

connections wellness group denton

Connections Wellness Group Denton: Your Path to Holistic Well-being

Are you searching for a supportive and comprehensive wellness community in Denton, Texas? Feeling overwhelmed, stressed, or simply looking to enhance your overall well-being? Then you've come to the right place. This in-depth guide explores Connections Wellness Group Denton, delving into their services, philosophy, and the unique benefits they offer residents of the Denton area. We'll uncover why they're a leading choice for those seeking holistic health solutions and answer all your burning questions about what makes them special.

Understanding Connections Wellness Group Denton: More Than Just Therapy

Connections Wellness Group Denton isn't your typical therapy practice. They're a holistic wellness center offering a comprehensive range of services designed to address the interconnectedness of mind, body, and spirit. They understand that true well-being isn't achieved through a single solution, but rather through a multifaceted approach that tackles the root causes of imbalance. This means they go beyond traditional talk therapy, incorporating diverse modalities to provide a truly personalized and effective experience.

A Wide Spectrum of Services: Catering to Diverse Needs

One of the key strengths of Connections Wellness Group Denton lies in the breadth of services they provide. Instead of a narrow focus, they offer a diverse range of options to suit individual needs and preferences. Let's explore some key offerings:

1. Individual Therapy: Addressing Personal Challenges

At the heart of Connections Wellness Group Denton is their commitment to individualized therapy. They work with clients of all ages and backgrounds, addressing a wide spectrum of concerns, including:

Anxiety and Depression: Developing coping mechanisms and strategies for managing symptoms.
Trauma Recovery: Providing a safe and supportive environment for processing traumatic experiences.
Relationship Issues: Improving communication and conflict resolution skills.
Life Transitions: Navigating significant life changes with greater ease and resilience.
Grief and Loss: Providing support and guidance during periods of bereavement.

Their therapists are highly trained and experienced, employing various evidence-based therapeutic approaches to tailor treatment plans to each individual's unique needs.

2. Couples and Family Therapy: Strengthening Relationships

Strong relationships are fundamental to overall well-being. Connections Wellness Group Denton recognizes this and provides expert couples and family therapy to strengthen bonds and resolve conflicts. They guide families and couples in:

Improving communication: Learning healthy communication patterns that foster understanding and connection.

Resolving conflict: Developing constructive strategies for managing disagreements and avoiding escalation.

Strengthening family dynamics: Fostering a more supportive and harmonious family environment.

Navigating blended families: Addressing the unique challenges of blended families.

3. Group Therapy: Finding Support and Connection

Group therapy offers a powerful sense of community and shared experience. Connections Wellness Group Denton facilitates various support groups focusing on specific issues, providing a safe space for participants to connect with others facing similar challenges. The benefits of group therapy include:

Reduced feelings of isolation: Connecting with others who understand your experience.

Enhanced self-awareness: Gaining new perspectives on your challenges.

Developing coping skills: Learning from the experiences of others.

Building social support: Creating a network of support and connection.

4. Beyond Therapy: Holistic Approaches to Wellness

Connections Wellness Group Denton goes beyond traditional talk therapy. They often incorporate complementary therapies to enhance the effectiveness of their programs and promote holistic well-being. This might include:

Mindfulness and Meditation Practices: Techniques to manage stress and cultivate inner peace.

Yoga and Movement Therapy: Promoting physical and emotional well-being through physical activity.

Nutritional Counseling: Guidance on healthy eating habits to support overall health.

The Connections Wellness Group Denton Difference: A Focus on Community and Compassion

What truly sets Connections Wellness Group Denton apart is their unwavering commitment to fostering a supportive and compassionate community. They believe that healing is best achieved within a supportive environment where individuals feel safe, understood, and empowered. Their emphasis on:

Personalized care: Tailoring treatment plans to individual needs.

Compassionate approach: Creating a safe and non-judgmental environment.

Collaborative approach: Working closely with clients to achieve their goals.

Community building: Fostering a sense of belonging and connection.

makes them a unique and highly sought-after resource in the Denton area.

