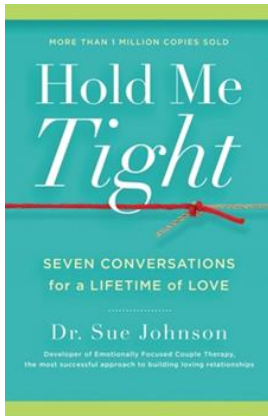




Building Healthy Connections Newsletter February 2023

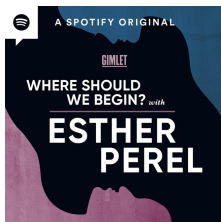
Staff Recommendations for Couples & Relationship Support



Hold Me Tight

Author: Dr. Sue Johnson

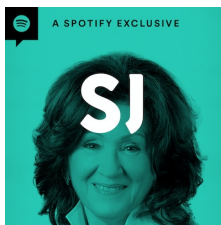
Hold Me Tight Program for couples:
<https://holdmetightonline.com/>



Where Should We Begin? (Podcast)

with Esther Perel

Esther Perel Global Media & Gimlet



Sue Johnson (Podcast Episode)

Armchair Expert with Dax Shepard



8 Habits of Happy & Successful Couples to Improve Your Relationship (Podcast Episode)

On Purpose with Jay Shetty



Couples Therapy: The Tools You Need with Dr. Orna Guralnik (Podcast Episode)

*We Can Do Hard Things with Glennon
Doyle*

Staff Spotlight!



**LEILA TOSHIE
YABIKU, M.S., LCPC**

Leila Toshie Yabiku, M.S., LCPC was honored as a conference speaker at the Lacanian Compass Analytic Congress: *The Empire of Images* in New York City on February 10th where she presented a clinical case paper. Congratulations, Leila!

SVPS Blog



Social Skills Group, Ages 8-9



Our weekly 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. This group is primarily focused on building healthy social skills, emotional expressiveness, and identifying and empathizing with the emotions of others.

Children 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
- Increased self-esteem in social situations

[Register Here](#)

Adolescent Boy's Group, Ages 13-14



Navigating relationships as a teenager can be difficult. Our weekly 50-minute adolescent 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](#)

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](#)

Women's Support Group



This weekly, process-oriented therapy group is open to adult women 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. The group consistently maintains a confidential, open-ended format, with discussion topics ranging from but not limited to:

- Relationship/Marital Struggles
- Work-Related Stressors
- Difficulties with Divorce/Separation Process
- Stress Management Difficulties
- Parenting Problems
- Chronic Medical Issues
- Anxiety & Depression
- Self-Esteem Issues
- Trauma/Abuse History
- Mourning & Loss
- Family Distress
- Adjustment to Life Transitions
- Goal-Setting Challenges
- Adult Identity Development
- Social Isolation

[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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