



**Krippa Family Psychological & Wellness Services Newsletter**

## Tuesday Technique: Mindfulness & Group Therapy

Discover the ability to be fully present in the moment with Mindfulness!

Interested in our services? Schedule a phone consultation with

Kristin: [https://app.acuityscheduling.c...](https://app.acuityscheduling.com)

[Our Website](#)



# What's new?

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## Groups Currently Enrolling & Summer Camps!

Teen Depression & Anxiety

Chronic & Autoimmune Conditions Group

Resilience Group (Tweens)

Social Skills Group ( 8-10) (11-12)

Parenting Teens Support Group

College Survival Guide Camp

Teen/Tween Coping Skills Camp

Children Study/Social Skills Camp

[View on Website!](#)



**Alexis Gunipero Bunt, LCSW**

## Benefit of Groups

As you may (or may not) know, our practice offers group therapy as one of our multiple services. Group therapy can be an incredibly powerful and effective tool in

addressing areas of concern or areas that you or your child may be struggling in. Dr. Irvin Yalom who was a Professor of Psychiatry at Stanford University as well as very popular author and speaker in the field of psychotherapy hailed group therapy as a strong intervention with multiple benefits including hope, information, catharsis, socialization, interpersonal learning and imitative behavior.

Group therapy provides individuals with the opportunity to gain new perspectives from peers having similar experiences. That interaction also provides group members with a feeling of support and cohesiveness. Often

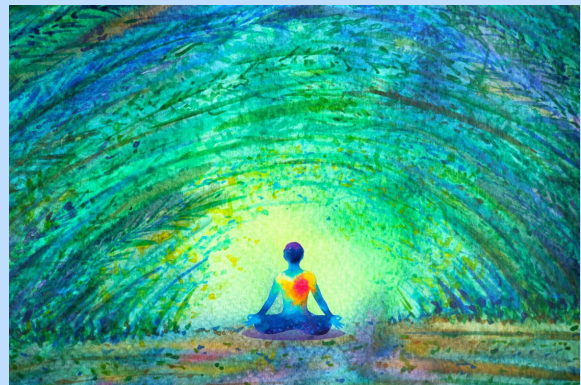
times, when we are experiencing negative emotional states or going through difficult times, we feel isolated; group therapy not only provides a healthful opportunity to socialize, it also provides individuals time to interact with people are working toward similar goals. Group facilitators provide relevant information, clinical skills and assist in individuals forward progression toward their goals.

While I am biased in my passion for therapy and the effectiveness of groups, in reality it is something that provides a multitude of benefits and could be an effective tool in propelling you or your child through a difficult time.

## **Tuesday Technique**

### **Mindfulness**

If you are facing challenging thoughts or emotions and find yourself being more reactive in difficult situations, taking on a mindful perspective in these situations is a beneficial way to tackle these situations and life in a present and level-headed way.



Mindfulness is being more present and engaged in what we are doing in the moment. We are aware of our thoughts and feelings. Mindfulness is a skill that requires teaching ourselves to be present and take a breath in situations that cause us to be reactive.

#### **Different from meditation:**

Meditation is how we learn mindfulness. Mindfulness is a way of approaching life. It is about becoming more aware of negative thoughts and emotions out of challenging situations and realizing there is a choice in how to approach them in the present. It does not eliminate challenging situations, but it does allow us to be more clear in how to respond to them. Practicing mindfulness regularly allows us to develop the ability to be present throughout the day.

#### **Try this 1-minute mindful exercise:**

##### **STOP.**

Stand up and breathe. Feel your connection to the earth.

Tune in to your body. Lower your gaze. Scan your body and notice physical sensations or

emotions. Discharge any unpleasant sensations, emotions or feelings on the out breath. Notice any pleasant ones and let them fill you up on the in breath. **Observe.** Lift your eyes and take in your surroundings. Observe something in your environment that is pleasant and be grateful for it and its beauty. **Possibility.** Ask yourself what is possible or what is new or what is a forward step.

<https://psychcentral.com/blog/...>



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## Krippa Family Psychological & Wellness Services

547 Keisler Drive Suite 202, Cary NC 27511

200 East St. Pittsboro NC

(919) 893-9444

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