Finding the Right Path to Wellness: Your Next Steps

If you're ready to embark on a journey toward greater well-being, Connections Wellness Group Denton offers a welcoming and supportive environment to help you achieve your goals. Visit their website to learn more about their services, therapists, and scheduling options. Take the first step today towards a healthier, happier, and more fulfilling life.

Conclusion

Connections Wellness Group Denton offers a comprehensive and compassionate approach to holistic wellness. Their commitment to personalized care, a wide range of services, and a supportive community makes them a leading choice for individuals and families seeking improved mental and emotional health.

Frequently Asked Questions (FAQs)

1. Does Connections Wellness Group Denton accept insurance? They accept many insurance plans but it's best to contact them directly to verify your coverage.
1. What are the hours of operation for Connections Wellness Group Denton? Their hours vary depending on the therapist and services. Check their website for specific availability.
1. Do they offer online therapy sessions? They may offer telehealth services; check their website or contact them directly to confirm.
1. What types of payment methods do they accept? They typically accept credit cards, debit cards, and potentially other methods. It's best to confirm with them directly.
1. How do I schedule an appointment with Connections Wellness Group Denton? You can typically schedule an appointment through their website or by calling their office. Check their website for contact information.

connections wellness group denton: *Core Curriculum for Interdisciplinary Lactation Care* Lactation Education Accreditation and Approval Review Committee (LEAARC),, Becky Spencer, Suzanne Hetzel Campbell, Kristina Chamberlain, 2022-09-29 Core Curriculum for Interdisciplinary Lactation Care continues to be a trustworthy source for lactation-specific information and education in a thoroughly updated second edition. Published in association with the Lactation Education Accreditation and Approval Review Committee (LEAARC), it presents the core curriculum required to practice as a beginning lactation consultant in an easy-to-read format. Written by an interdisciplinary team of clinical lactation experts, it reflects the current state of practice and offers evidence-based information regardless of discipline or specialty. The updated Second Edition includes new information on scientific evidence supporting breastfeeding, the biochemistry of human milk, breastfeeding multiplies or a preterm infant, lactation and maternal mental health, breast pathology, and more.

connections wellness group denton: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

connections wellness group denton: **Emotional Transformation Therapy** Steven R. Vazquez, 2012-11-02 Emotional Transformation Therapy: An Interactive Ecological Psychotherapy describes an entirely original approach to psychotherapy that drastically accelerates therapeutic outcomes in terms of speed and long-term effects. It includes an attachment-based interpersonal approach that increases the impact of the therapist-client bond and is amplified by the precise use of the client's visual ecology. This synthesis is called Emotional Transformation Therapy® (ETT®). Steven R. Vazquez, PhD, discusses four techniques that therapeutically harness the client's visual ecology. When the client is asked to view a maximally saturated spectral chart of colors, visual feedback provides immediate diagnostic information that helps the therapist to regulate emotional intensity or loss of awareness of emotions. A second technique offers an original form of directed eye movement that facilitates relief of emotional distress within minutes. A third technique uses peripheral eye stimulation to rapidly reduce extreme emotional or physical pain within seconds as well as to access previously unconscious thoughts, emotions, or memories related to the issue or symptom. The fourth technique uses the emission of precise wavelengths (colors) of light into the client's eyes during verbal processing that dramatically amplifies the effect of talk therapy and changes the brain in profound ways. Emotional Transformation Therapy uses theory, research, and case studies to show how this method can be applied to depression, anxiety disorders, posttraumatic stress disorder, and complex trauma. Pre and post brain scans have shown that ETT® substantially changes the human brain. This method possesses the potential to revolutionize psychotherapy as we know it.

connections wellness group denton: Eating Disorders in Sport Ron A. Thompson, Roberta Trattner Sherman, 2011-01-19 Over the past fifteen years, there has been a great increase in the

knowledge of eating disorders in sport and effective means of treatment. In this book, the authors draw on their extensive clinical experience to discuss how to identify, manage, treat, and prevent eating disorders in sport participants. They begin by examining the clinical conditions related to eating problems, including descriptions of specific disorders and a review of the relevant literature. Special attention is given to the specific gender and sport-related factors that can negatively influence the eating habits of athletes. The second half of the book discusses identification of participants with disordered eating by reviewing symptoms and how they manifest in sport; management issues for sport personnel, coaches, athletic trainers, and healthcare professionals; treatment; and medical considerations, such as the use of psychotropic medications. A list of useful resources is included in an appendix, as well as a glossary of important terms.

connections wellness group denton: Transforming the Workforce for Children Birth Through Age 8 National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on the Science of Children Birth to Age 8: Deepening and Broadening the Foundation for Success, 2015-07-23 Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. *Transforming the Workforce for Children Birth Through Age 8* explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. *Transforming the Workforce for Children Birth Through Age 8* offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

connections wellness group denton: Interpersonal Relationships in Education: From Theory to Practice David Zandvliet, Perry den Brok, Tim Mainhard, 2014-08-07 This book brings together recent research on interpersonal relationships in education from a variety of perspectives including research from Europe, North America and Australia. The work clearly demonstrates that positive teacher-student relationships can contribute to student learning in classrooms of various types. Productive learning environments are characterized by supportive and warm interactions throughout the class: teacher-student and student-student. Similarly, at the school level, teacher learning thrives when there are positive and mentoring interrelationships among professional colleagues. Work on this book began with a series of formative presentations at the second International Conference on Interpersonal Relationships in Education (ICIRE 2012) held in Vancouver, Canada, an event that included among others, keynote addresses by David Berliner, Andrew Martin and Mieke Brekelmans. Further collaboration and peer review by the editorial team resulted in the collection of original research that this book comprises. The volume (while eclectic) demonstrates how constructive learning environment relationships can be developed and sustained

in a variety of settings. Chapter contributions come from a range of fields including educational and social psychology, teacher and school effectiveness research, communication and language studies, and a variety of related fields. Together, they cover the important influence of the relationships of teachers with individual students, relationships among peers, and the relationships between teachers and their professional colleagues.

connections wellness group denton: Understanding the Well-Being of LGBTQI+ Populations National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Committee on Population, Committee on Understanding the Well-Being of Sexual and Gender Diverse Populations, 2021-01-23 The increase in prevalence and visibility of sexually gender diverse (SGD) populations illuminates the need for greater understanding of the ways in which current laws, systems, and programs affect their well-being. Individuals who identify as lesbian, gay, bisexual, asexual, transgender, non-binary, queer, or intersex, as well as those who express same-sex or -gender attractions or behaviors, will have experiences across their life course that differ from those of cisgender and heterosexual individuals. Characteristics such as age, race and ethnicity, and geographic location intersect to play a distinct role in the challenges and opportunities SGD people face. Understanding the Well-Being of LGBTQI+ Populations reviews the available evidence and identifies future research needs related to the well-being of SGD populations across the life course. This report focuses on eight domains of well-being; the effects of various laws and the legal system on SGD populations; the effects of various public policies and structural stigma; community and civic engagement; families and social relationships; education, including school climate and level of attainment; economic experiences (e.g., employment, compensation, and housing); physical and mental health; and health care access and gender-affirming interventions. The recommendations of Understanding the Well-Being of LGBTQI+ Populations aim to identify opportunities to advance understanding of how individuals experience sexuality and gender and how sexual orientation, gender identity, and intersex status affect SGD people over the life course.

connections wellness group denton: Hypnosis & Hypnotherapy Calvin D. Banyan, Gerald F. Kein, 2001 Professional techniques and procedures for doing outstanding hypnotherapy using direct suggestion, convincers, covert testing, age regression and more. This is an exciting new book for professionals who are using hypnotherapy in their work (or would like to). It is highly organized and readable, and outlines and explains some of the most powerful and reliable techniques and procedures available to the modern hypnotherapist. A treasure of over 180 Hypnotherapy Techniques and Procedures that lead to successful hypnotherapy including: how to hypnotize every client, how to show every client that he or she was hypnotized, how to make your hypnotic suggestions more powerful than ever, how to make each session 10 times more powerful than the last one, how to covertly test your clients and use convincers that cannot fail, how to expertly conduct age regression sessions that are successful, how to work with overly-analytical, resistant or nervous clients, and how to amaze your clients and receive referrals from other professionals.

