



Building Healthy Connections Newsletter

May 2021

Spotlight on: Couples Therapy



At Shared Vision, couples therapy is a safe space that allows couples to understand and repair the hurts in their relationship and ultimately build a new path of connection. By focusing on the emotional bond in a partnership, therapy explores the experiences, longings, needs, and fears of partners. The goal of this work is to foster deeper love and build ways of being together through discovery, understanding, and practice.

3 Signs You May Be Ready for Couples Therapy



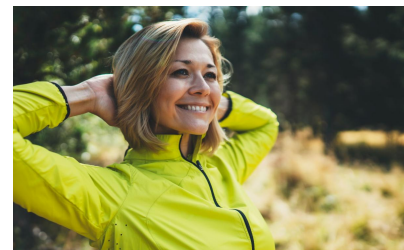
Let Go of Fighting Fair and Learn to Repair: 3 Ways Healthy Couples Heal After an Argument



The Positive Side of

In the Blog...

EMBRACING SPRING ENERGY: YOGA AND MINDFULNESS FOR THE WARMER DAYS



Spring has arrived! From a movement and biological perspective, this means our bodies are yearning to get outside and get moving again. Just like the buds on trees and animals climbing out of hibernation, we all have an innate desire to be active when the weather warms. This spring in particular, when the past year has felt like an entire winter, many of us may be eager to invite spring energy into our own lives; both physically and emotionally.

[CLICK HERE TO READ](#)

[Check out more SVPS Blog content!](#)

Dependence: How Dependable Relationships Can Strengthen Us As Individuals



If you and your partner are interested in couples therapy, [click here for more information](#) or [contact us today](#).

[REQUEST AN APPOINTMENT](#)



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Featured Online Groups:

Social Skills Group: Ages 5-6



Our 50-minute Social Skills Groups have a relational focus that teaches children how to approach others, resolve conflict, and make friends. Our groups aim to help children develop a deeper capacity for relatedness that can be translated into more meaningful relationships, both at home and at school.

Kids in our Social Skills Groups often leave with the following tools:

- Increased patience
- Decreased impulsive behavior
- Confidence to initiate conversation
- Ability to resolve conflict
- Greater awareness of social cues
- Capacity to respond to others with understanding and empathy
- Feelings of connection with peers

[Click here to register](#)

today!

Young Adult/Recent Graduate Support Group, Ages 18-25

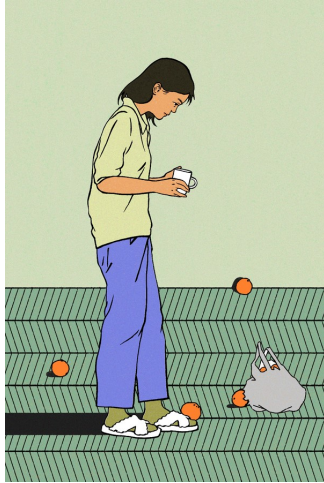


Launching takes place when a young adult leaves their home of childhood in order to pursue adulthood. Many times this involves graduations, going away to college, or obtaining a first full-time job. While this can be an exciting time, it can also be filled with fear, anxiety, stress, and uncertainty. 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!](#)

[View all of our online groups here!](#)

Recommended Blog:



There's a Name for the Blah You're Feeling: It's Called Languishing

from The New York Times
By: Adam Grant

The neglected middle child of mental health can dull your motivation and focus — and it may be the dominant emotion of 2021.

[CLICK HERE TO READ](#)

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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