GROUP

skills to help your teen manage intense emotions



FEELING OVERWHELMED WITH YOUR TEEN?
ARE YOU EXPERIENCING DISRUPTION AT HOME?

IN GROUP YOU WILL RECEIVE:

- HEALTHY STRATEGIES FOR YOU & YOUR TEEN
- SKILLS THAT LEAD TO A BETTER RELATIONSHIP WITH YOUR TEEN
- A SUPPORTIVE PARENTING ENVIRONMENT

10 week long group
Wednesdays at 7pm
\$200 deposit

1-833-NCPSYCH 1-833-627-7924

[Website](#)

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.

TEEN INTENSIVE OUTPATIENT PROGRAM

This program is for teens 11-18 years old. It is available 5 days per week in our newest location at :

104A Fountain Brook Circle,
Cary, North Carolina, 27511

For more information, please click on the button below, or call us at

[919-893-9444](tel:919-893-9444), option 1 for intakes. Email us at :

info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

[Teen Intensive Outpatient Program](#)

Krippa Family Psychological & Wellness Services

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