connections wellness group denton: Lessons from the Hanoi Hilton Taylor B Kiland, Peter Fretwell, Estate of Jack London, James B Stockdale, 2013-05-15 Why were the American POWs imprisoned at the "Hanoi Hilton" so resilient in captivity and so successful in their subsequent careers? This book presents six principles practiced within the POW organizational culture that can be used to develop high-performance teams everywhere. The authors offer examples from both the POWs' time in captivity and their later professional lives that identify, in real-life situations, the characteristics necessary for sustainable, high-performance teamwork. The book takes readers inside the mind of James Stockdale, a fighter pilot with a degree in philosophy, who was the senior ranking officer at the Hanoi prison. The theories Stockdale practiced become readily understandable in this book. Drawing parallels between Stockdale's guiding philosophies from the Stoic Epictetus and the principles of modern sports psychology, Peter Fretwell and Taylor Baldwin Kiland show readers how to apply these principles to their own organizations and create a culture with staying power. Originally intending their book to focus on Stockdale's leadership style, the authors found

that his approach toward completing a mission was to assure that it could be accomplished without him. Stockdale, they explain, had created a mission-centric organization, not a leader-centric organization. He had understood that a truly sustainable culture must not be dependent on a single individual. At one level, this book is a business school case study. It is also an examination of how leadership and organizational principles employed in the crucible of a Hanoi prison align with today's sports psychology and modern psychological theories and therapies, as well as the training principles used by Olympic athletes and Navy SEALs. Any group willing to apply these principles can move their mission forward and create a culture with staying power—one that outlives individual members.

connections wellness group denton: *Walking the Bowl* Chris Lockhart, Daniel Mulilo Chama, 2022-02-15 A New York Times Notable Book An NPR Best Book of the Year For readers of *Behind the Beautiful Forevers* and *Nothing to Envy*, this is a breathtaking real-life story of four street children in contemporary Zambia whose lives are drawn together and forever altered by the mysterious murder of a fellow street child. Based on years of investigative reporting and unprecedented fieldwork, *Walking the Bowl* immerses readers in the daily lives of four unforgettable characters: Lusabilo, a determined waste picker; Kapula, a burned-out brothel worker; Moonga, a former rock crusher turned beggar; and Timo, an ambitious gang leader. These children navigate the violent and poverty-stricken underworld of Lusaka, one of Africa's fastest growing cities. When the dead body of a ten-year-old boy is discovered under a heap of garbage in Lusaka's largest landfill, a murder investigation quickly heats up due to the influence of the victim's mother and her far-reaching political connections. The children's lives become more closely intertwined as each child engages in a desperate bid for survival against forces they could never have imagined. Gripping and fast-paced, the book exposes the perilous aspects of street life through the eyes of the children who survive, endure and dream there, and what emerges is an ultimately hopeful story about human kindness and how one small good deed, passed on to others, can make a difference in the face of seemingly insurmountable odds.

connections wellness group denton: Occupational Therapy in the Promotion of Health and Wellness Marjorie E. Scaffa, S. Maggie Reitz, Michael Pizzi, 2009-07-01 OCCUPATIONAL THERAPY IN the PROMOTION OF HEALTH and WELLNESS

connections wellness group denton: The Freedom Model for Addictions Steven Slate , Mark W. Scheeren, Michelle L. Dunbar, 2017-11-20

connections wellness group denton: *Does the Built Environment Influence Physical Activity?* Transportation Research Board, Institute of Medicine, 2005-01-11 TRB Special Report 282: *Does the Built Environment Influence Physical Activity?* Examining the Evidence reviews the broad trends affecting the relationships among physical activity, health, transportation, and land use; summarizes what is known about these relationships, including the strength and magnitude of any causal connections; examines implications for policy; and recommends priorities for future research.

