

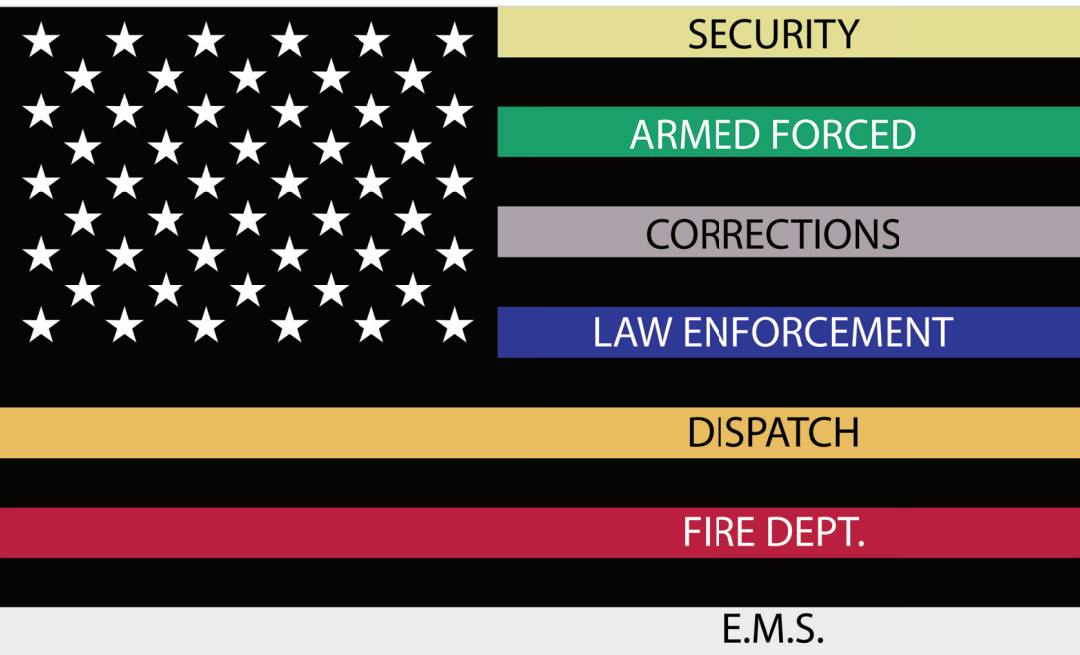


Starting Group Dates:

June 8, 2023

February 2, 2023

April 6, 2023



Contact Us

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RESILIENCE FOR FIRST RESPONDERS

First responders are routinely exposed to traumatic stressors, including threats of violence, assaults, and fatalities. Among first responders these stressors are linked to poorer mental health, including increased risk for burnout, addiction, suicide, and post-traumatic stress disorder.

Psychological resilience, which is a learnable process of positive adaptation to stress, has been identified as a protective factor against the negative impact of burnout. Whole Professional's psychotherapists are trained to treat the anxiety, depression, and trauma, as well as the maladaptive coping skills such as addiction, that first responders endure as a result of their jobs.

Whole Professional's unique resilience program for first responders can help by bringing participants tools specifically designed for them to

increase their understanding of job pressures and their reactions to same while improving mental well-being.

This program is geared to the schedules of professionals and operates on a virtual platform.

\$500 PER PERSON (Self-pay)

- Eight Weeks
- 1.50 Hour Program on Thursday Night 7:00pm – 8:30pm
- Maximum group number: 12
- Aftercare: Ongoing Individual and Group Therapy (additional fees apply)

The Best Time to Get Help is Now!

OUR PROGRAM OFFERS:

- An understanding of the importance of the mind-body connection in managing your mental health
- Help in identifying how your profession may affect your mental health
- New understanding into the causes of your anxiety
- New tools for managing your stress
- An understanding of how anxiety and PTSD can contribute to unhealthy coping mechanisms
- Improved social, familial adjustment and integration
- Reduction of the need for a higher level of care
- Improved mental health and well-being
- Maximum group number: 12
- Aftercare Options
 - Ongoing Individual Therapy (additional fees apply)
 - Ongoing Group Therapy Support Group (additional fees apply)

WHY GROUP THERAPY?

Group therapy is an excellent way for people to deal with mental health challenges. By being around those with a similar condition, people are able to get the support they need and find comfort in the fact that

they are not alone. Together as a group, and facilitated by a trained psychotherapist, they are able to learn, help each other and find new ways to deal with their problems.

ABOUT WHOLE PROFESSIONAL

Whole Professional is a multidisciplinary, therapeutic consultancy dedicated to the mental health and well-being of busy, high-performing professionals in the legal industry. With a team consisting of professionals from the legal, business, medical, and mental health fields, we provide services in individual and family counseling

and psychotherapy, addiction and recovery treatment, medication management, nutrition, yoga, and recreational therapy. This holistic approach is designed to address the “Whole Professional,” enabling them to return to and maintain mental health, well-being, and maximum performance.

WEEK 1

The Body Keeps the Score

Scientists now have more evidence than ever before revealing the intimate, intertwined relationship between the mind and body. Emotions, and their responses, actually begin in your body and understanding what’s going on in and be able to achieve a felt sense of your body is crucial to being able to manage your emotional responses.

WEEK 2

Vicarious Trauma

We will help you learn to recognize and effectively deal with vicarious traumatization, which is a negative reaction to trauma exposure.

WEEK 3

Anxiety is a Threat Response

Did you know that anxiety is a feeling of fear in response to a perceived threat, and usually comes along with thoughts or beliefs that this situation is beyond our resources or ability to cope? Our therapists will explain the “science of feeling safe” to help you better understand your challenges and give you a foundational framework for new ways to support them.

WEEK 4

Responding v. Reacting

Self-regulation is the ability to manage distressing emotions and destructive impulses by pausing before you react to situations likely to trigger a knee-jerk reaction. We will teach you the mindfulness practices and skills needed to remain present in the situation and create that gap between visceral reaction and considered response.

WEEK 5

Coping Skills

Learning adaptive coping strategies, which generally involve confronting problems directly, making reasonably realistic appraisals of problems, recognizing and changing unhealthy emotional reactions, and trying to prevent adverse effects on the body, is integral to avoiding the maladaptive coping, including using alcohol or drugs to

escape problems, that we often fall back on in times of stress and overwhelm.

WEEK 6

Pre-Addiction

It’s easy to assume a drug problem isn’t “bad enough” to get help, but the truth is that it is never too early to seek professional support. Knowing what pre-addiction looks like can be the key to preventing a more serious problem.

WEEK 7

The Importance of Interpersonal Support

Many of us avoid turning to our loved ones for support when we are feeling stressed out, distressed, or anxious. Whole Professional will help in understanding that providing and receiving social support (emotional and psychological assistance from others in our lives) is essential to our survival.

WEEK 8

Moving Forward

You’ll now have the basics to create a plan for managing your mental health as our therapists help you with your goals and concerns moving forward.