



Building Healthy Connections Newsletter July 2023

Meet Our New Team Members!



Stephen Bryant, MAFP, MACP, LPC
Doctoral Extern
(He/him/his)



Kasia Burnett, M.A.
Doctoral Extern
(She/her/hers)



Becca Butler, M.S.
Doctoral Resident
(She/her/hers)



Chloe Fisher, M.A.
Doctoral Resident
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Spencer Keiser, M.A.
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Recommended Blog...

AN INTRODUCTION TO HOW MUSIC AFFECTS YOUR BRAIN



As a psychologist and a musician, I remember my mother telling me to practice my violin when I was young. When I complained – which I did, often- she would shout up the stairs that it was good for me. As it turns out, she was right. Although she was likely unaware of exactly how or why it was good for me, research now shows us that listening to, and especially playing music, exercises almost every part of the brain...

[Read More](#)

[SVPS Blog](#)

Summer Featured Support Groups

LGBTQ+ Middle School Group



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Within late adolescence, preparing for the jump to high school can already be a stressful yet exciting process. For early teenagers who are questioning or confirming their identities within the LGBTQ+ community, finishing middle school can bring about added conflicts, needs for support, and a desire for camaraderie. Our weekly 50-minute middle school LGBTQ+ group is designed to provide a safe space for teens to discuss their struggles, successes, and ideas regarding their emerging identities. Topics within this support-focused, open-process group will highlight topics such as building self-confidence, surviving bullying, exploration of identity, building support networks, and more.

[Register Here](#)

Social Skills Group, Ages 6-7



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](#)

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](#)

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](#)

[View all of our groups 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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