



nancy lowrie and associates LLC

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Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Listed below are group topics and basic descriptions that will soon be available to you at Nancy Lowrie & Associates. Please take a moment and indicate by an X which groups would be of potential interest to you or someone that you may know. Thank you.

\_\_\_ **FAMILY MEMBERS OF THOSE WITH SUBSTANCE ABUSE ISSUES**: effects on each family member, roles, education on addiction, addressing guilt and shame

\_\_\_ **COPING WITH CANCER**: separate groups for family/patient, stages of grief/loss, fear, treatment effects, denial, helplessness/powerlessness

\_\_\_ **RE-ACCLIMATING INTO CIVILIAN LIFE POST-WAR**: post traumatic stress disorder, sorrow of loss, substance abuse, expectations, adjusting to family life

\_\_\_ **FAMILY MEMBERS OF THOSE DEPLOYED**: adjustment to loss, managing anxiety, addressing fear of unknown, loneliness, anger, acceptance

\_\_\_ **GENDER IDENTITY ISSUES**: pre or post operation, stigma, fear, empowerment, intimacy, depression, suicide education/prevention, process expectations/disappointments

\_\_\_ **BULLYING**: dynamics of and addressing victim/by-stander/bully, effective parenting strategies, working with schools

\_\_\_ **INTERNET ADDICTION/SEX ADDICTION**: reducing behavior, empathy, identifying triggers, increase awareness of trouble

\_\_\_ **STRESS MANAGEMENT/ENHANCING WELL-BEING**: gaining control for positive changes, healthy living skills, coping mechanisms, adaptation, boundaries

\_\_\_ **FORGIVENESS/BEING FREE**: past abuse issues, effects on current life, increasing self-efficacy, staying connected to abuse

\_\_\_ **EFFECTS OF FAMILY DYNAMICS ON CHILD'S FUNCTIONING**: adult behaviors and roles in children, parenting practices, delinquency, school issues

\_\_\_ **CALMING CHAOS IN LIFE**: managing negative emotions, cross spectrum stress, defensive reactions, diffusing situations, conflict resolution techniques, self-control

\_\_\_ **CAREGIVING**: sandwich generation or baby boomers, working through tolls, facing deterioration of loved one, burden, coping mechanisms, quality of life, depression

\_\_\_ **EATING DISORDERS**: separate groups for over eating/binge eating, anorexia, bulimia

\_\_\_ **FAMILY MEMBERS OF THOSE WITH SERIOUS MENTAL ILLNESS**: education on disorders, shock/denial, self-blame, optimism, managing burnout

\_\_\_ **HOARDING**: organization/categorizing techniques, decision making, relaxation techniques, isolation, embarrassment, shame, impulse control, motivation building

\_\_\_ **PARENTING WITH SPECIFIC NEEDS**: separate groups to address specific childhood issues, such as, autism; ADHD; conduct disorder; developmental disorders