



2022 GROUPS & WORKSHOPS AT HOLISTIC CONSULTATION



GROUPS:

LIVING THROUGH LOSS

This group will explore and discuss the participants' experiences in losing a loved one in death, relationships, health, employment, pets and more. Psychosocial and theoretical education will also be provided.

This group is a free weekly group that will be offered every Thursday evening at 6-7pm. beginning on February 10, 2022 via telehealth and will end on March 31st.

The group discussion will be facilitated by Pam Leslie. This group is sensitive in nature and is offered as a closed group only. Sign up by emailing groups@holisticconsultationllc.com.



BUILDING BALANCE

This DBT based group is focused on introducing tangible skills that address a wide variety of concerns.

Dialectical Behavioral Therapy is a modality created by Marsha Linehan PHD, APBB that emphasizes individual psychotherapy and group skills training classes to help people develop balance in their life. It consists of four major components that will be presented in this group structure including; mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness. This group is a perfect compliment to the individual therapy our clients are engaged in at Holistic.

This group is a free weekly that will meet in person at the Whetstone Library meeting room, every Tuesday 5:30-6:30 pm, beginning February 15, 2022. The group will last about 10 weeks.

The group discussion will be co-facilitated by Angela Weixel and Paige Pellegrino. Sign up by emailing groups@holisticconsultationllc.com.



Learn More & Register



VALUES, ACTION, AND MINDFULNESS

Based on Acceptance and Commitment Therapy (ACT) developed by Steven Hayes and expanded by Russ Harris, this group will be a Mindfulness-based group to reduce stress, overcome fear, and create a rich and meaningful life. This group will focus on learning and practicing mindfulness and defusion techniques, and discussion around values and committed action.

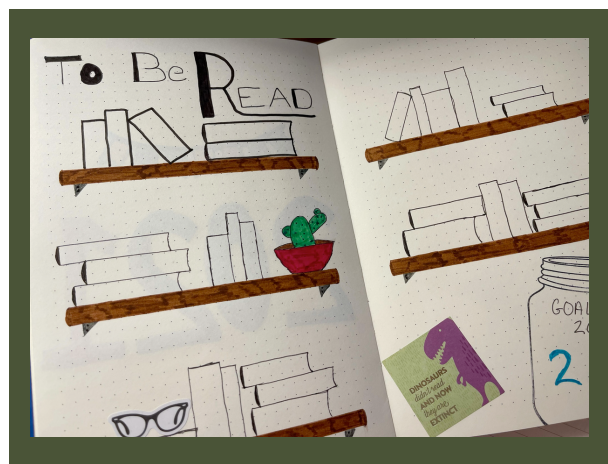
This group is a free weekly virtual group on Wednesdays at 5pm-6pm, starting February 9th, 2022. The group duration will be 10 weeks. The group discussion will be co-facilitated by Natalie Waters and Erica Kittleson.

Sign up by emailing groups@holisticconsultationllc.com.

WORKSHOPS

BULLET JOURNAL YOUR WAY THROUGH 2022

Learn the basics of therapeutic journaling as well as bullet journaling. Journaling can be used as a mood tracking mechanism, coping method in the form of writing, or even a spot to draw for relaxation.



We will further explore the specific techniques of bullet journaling which can assist with goal setting, processing of automatic negative thoughts, and help to identify formats that decrease feelings of being overwhelmed in daily life.

The class size will be small, so group members will have the opportunity to interact with the therapist during class. Join Mandy Daniel, MSW, LISW to have the opportunity to begin creating an individualized therapeutic journal that you can take home!

- **Date:** Saturday February 12th from 1pm to 3pm
- **Location:** Dublin Library, Meeting Room 2; 75 N High St, Dublin, OH 43017
- **Cost:** \$25 per person (full scholarships available upon request)
- **How to Register:** email groups@holisticconsultationllc.com; Spaces are limited.



GROW THROUGH WHAT YOU GO THROUGH

Join Holistic Consultation for a therapeutic workshop focused around holistic mental health and houseplants. Join the growing revolution of individuals who have sought out self care and well-being through care and cultivation of plants.

Participants will select a plant, learn about its care, and explore holistic self care and mindfulness with a new plant friend. Participants will have opportunities to deeply connect with themselves, and engage with the therapist during this group session. This is a community event; anyone is welcome to attend. Join Andi Gregorek, MA, MFT to relax and decompress together, and leave with a new plant friend.

- **When:** Saturday February 19th, 2022 at 9:30am and 11:00am
- **Where:** Hoover Gardens and Gift Center, 182 N. Sunbury Rd, Westerville, OH 43081
- **Cost:** \$25 per person (full scholarships available upon request)
- **Register:** Spaces are limited; email andi@holisticconsultationllc.com or call 614-607-0980 to reserve your spot