



## WEEKLY NEWSLETTER



### The Power of “And”

by Sabrina Longley

Effective language is a complicated and difficult topic while also being essential for healthy relationships and joy. Often, effective language isn't taught in schools and unless one has sought therapy it can be a tough nut to crack. Today you will learn the power of “and” in thought and interpersonal communication.

Often our society leads to an “either/or” mentality. This can make it difficult to accept hard dialectics (both/and's) and lead to distress. When one is not able to find the way that two opposites can both be true it can be hard to navigate those truths of the world. Someone who is unable to see the “both/and's” may also find themselves more frustrated with others due to black and white expectations. Finally, they may find themselves struggling with their own self image and judgemental self talk. When “either/or” is the main understanding of the world the individual suffers.

Some things that may feel like an either/or that are in fact both/and's include:

- You can want to change and be doing the best you can, AND still need to do better, try harder, and be more motivated to change.
- You can be independent AND also want help. (You can allow somebody else to be independent AND also give them help.)
- You may have a valid reason for believing what you believe, AND you may still be wrong or incorrect.
- You can understand why somebody is feeling or behaving in a certain way, AND also disagree with his or her behavior and ask that it be

changed.

- You can accept yourself the way you are AND still want to change. (You can accept others as they are AND still want them to change.)
- Someone may have valid reasons for wanting something from you, AND you may have valid reasons for saying no.

These can be hard dialectics to understand AND you can work to bear them in mind while you build your life worth living. When you hold yourself to a both/and standard it is more likely that you will avoid harmful self judgement while also making important and healthy changes for your life. It is also helpful to remember that other people are living in these dialectical grey areas and deserve as much validation as you do while also holding people accountable and responsible for their own positive life changes. As you move forward try to notice how often a “both/and” might serve you better than an “either/or” in viewing yourself, your community, and life in general.

## GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Intensive Outpatient Therapy
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety & Depression Group (16-18)
- Teen Social Club
- Support Group
- Parenting Teens Support Group
- Adult Anxiety & Depression Group 28+

**DEPRESSION & ANXIETY GROUP (16-18)**

IN PERSON  
THURSDAY FROM 6-7:00 PM  
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  
Email us at [info@ncpsychologist.com](mailto:info@ncpsychologist.com) \$200 Deposit  
Call 919 893 9444  
Visit us [www.ncpsychologist.com](http://www.ncpsychologist.com) \$50 per session

**SUPPORT GROUP FOR PARTNERS,  
PARENTS, AND PALS: COPING  
WITH A LOVED ONE'S SUBSTANCE  
USE PROBLEM (21+)**  
LISA BERGSTRAESSER, LCSW



Topics addressed:

- Understanding addiction and the recovery process
- Do's and Don'ts for helping
- Practicing good self care
- Healthy Communication
- Rebuilding trust
- Coping with relapse or resistance to treatment
- & more

DAY:  
TIME:  
\$200 DEPOSIT  
\$50 PER SESSION  
@krippafamilypsychological



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](mailto:info@ncpsychologist.com). Visit us at [www.ncpsychologist.com](http://www.ncpsychologist.com) and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Website

## Krippa Family Psychological & Wellness Services

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