



IS THIS GROUP FOR YOU?:

- Do you feel sad or empty frequently?
- Do you have problems with your sleep; sleeping too much or too little, difficulty falling asleep or staying asleep?
- Have you had a change in your appetite; eating more or less than usual?
- Have you had thoughts of life not being worth living?
- Do you have a lack of motivation or energy?
- Do you have consistent thoughts of shame, guilt, blame, worthlessness, anger, hopelessness, or helplessness?
- Do you feel agitated or slowed down?
- Do you have problems with memory, concentration or decision making?
- Have you found yourself less interested in life than in the past?
- Are you tense, worried, or on edge?
- Does your anxiety interfere with your work, or family responsibilities?
- Are you plagued by fears that you know are irrational, but can't stop?
- Do you believe that something bad will happen if certain things aren't done a certain way?
- Do you avoid everyday situations or activities due to anxiety?
- Do you experience sudden, unexpected attacks of heart-pounding panic?
- Do you feel like danger and catastrophe are around every corner?

This group addresses these problems.

NHPA
 4068 Mt. Royal Blvd.
 Gamma Bldg., Suite 125
 Allison Park, PA 15101



NHPA

North Hills Psychological Associates, Inc.

is pleased to offer

A Better Mood
Depression & Anxiety
Therapy Group

Join

Loretta "Lori" Gephart, M.A.

Licensed Psychologist
 Certified Rational Hypnotherapist
 Parenting Coach

**for an ongoing weekly therapy group
 to help adults who are struggling with
 symptoms of depression and/or anxiety.**

**Learn techniques to improve your mood
 and feel more in control of your life.**

**Receive support from other
 group members and the facilitator.**

NHPA

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 412-492-0644 ext. 40
 www.nhpa.com



ABOUT THE GROUP:

Depression and Anxiety can cause problems with thoughts, feelings and physical symptoms. Feelings of shame, guilt, blame, fear and being overwhelmed often accompany depression and anxiety. Learn how to feel these feelings in a safe way. Receive support for who you are, rather than who you are "supposed" to be while you work on growth and healing. Challenge unhealthy long-standing assumptions and beliefs that keep you stuck in negative and uncomfortable emotions. Interact with others with similar issues, as well as a professional group leader to share feelings, techniques, skills and success.

THE PRESENTER:

Lori Gephart is a Licensed Psychologist and Certified Rational Hypnotherapist with over 20 years of experience in the mental health field. Lori is President of NHPA and works with individuals and groups with depression, anxiety and other issues.

HOW TO JOIN:

Interested parties should either register on our web site at www.nhpa.com, mail the Registration Form or call 412.492.0644 ext. 40 to register. We meet briefly with each prospective group member to assess their "fit" for the group.

WHAT IS A THERAPY GROUP?:

In a therapy group, all the group members teach and support each other. Together, we focus on how the process of relating shows you where you tend to pull away from your experience and relationships, and we offer a safe place to practice staying with what is happening right in front of you, in the here and now. A therapy group comprised of a supportive, safe group of peers and a professional group leader, offers the opportunity for growth in many areas of your life. This is an on-going weekly group. We ask each group member to commit to at least 4 group meetings.

TIME:

Thursdays 6-7:30pm

FEES:

Group Therapy Fee: \$50 per session
Payment is collected at each session.
Your insurance may cover for the group, in which case you are expected to pay your co-pay/deductible at each session. We accept cash, checks & credit cards.

LOCATION:

NHPA Conference Room
4068 Mt. Royal Blvd.
Gamma Building, Suite 125
Allison Park, PA 15101

REGISTRATION FORM

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone _____

Work Phone _____

Cell Phone _____

Email _____

DOB _____

Will you be using insurance? __Yes __No

Insurance Company _____

ID# _____

How did you hear about us?
