

AWARENESS

COPING

CONFIDENCE

EMOTIONAL
REGULATION

PROBLEM SOLVING

TIME MANAGEMENT

WHO SHOULD ATTEND?

A.C.C.E.P.T. is a 12 week group curriculum, designed to educate participants on various issues they may be experiencing, or will experience through their lives. This group will not only provide education, but will equip participants with helpful tools to use during high school and forward into adulthood. Read on for descriptions of each session.

Erica Lamb sees herself as a guide that assists clients in developing self-awareness, and accessing their own inner strengths to make positive changes and gain solutions to their problems. She is able to walk alongside with the client and help them on their journey towards healing. Erica practices a non-judgmental stance with clients and has the ability to establish trust easily due to her genuine care, respect, compassion, and regard towards the clients that she sees. She has a peaceful demeanor and an appropriate sense of humor that make clients feel welcomed and safe.

Erica is LCSW eligible, has obtained her LSW and graduated in 2013 from Aurora University with a Masters in Social Work.



CREATIVE COUNSELING CONNECTIONS

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A.C.C.E.P.T.



A versatile skill building group targeting adolescent males and females age 14-18 who require additional education in areas of awareness, coping, confidence, emotional regulation, problem solving and time management.

GOAL SETTING:

This session focuses on the importance of goals and how to develop them with respect to a person's values and strengths.

PROBLEM SOLVING & DECISION MAKING:

During this week, individuals learn to identify and solve problems in a healthy manner as well as break down the decision making process.

COMMUNICATION:

This session focuses on educating participants on communication styles, while developing skills for listening, giving feedback, and being respectful.

WELLNESS & LIFE BALANCE:

This group focuses on what it means to be physically, socially, and emotionally well. Participants will identify areas for improvement develop their own self-care plan.

STRESS:

During this group, members will learn about good and bad stress, identifying stressors in their own life, and coping mechanisms for when stress becomes overwhelming.

PEER PRESSURE:

This session educates individuals on positive and negative peer pressure and refusal skills.
*Substance abuse will be addressed in this session as needed. *

RELATIONSHIPS:

This group will delve into the importance of relationships, identifying healthy and unhealthy relationship patterns, and skills for improving unhealthy or strained relationships.

ANGER MANAGEMENT & CONFLICT RESOLUTION:

This session includes two parts including identifying anger and personal triggers as well as managing and resolving conflicts effectively.

MINDFULNESS & EMOTIONAL INTELLIGENCE:

Throughout this session, individuals will identify emotions and begin to learn basic mindfulness concepts for staying "present focused."

DEVELOPING EFFECTIVE COPING SKILLS:

This group centers around developing healthy coping mechanisms that can be applied in a variety of situations.

TIME MANAGEMENT:

During this session, group members will learn how to organize their day, identifying areas where they could make better use of their time and prioritization.

SELF ESTEEM:

Group members learn the definition of "self-esteem" during this week, and identify positive and negative traits they feel they possess as well as methods of self-acceptance.