

Pathways to Therapy

Six-week workshop for adults (ages 18+) covering basic mental health information and management strategies



Dates: Mondays OR Wednesdays (same curriculum both days)
Time: Mondays: 10:30AM-12:00PM
Wednesdays: 10:00AM-11:30AM
Location: Via Zoom teleconferencing
Lead by: Jessica Rosenfeld, PsyD Clinical Psychologist
Bethany Peshek, MSW Student (supervised by Randy Hart, LCSW)

Please note: Participants do not need additional clinical screening but WILL need to contact our office so we can collect basic demographics and contact information. Participants WILL need to sign an informed consent, notifying them that this workshop is NOT psychotherapy and is not privileged communication.

Participants may join at any time; the group curriculum will repeat every 6 weeks. Participants can engage in as many or as few lessons as they like. Workshop facilitators will also rotate every 6-12 weeks, so participants are invited to attend as regularly as they wish.

Weekly Schedule

- March 1/3:** **Week 1: Defining Mental Health and emotions**
Group ground rules, introduction to the brain/body connection, initial goal-setting and recognition of impact of emotions on current functioning.
- March 8/10:** **Week 2: Understanding the impact of our thoughts**
Understanding the relationship between thoughts, feelings and ideas. Recognizing unhelpful thinking patterns and how to respond.
- March 15/17:** **Week 3: Recognizing our emotions**
Understand emotions and increase awareness of how emotional states impact functioning. Work on non-judgmental awareness of emotions.
- March 22/24:** **Week 4: Coping in the real world**
Working on coping strategies you can use now.
- March 29/31:** **Week 5: Valuing your life**
Understanding values and how they can help us feel better.
- April 5/7:** **Week 6: Wrapping up and recognizing growth**
The importance of recognizing what we've learned and identifying where we still want to go.

There is no cost to participate in the workshop.
To sign up, call 541-393-5983