



WEEKLY NEWSLETTER



FRUSTRATION TOLERANCE

Bethany Dement, LCMHCA

Do you ever feel frustrated and just unsure of what to do at that moment? As human beings, one of the most difficult emotions to manage is frustration. One of the first steps is acknowledgment and awareness of the emotion. It is important to take notice of how the emotion feels in your body because you can use certain skills to treat somatic symptoms you experience. For example, if you notice your body temperature starting to rise. You may then want to splash cold water on your face to lower your body temperature. Several other skills can be used such as mindfulness, radical acceptance, wise mind, and distress tolerance skills.

- Mindfulness

- Whether we notice what we feel and where we feel the emotion in our body.
- Counting Backwards from 10

- Meditation
- Guided Imagery
- Radical acceptance (Linehan, 2014)
- Letting a thought be just a thought.
- No Judgements.
- Wise Mind (Linehan, 2014)
- -Wise Mind is a combination of using Body Mind, Emotion Mind, and Rational Mind.
- If I react now, will I be using my rational mind or my impulsive, irrational mind or emotion mind?
- Distress tolerance skills (Linehan, 2014)
- TIPP Skill
- Temperature, Intense Exercise, Paced Breathing, and Progressive Muscle Relaxation.
- Stop Skill
- Stop, Take a step back, Observe, and Proceed Mindfully.

Linehan, M. M. (2014, October 20). DBT Skills Training Manual, Second Edition (Second Edition, Available separately: DBT Skills Training Handouts and Worksheets, Second). The Guilford Press.

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 Substance Use Group
- Teen Social Club
- Parenting Teens Support Group
- Intensive Outpatient Group for Teens
- College 101 Group


KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES

College Life 101

A GROUP FOR YOUNG ADULTS WHO ARE NAVIGATING COLLEGE AND INDEPENDENCE

College life- ready or not, it's here!
In early adulthood you face big changes, especially when you are in college.

We will tackle topics such as navigating new spaces, building new connections, safe partying, organizational and study skills, self-care, and setting yourself up for future success.



\$50 per session
\$200 Deposit (4 sessions)
Virtual with Kerr Shifflett, LCMHC
Fridays at 10am beginning 9/16/22

Call (919) 893-9444 or visit NCPsychologist.com/Group-Therapy to register.

OUR SERVICES

WHAT IS AN IDPT?
An intensive outpatient program is a therapeutic treatment program for teens, typically with 10-12 sessions.

WHAT IS THE PROGRESSA IDPT?
Consistently, teens need more time than weekly individual and group therapy can provide without leading to the use of hospitalization. IDPT is designed as a weekly group for clinical stability. Each participant is required to attend individual sessions. Our team collaborates with all medical providers, self-help, family, education, high levels of care, and other mental health challenges.

WHAT TO EXPECT
These programs are held twice a day, Monday - Friday, during the school week. Sessions are held in a safe and supportive environment. We use a variety of evidence-based techniques, including individual, group, and family therapy. Sessions are held in person, however, it is possible to attend via telehealth.

Our Mission:
Helping teens develop a life worth living.

BENEFITS
Group therapy supports sharing from others with similar issues. When you have the chance to see others who are struggling with the same issues, you may feel less alone. Many teens experience a sense of relief when joining the group. Our therapists help to bring to light the only interventions through these shared stories and struggles.

Our Mission:
Helping teens develop a life worth living.

How To Get Started

Call us today at: 1 (888) NCPsych (627-7924)



What does the program include?

- 3 hours of group therapy 3-5 days a week
- Psychiatric medication education
- Individual & family counseling

CONTACT US
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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.

Website

Krippa Family Psychological & Wellness Services

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