

HEALTHY COPING SKILLS CLASS



Life is filled with stress and difficult times. The coping skills you will learn in this class will teach you to manage stress and emotions better. How you react to intense feelings can change. The key skills which you will learn here promote emotional balance, relaxation and an ability to manage stress in healthy ways.

Join us for a 4 week class introducing a remarkable set of tools from different fields of psychology that can change your life.

WHEN: Beginning **Thursday, October 26th, 1:00 – 2:00 p.m.**

WHERE: Pennock Center for Counseling
211 S. 21st Ave., Brighton

COST: \$10 per group

CONTACT: Laura A. Gutierrez at 303.655.9065, ext. 12

**Note: scholarships are available; call to inquire.*

You will learn the following:

- How to gain centeredness & peace of mind through mindfulness, meditation and relaxation.
- How to tolerate distress and decrease suffering through a series of distracting and self-soothing techniques.
- How to neutralize negative emotions and negative core beliefs in order to achieve more balance in your life utilizing tapping solutions.
- How to identify maladaptive beliefs and cognitive biases in yourself. You will learn techniques to help you manage such automatic negative thoughts so you can achieve more emotional balance and a healthier self-esteem.

****Dialectical Behavior Therapy** was developed by Marsha Linehan and is extremely effective at helping people manage overwhelming emotions. Research shows that dialectical behavior therapy strengthens a person's ability to handle distress without losing control or acting destructively (McKay, Wood, Brantley, 2007).*

****Emotional Freedom Technique** was developed by Gary Craig and is effective at helping people regain emotional balance by neutralizing emotional impact that a traumatic event or negative core belief has in your subconscious.*

** At the heart of **Cognitive Behavioral Therapy** (CBT) is an assumption that a person's mood is directly related to his or her patterns of thought. Negative, dysfunctional thinking affects a person's mood, sense of self, behavior, and even physical state.*

****Mindfulness** is a therapeutic technique that focuses on one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations*