



SPARCS GROUP

STRUCTURED PSYCHOTHERAPY FOR ADOLESCENTS

RESPONDING TO CHRONIC STRESS

EVERY TUESDAY 4:30-5:30

START DATE: FEB 21, 2023

SNACKS INCLUDED!

HOSTED BY HOPE COMMUNITY CLINIC

PLEASE REGISTER BY CALLING 704-910-5810 OR EMAILING:

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What is SPARCS?

A 16 SESSION TREATMENT GUIDE CREATED FOR TEENS WHO HAVE EXPERIENCED TRAUMA. THIS PROGRAM SEEKS TO ENHANCE THEIR STRENGTHS AND PROMOTE RESILIENCE. IT IS BASED OFF OF THREE EMPIRICALLY-INFORMED INTERVENTIONS:

- DIALECTICAL BEHAVIOR THERAPY FOR ADOLESCENTS
- TRAUMA ADAPTIVE RECOVERY - GROUP EDUCATION AND THERAPY (TARGET)
- SCHOOL-BASED TRAUMA/GRIEF GROUP PSYCHOTHERAPY PROGRAM

ADDRESS PROBLEMS WITH

- REGULATING EMOTIONS & IMPULSES
- SOMATIZATION AND PHYSICAL HEALTH
- ATTENTION AND INFORMATION PROCESSING
- SELF-PRECEPTION
- REALTIONSHPIS
- SENSE OF MEANING & PURPOSE IN LIFE

SPARCS GROUP can help

REDUCE STRESS
CREATE BETTER COMMUNICATION
IMPROVE RELATIONSHIPS
CONCENTRATE BETTER
DEAL WITH ANGER BETTER

AREAS OF FOCUS

CULTIVATE AWARENESS
COPE MORE EFFECTIVELY
CONNECT WITH OTHERS
CREATE MEANING & PURPOSE

