

To Register: Download a registration form from the specific class or event listing at: www.scclanc.org/events | Questions contact Rhonda Myers, 717.560.9969 x253

Cost: \$45 per class

Register for one, two or more. (*Register for all six classes for discounted price of \$225*)

Class Dates: Fridays from 8:00-9:30 AM:

June 8 (1) | Embracing Our Emotions:
Pathways of Care and Understanding

June 15 (2) | Healthy Mind: Strategies to Direct
and Manage Your Thoughts

June 22 (3) | Spiritual Health: Developing a
Spiritual Path

June 29 (4) | Healthy Relationships: Creating
Secure Attachments

July 13 (5) | Sleep Wellness: The Benefits of
Sufficient Sleep for Our Emotional Lives

July 20 (6) | Compassionate Listening:
Becoming More Present

**Event Location: 1803 Oregon Pike
Lancaster, PA | 17601
717.560.9969
www.scclanc.org/events**



About the Instructors

Dean Clemmer, MS, NCC, LPC is a Licensed Professional Counselor and certified by the National Board for Certified Counselors. He has been a practicing psychotherapist for over 35 years. His approach draws from the Cognitive-Behavioral and Solution-Focused schools of therapy and involves using insight and new ways of viewing problems as a springboard for personal change.

Lesley Huff, PsyD is a licensed Psychologist working with individuals, couples, families, and organizations. She helps clients to focus on the ability to be present in each moment, to become more informed through curiosity about what is working, to identify where they can be most effective with their efforts, and to understand how to be more successful in their communication, decision-making, and problem-resolution. Lesley also teaches the 8-week Change Through Compassion Seminar Series.

Judith Kennedy, MS, MA, NCC, LPC is a Licensed and Board Certified Professional Counselor with degrees in both clinical psychology and religion. Judith integrates a faith and spirituality sensitive approach with mindfulness and emotion focused therapy. Her blog on sleep can be found at: sleepthesilentmessenger.com

Rhonda Myers, MS, NCC, LPC is a Licensed Professional Counselor with Board Certifications in Counseling, and as an Approved Clinical Supervisor. Rhonda uses an integrative approach to help clients gain insight, utilize their strengths, and develop skills to meet the challenges they encounter.



***Enhancing
Emotional
Health Series***



**Skills to Improve Your
Emotional Well-Being**

6-Week Skills Coaching Groups



People who are emotionally healthy are able to meet life's challenges & recover from setbacks. This doesn't mean they don't feel sad, afraid, angry or anxious, but that they use healthy coping strategies to help them get through the situation.

Class Descriptions:

Week One: Embracing Our Emotions as Pathways of Care and Understanding

Judith Kennedy, MS, MA, NCC, LPC

Emotions are a primary means of connecting with others and the world. Making sense of our emotional experiences and taking time to determine what we do with our emotions leads to wise actions and a sense of wellbeing. This class will work towards increased emotional intelligence including the difference between primary and secondary emotions. **We will explore ways of slowing reactions to negative emotion and utilizing emotions of compassion to reduce both personal and relational suffering.**

Week Two: Healthy Mind: Strategies to Direct and Manage Your Thoughts

Rhonda Myers, MS, NCC, LPC

Thoughts are powerful in the sense that they shape our perception of reality. Most of the time we operate on auto-pilot and are passive participants on the train of our thoughts, often believing thoughts



about ourselves or others without questioning if they are true or accurate. **This class will introduce mindfulness practice and cognitive behavioral strategies to manage thoughts and emotions more effectively.**

Week Three: Spiritual Health: Developing a Spiritual Path

Dean Clemmer, MS, NCC, LPC

Research has demonstrated that those who are engaged in religious and spiritual practices tend to be healthier, happier, have better habits and more social support. Spiritual involvement is associated with more optimism, compassion for self and others, forgiveness, and less anxiety and depression. **This class will touch on the variety of approaches to spirituality, with special attention given to meditation. Participants will have the opportunity to reflect on what is at the core of their spirituality, and how their understanding and experience of it has changed over their lifetime. Hopefully, the session will stimulate ideas about what new or deepened involvement and practices could foster spiritual growth.**

Week Four: Healthy Relationships: Creating Secure Attachments

Rhonda Myers, MS, NCC, LPC

Our most important relationships are where we can feel most distressed and out of control with our emotions. Creating and maintaining a secure attachment to others is part of our survival as a species, and our brains react quickly to perceived

“threats” to our attachments. These threats include feeling hurt, rejected, unimportant, disappointed, unsupported, betrayed or abandoned. **This class will help you understand your attachment style, the impact it can have in your relationships and practices to develop a secure attachment.**



Week Five: Sleep Wellness: The Benefits of Sufficient Sleep for Our Emotional Lives

Judith Kennedy, MS, MA, NCC, LPC

Sufficient sleep is a basic building block of physical, emotional and relational health. It is now known that sleep is restful for the emotional center of the brain. Sleep processes and regulates negative emotional experiences and integrates new learning. **This class will help you understand how sleep works and its wellness benefits. We will learn ways to prioritize and protect sleep. Tools and resources for healthier sleep will be provided along with experiential practices.**

Week Six: Compassionate Listening: Becoming More Present

Lesley Huff, PsyD

Often our intention to be compassionate in our interactions gets disrupted by our approach. Holding space with compassion for others involves holding ourselves with compassion as well. **This class will explore how and why efforts to be experienced as compassionate are not as successful as we would like, and provide a hands-on experience of how to align our intentions and our actions.**