



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter February 2020

NEW! **Parent Support Group**



Thursdays at 6:00 pm

A group for parents seeking support in raising their children. Topics may include homework, navigating friendships and family relationships, use of technology, setting limits and discipline.

[Click here to register today!](#)

Adult Support Groups Open for Enrollment:

In the Blog...

HOW TO BUILD HEALTHY RELATIONSHIPS WITH OUR KIDS



Parenting is hard work. We know you want the best for your family. We get many questions from parents asking how they can be most helpful to their kids and our answer is to build a healthy relationship with your child. How do we build healthy relationships? Here are four of our favorite and most referenced suggestions that we would propose you keep in-mind.

[Read More](#)

MEETING YOUR NEW YEAR'S GOALS: HOW TO BUILD HEALTHY HABITS





Young Adult Group Ages 18-25

Thursdays at 2:00 pm

Launching takes place when a young adult leaves their home of childhood in order to pursue adulthood. Many times this involves going away to college or obtaining a first full-time job. While this can be an exciting time, it can also be filled with fear, anxiety, stress, and uncertainty. Sometimes young adults struggle to successfully launch and move into the next developmental stage of adulthood. This group will aim to provide a safe and supportive environment for young adults struggling with issues related to launching.

**Click here to register
today!**



Adult Support Group Ages 25-35

Tuesdays at 8:00 pm

The beginning of a new year can be filled with excitement and eagerness to begin a new routine of healthy habits and meaningful goals. While the development of a plan can be motivational, often times the follow-through can feel overwhelming or discouraging as the year unfolds. This is why it can be especially beneficial to be mindful and patient when creating fresh goals before diving in straightaway. The hope is that habits will become consistent and easy, which will translate into reaching goals, building confidence, and feeling accomplished.

Read More

**Check out more
SVPS Blog
content!**

This process-oriented group aims to provide an open and safe space for adults to process their thoughts and feelings, together. One goal of this group will be to address issues relevant to adults today including (but not limited to): career, work-life balance, raising children, navigating familial relationships, social media and the influence of technology, as well as other topics brought up by participating group members.

[Click here to register today!](#)



Women's Stress Management Group

Thursdays at 6:00 pm

This weekly, process-oriented therapy group is open to women of all ages who are seeking a supportive, relational experience in which to explore presenting areas of distress and to strengthen each individual's strivings towards desired growth, change, and overall sense of well-being. Members that participate in our Women's Group find this environment to serve as a safe, non-judgmental, and collaborative forum in which they are empowered to enhance self-awareness, insight, and healthy coping strategies.

[Click here to register today!](#)

[Click here for more information about all of our support groups!](#)



Featured Clinician:
Priscilla Butler, Psy.D.

Director of Psychological Assessment, Licensed Clinical Psychologist

Dr. Butler works primarily with adults and adolescents, but also with older youth and couples. She completed post-doctoral instruction in social-emotional assessment methods and enjoys her training and supervisory roles within the Shared Vision Diagnostic Clinic. Dr. Butler works frequently with individuals who are involved in life transitions, from emerging adulthood to post-retirement. She has particular interest and experience working with clients through issues related to gender, grief and loss, workplace conflict, interpersonal traumas, and relationship concerns. Dr. Butler offers parent guidance services including Circle of Security© Parent Education.



Featured Clinician:
Irma Khelghati, Psy.D.

Co-Director of Psychological Assessment, Licensed Clinical Psychologist

Dr. Irma Khelghati is a bilingual psychotherapist who specializes in working with children, adolescents, and families who are experiencing difficulties that are impacting their well-being and functioning. Working from a psychodynamic and attachment-based approach, Dr. Khelghati strives to provide a therapeutic experience of connection and relatedness that can support each individual's unique personal growth and mastery of struggles. Areas of specialization include trauma and healing, parent-child attachment, depression, anxiety, resilience, sibling relationships, adolescent identity development, social and behavioral challenges in children, relationship difficulties, and immigration-related stressors. Dr. Khelghati also serves as the Co-Director for the Shared Vision Assessment Clinic, and regularly conducts comprehensive evaluations of clients' emotional, social, neuropsychological, and academic functioning.

Other Services We Offer

- Individual, Couples, and Family Therapy

- Comprehensive Diagnostic Evaluations
- Collaboration with Schools
- Consultation to Professionals
- Community Presentations, Seminars, and Training
- Pre- and Post- Adoption Psychological Services
- Developmental & Special Needs Psychological Services



Contact Us!

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