

Mind-Body Health Workshops for the Public

NHPA is pleased to offer workshops to promote a healthy mind & body.

Presenter: Loretta A. Gephart, M.A., Licensed Psychologist

**Sponsored by North Hills Psychological Associates, Inc. & NHPA Mind-Body Wellness
4068 Mt. Royal Blvd., Gamma Bldg, Suite 125, Conference Room, Allison Park, PA 15101**

Workshop # 1: *Improve Your Sleep*

Sleep is an essential, yet often elusive part of everyday life. Too much or too little sleep can have serious consequences. Learn how to get to sleep, stay asleep & awaken rested & refreshed when it is time to awaken.

Workshop # 2: *How to Manage Stress*

Stress is a natural part of everyday life. Left unchecked, stress can cause serious physical & emotional consequences to name a few. Learn healthy ways to manage & deal with stress.

Workshop # 3: *Coping with a Serious Illness in You or a Loved One*

It can be a challenge to cope with the stressors that a serious illness can bring. We will focus on hope, optimism, spirituality, relationship satisfaction, & problem solving through building resiliency & coping skills & optimizing quality of life.

Workshop # 4: *Creating Happiness*

While we might all like to win the lottery, money alone cannot bring us true happiness. Learn what constitutes true happiness & achieve greater life satisfaction, both short-term & long-term. Learn to reprioritize your life toward a greater fulfillment.

Workshop # 5: *Promoting Closeness with Your Child on a Busy Schedule*

Learn strategies to promote closeness and build rapport with your child despite a hectic family schedule.

Workshop # 6: *Treating Anxiety & Depression without Medication*

Anxiety, Panic and Depression are among the most common mental health disorders. This program provides information about psychological treatments that are surprisingly effective and durable.

Workshop # 7: *Qigong for Stress Management*

Learn how to reduce the effect of stress on your body and mind through the use of simple relaxation techniques. We will learn several moves from an ancient Chinese practice called "qigong." (No special clothing is needed.)

Workshop # 8: *Understanding & Managing Anger*

Learn an overview of the problems associated with the management of anger, including the biology of anger and thought and behavior patterns affecting the experience of anger, as well as techniques for managing anger.

Workshop # 9: *Freeing Your Mind of Unwanted Thoughts*

Learn an overview of the mental stress of thought and how to combat it, as well as techniques for quieting the mind.

Workshop # 10: *Making Every Moment Count through Mindfulness*

Learn how to enhance your experience of the happy times in your life, while coping with the more difficult times in a healthy way. Learn how to live your life more mindfully.

NHPA REGISTRATION FORM

**Each one hour workshop is offered separately.
The cost for each workshop is \$25 in advance or \$30 at the door.**

YES, I would like to register for the following Mind-Body Health Workshops:

- Workshop # 1 Improve Your Sleep
- Workshop # 2 How to Manage Stress
- Workshop # 3 Coping with a Serious Illness in You or a Loved One
- Workshop # 4 Creating Happiness
- Workshop # 5 Promoting Closeness with Your Child on a Busy Schedule
- Workshop # 6 Treating Anxiety & Depression without Medication
- Workshop # 7 Qigong for Stress Management
- Workshop # 8 Understanding & Managing Anger
- Workshop # 9 Freeing Your Mind of Unwanted Thoughts
- Workshop # 10 Making Every Moment Count through Mindfulness

I am interested in:

- Option One: Thursday Evening Series 6:00 pm to 7:00 pm
- Option Two: Saturday Morning Series 10:00 am to 11:00 am

I would also like information about the following Groups which are separate from the workshops:

- Parenting with Mindfulness
- Preparing for Healthy Lifestyle Change
- DBT
- Depression
- Self-Esteem
- Disordered Eating
- Grief

Please note that specific dates will be scheduled based upon interest.
Once we receive your registration, we will contact you to schedule.

Name _____
Address _____
City/State/Zip _____
Telephone (daytime) _____
E-mail _____

Send completed form to:

**NHPA
4068 Mt. Royal Blvd., Gamma Building, Suite 125
Allison Park, PA 15101
Fax 412.492.9906
nhpaweb@nhpa.com
www.nhpa.com**

or call 412.492.0644 ext. 40 to register