



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter

August 2022

All About Our Group Services



At Shared Vision we strive to provide healthy, skill-building environments to meet the specific needs of individuals in search of support, connection, and clinical engagement. Our group services match individuals with peers within their respective age range and presenting concerns to cultivate meaningful connections and lasting change. We provide group services to all ages that focus on the co-creation of interactive therapeutic spaces for participants to build relational skills in a safe environment. All groups are run by clinicians trained in developmental and attachment-focused clinical psychology with an emphasis on diversity, inclusion, and cultural equity.

Often, individuals who might benefit most from group therapy find the idea of joining a group overwhelming or stressful. We understand this common experience and are here to help. We offer small group sizes and supportive staff to ease the experience of joining our groups. Furthermore, we take careful consideration into finding the best fit between the group and the needs of the individuals.

In the blog...

USING OUR CLIENT PORTAL



We are excited to announce the launch of our new online client portal! Our client portal is a convenient way to view your upcoming appointments, complete & review documents, make payments, and join Telehealth appointments. If you are a current client and do not have a client portal account set up, please contact your clinician.

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More](#)

[SVPS Blog](#)



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Featured Support Groups

Adolescent Girl's Group, Ages 11-12



Navigating relationships as a pre-teen can be difficult. Our weekly 50-minute adolescent groups will provide a safe space for pre-teens to discuss their struggles and successes. Leaders help to facilitate group discussions about topics such as bullying, body image, self-confidence, academic achievement, sports, friendships, familial stress, and identity construction.

[Register Here](#)

Support for Body Image and/or Disordered Eating Difficulties



This group for teens is specifically designed to

support those who have struggled with body image and/or disordered eating difficulties. While providing a safe, private, and engaging space, this group aims to help individuals find camaraderie with each other as they embark on learning to work on these isolating, yet all too common struggles.

[Register Here](#)

High School Co-ed Group, Ages 14-17



Our weekly 50-minute high school groups will provide a safe space for teens to discuss their struggles and successes. Leaders help to facilitate group discussions about topics such as bullying, body image, self-confidence, academic achievement, sports, friendships, familial stress, and identity construction.

[Register Here](#)

20-Something Group, Ages 20-29



This co-ed support group has been designed to meet the distinctive needs of individuals in their 20s as they navigate the many obstacles commonly

found in young adulthood. With a heavy emphasis on connection and emotional awareness, this group provides a safe space to process the stressors of finding a career path, building self-confidence, creating meaningful relationships, and exploring one's emerging identity.

[Register Here](#)

Parent Support Group



Often times the stress of parenting can become overwhelming and debilitating. Parents experiencing increased levels of stress can find themselves stuck between the strong desire to remain flexible and responsive to their children while being confronted with the feeling that they're out of gas and struggling to get their own needs met. We have found that this stress can lead parents to isolated places in their lives filled with anxiety and self-doubt. Our parent support group is aimed at helping parents stay connected in a space that allows them to express their emotions, develop new strategies and tools to help with their parenting skills, and find impactful support from hearing the experiences of others and relating through empathy and encouragement.

[Register Here](#)

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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