

## Newsletter: Tuesday Technique

Krippa Family Psychological & Wellness Services

### **Great Groups for Parenting Teens & Those with Autoimmune or Chronic Conditions!!**

We have a few groups at the office that have open seats and are ready for members!

If you have doubts, questions, concerns about how to parent a child with a mental or behavioral disorder, our parenting teens psychoeducational group is now enrolling!

### Parenting Teens Psychoeducational Group



10 Sessions  
\$200 Deposit  
\$50 a session

- Focus on specific topics such as mental health and behavioral issues in teens
- Increase parent knowledge of normal teen behavior & development
- Increase understanding of mental health issues in teens & how to help your teen
- How to set clear standards for behavior
- Promote healthy beliefs about setting boundaries and supervision

Managing life's daily challenges while living with an autoimmune or chronic condition can be isolating. It is also experienced by many and is easily misunderstood because the experiences can vary greatly.

If you or someone you know suffers from a chronic or autoimmune condition, our therapy group would be a great fit!

# Chronic Conditions Krippa Family Psychological & Wellness Services & Autoimmune Therapy Group

Monday @ 6pm  
547 Keisler Dr. Suite 202, Cary, NC  
Katelyn Jakobsen, LCMHCA

Group aims to help participants experience less stress, less anxiety, increased confidence, happiness, and an overall feeling of greater life satisfaction.

**\$50 Session**  
**\$200 Deposit**

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

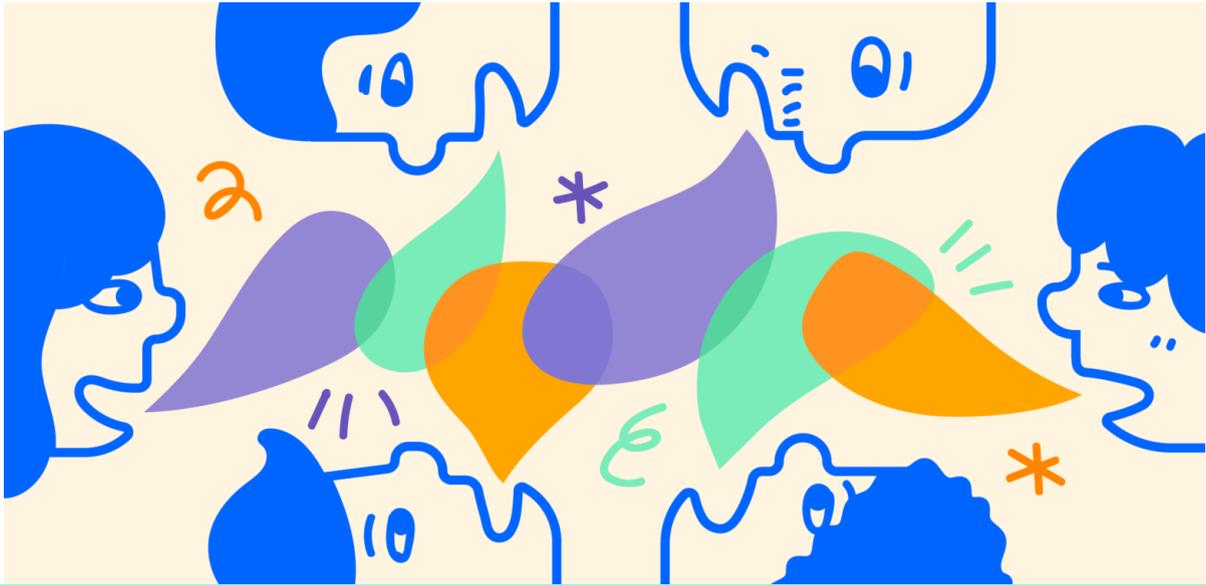
**If you have questions or would like to  
sign up for group, schedule a phone  
consultation!**

Schedule

# Tuesday Technique

Maya Perry, LCMHC

## Effective Parenting: Communication



Parents, talk to your children. Initially, they may not have much to say. They may even think you're "acting weird" if this is something that's not usually done, but don't be discouraged.

- Start a regular check-in so you can begin to create an atmosphere where open dialogue can be had. Go as far as asking questions like, "What do you like and don't like about my parenting?", "What things do you think I can improve on as a parent?" or "How do you feel when (fill in the blank) happens?"
- Allow your child the opportunity to be open and express exactly how they feel. (Of course in a respectful manner.) You will be amazed at your child's insight! This is not to suggest that the child has authority over you.
- In this moment, do not get upset with what they may say, but listen.
- Communicate your take away from what was said.

This process can also be an eye-opener for you as a parent. The response they provide may help you discover a new approach that can be more effective in your parenting.

In essence, open communication promotes effective parenting, builds trust, and creates stronger relationships between parent and child

**Thanks for reading!**

**Visit our Website**

[Website](#)

**Krippa Family Psychological & Wellness Services**

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