



WEEKLY NEWSLETTER



Creating Growth Mindsets

By: Macy Blake

As January comes to a close, many begin to evaluate the progress of their new year's intentions. While some may be thrilled with the progress made towards their goals in the first month of the year, it is likely that many will reflect on their shortcomings as well. During this time of evaluation, it is important to become aware of the narrative being spoken inside of your head, also known as your mindset self-talk.

Dr. Carol Dweck's research has found that the brain can take on either a *fixed* or a *growth* mindset.

A fixed mindset is one that believes that we have a certain amount of an ability or attribute and that there is very little that can be done to change that.

A growth mindset is one that believes that an ability or attribute can be developed regardless of the starting point. By being aware of your mindset self-talk, you can identify which mindset your brain is working in. If your self-talk sounds like "I didn't reach my goal because I've been too busy" or "I've failed but I wasn't cut out for this anyway", you are likely operating in a fixed mindset. Addressing fixed mindset thoughts by reframing them in a way that can encourage growth can have a large impact in many areas of your life.

Below are some common fixed mindset thoughts followed by a thought that promotes a growth mindset instead:

- Fixed Mindset: Having an "all or none" judgment of yourself when facing a challenge

Growth Mindset: Change focus from judging yourself to identifying ways that you can develop to face this challenge

Fixed Mindset: Viewing your efforts negatively when working towards a difficult task

Growth Mindset: Expect effort from yourself and praise yourself when you work towards the task

Fixed Mindset: Holding yourself to perfectionist standards when evaluating progress/performance

Growth Mindset: Value any improvement as skills build incrementally overtime

Fixed Mindset: Magnifying or minimizing mistakes

Growth Mindset: Expect mistakes as a result of your effort and use what was learned from the mistake to continue improvement

Fixed Mindset: Viewing others as judges when receiving praise or criticism

Growth Mindset: View others as resources that you can learn and acquire more skills from

Fixed Mindset: Making competitive comparisons when hearing of a peer's success or failure

Growth Mindset: Use a peer's experience as a blueprint for your own growth and development - learn from how they have succeeded and from how they have failed

Reference:

Elaine Elliott-Moskwa., & Elaine Elliott-Moskwa|AUTHOR. (2022). The Growth Mindset Workbook: CBT Skills to Help You

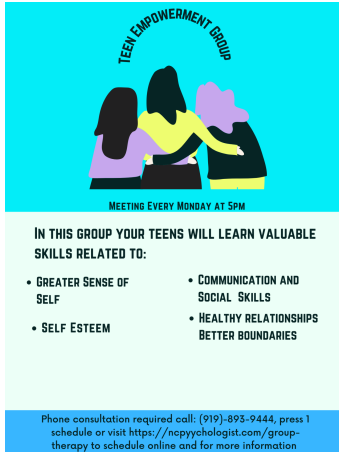
Build Resilience, Increase Confidence, and Thrive Through Life's Challenges . New Harbinger Publications.

Are you interested in the role your physical body may play in your mental health? Are you interested in learning how to incorporate your physical body in the therapeutic space? Are you curious why the body should be included in therapy at all? Tune in on 1/25/23 to [The Holistic Counseling Podcast](#) to find out as Katelyn Jakobsen and Chris McDonald discuss the role of the body in psychotherapy.

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
- Intensive Outpatient Group for Teens (11-18)




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



ages 18-26

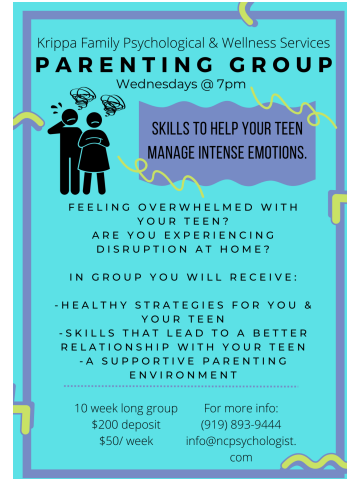
Young Adult Anxiety + Depression Group

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



Krippa Family Psychological & Wellness Services
PARENTING GROUP
Wednesdays @ 7pm

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 \$200 deposit \$50/ week

For more info: (919) 893-9444 info@ncpsychologist.com

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.

Krippa Family Psychological & Wellness Services

547 Keisler Drive Suite 202, Cary

919 893 9444

539 Keisler Drive, Suite 102, Cary

104A Fountain Brook Circle, Cary

200 East St, Pittsboro

109 Holleman St, Apex

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

[Unsubscribe](#)

