

Fall 2008 Programs at ClearSpring

WOMEN'S MIND-BODY WELLNESS GROUP

An ongoing psychotherapy group that meets every other Tuesday at 2:00 PM. Discussion topics focus on living optimistically with chronic health problems and exploration of mind/body tools such as meditation and guided imagery. Insurance coverage may apply. Contact Sherry Bassi, Ph.D., at 314-275-2300.

BEHAVIORAL PAIN SOLUTIONS

A group program for persons with chronic pain. Participants learn about the psychology of pain and learn specific mind-body tools for pain reduction. The program is designed for persons undergoing medical treatment and physical rehabilitation for a chronic pain condition. Insurance coverage may apply. Contact Sherry Bassi, Ph.D., at 314-275-2300.

POSITIVE PSYCHOLOGY 101

Commit a morning of your life to learning happiness skills. In a 3-hour workshop, participants will explore and practice the tools described in the book, "The How of Happiness" by Sonya Lyubomirsky. The workshop will be held on Saturday October 25th from 9:00 AM to 12:00 PM. The cost is \$35. Contact Sherry Bassi, Ph.D., at 314-275-2300.

TEEN GROUP

A 6-week program beginning this fall. Participants will experience a safe and caring environment with other adolescents where common experiences can be shared. Topics explored will include peer influences, self esteem, managing impulses, mood swings, stressors, conflict resolution, and coping strategies. Specific handouts, experiential activities, and self-help techniques will be used to emphasize key areas. Cost is \$150 for the 6-week session. Class size is limited. Contact Lisa Dahlgren, Ph.D., at 636-394-6210 or Sue Melaragno, M.Ed., at 636-675-0974.

MEDITATION, MINDFULNESS, AND RELAXATION TRAINING

Join us for a series of six sessions introducing the basic methods of meditation, mindfulness, and relaxation training. Building on a foundation of Qigong Meditation, we will also explore several kinds of relaxation exercises, easy and fun meditations, and the use of mindfulness. The sessions are experiential in a relaxed atmosphere, geared for those who are new to these principles and who would like to explore a variety of methods for tuning into the mind-body connection. Cost \$60. Contact Lisa Dahlgren, Ph.D., at 636-394-6210.

UPCOMING...

Jonna Mason, MSW, LCSW, and Tammy Cook, MS, RD, LD, are planning a women's group in January 2009 for ages 18 and up. The group will focus on any issues related to being a woman (such as self esteem, weight, body image, stress, coping with multiple responsibilities while caring for ourselves, etc.). Dates and times will be based on group preferences and needs