



*Now Enrolling:*  
**The Connection**

**Clinical  
Best Practice  
Training Course**

## ***Using Cognitive Reframing to Change Perspective***

The way we view what we are experiencing can exacerbate our stress or minimize it. Cognitive reframing is a psychological technique that consists of identifying and changing the way we perceive situations, experiences, and emotions. Reframing is a strategy that enables us to intentionally alter our perceptions of life challenges, significantly relieving stress and creating a more emotional positive response before making any changes in our circumstances. This training will give service providers specific techniques to help clients identify and challenge distorted thinking and promote growth.

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**DATE**

August 12, 2022

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**TIME**

9:00am – 1:00pm

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**PRESENTER**

Aleksandra Slaski, LPC, Associate Director,  
The Connection Center for Behavioral Health & Women's REACH Programs

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**COST: \$70**

**CONTINUING EDUCATION:** This training has been approved for  
4 Continuing Education Credit Hours by the National Association of  
Social Workers, CT (NASW) and Connecticut Certification Board (CCB).

To register and for more information, visit  
**[theconnectioninc.org/training-courses-spring-summer-2022](https://theconnectioninc.org/training-courses-spring-summer-2022)**