connections wellness group denton: Handbook of School Mental Health Mark D. Weist, Nancy A. Lever, Catherine P. Bradshaw, Julie Sarno Owens, 2013-08-15 With so few therapeutic outlets readily available to young people, schools have evolved into mental health centers for many students. Yet schools are hampered by limited access to resources needed to provide mental health promotion, prevention, and intervention services. Like its acclaimed predecessor, the Second Edition of the *Handbook of School Mental Health* offers ways for professionals to maximize resources, make and strengthen valuable connections, and attain more effective school-based services and programming. At the same time, the *Handbook* provides strategies and recommendations in critical areas, such as workforce development, interdisciplinary collaborations, youth/family engagement, consultation, funding, and policy concerns, summarizes the state of current research, and offers directions for further study. Chapters model best practices for promoting wellness and safety, early detection of emotional and behavioral problems, and school-based interventions for students with anxiety, depression, attention deficit hyperactivity disorder, and other common challenges. In spotlighting this range of issues, the contributors have created a comprehensive game plan for

advancing the field. Among the Handbook's topics: Pre-service training for school mental health clinicians. Cognitive-behavioral interventions for trauma in schools. Increasing parental engagement in school-based interventions. Models of psychiatric consultation to schools. Culturally competent behavioral and emotional screening. Bullying from a school mental health perspective. Prevention and intervention strategies related to a variety of mental health problems in schools. The Second Edition of the Handbook of School Mental Health is an essential reference for researchers, graduate students, and other professionals in child and school psychology, special and general education, public health, school nursing, occupational therapy, psychiatry, social work and counseling, educational policy, and family advocacy.

connections wellness group denton: Power in Close Relationships Christopher R. Agnew, Jennifer J. Harman, 2019-02-28 An outline of how power, an inherent feature of social interactions, operates and affects close relationships.

connections wellness group denton: Principles of Management David S. Bright, Anastasia H. Cortes, Eva Hartmann, 2023-05-16 Black & white print. Principles of Management is designed to meet the scope and sequence requirements of the introductory course on management. This is a traditional approach to management using the leading, planning, organizing, and controlling approach. Management is a broad business discipline, and the Principles of Management course covers many management areas such as human resource management and strategic management, as well as behavioral areas such as motivation. No one individual can be an expert in all areas of management, so an additional benefit of this text is that specialists in a variety of areas have authored individual chapters.

connections wellness group denton: Architecture for Psychiatric Environments and Therapeutic Spaces E. Chrysikou, 2014-12-18 Therapeutic architecture can be described as the people-centered, evidence-based discipline of the built environment, which aims to identify and support ways of incorporating those spatial elements that interact with people physiologically and psychologically into design. Architecture is an important factor in people's lives when they are well; when they experience ill-health and are less able to cope it becomes even more important. This book explores the design of specialized residential architecture for people with mental health problems. It sets out to show how building design can support medical and health related procedures and practices, leading to better therapeutic outcomes and an enhanced quality of life. Based on almost two decades of research, it aims to understand how architectural design interacts with the therapeutic milieu, the care programs, and actually living in the spaces. The book is divided into two main parts covering theory and research. Part one consists of three chapters: a brief introduction to old practices, current medical psychosocial and architectural thinking, and alternative thinking. Part two explores the research and conclusions derived from fieldwork. This book provides a fascinating insight into the effect that architectural design can have on all of us, but particularly on those with mental health problems. Dr. Evangelia Chrysikou explains the many aspects of mental health and its relation to the quality of the built environment and I strongly recommend this very enjoyable book to anyone who would like to find out more about this important topic. - Prof. Alan Dilani, Ph.D. , International Academy for Design and Health This book provides important, evidence-based data that will help to drive the design of new and refurbished psychiatric facilities and will no doubt become a highly-regarded resource for medical planners and architects. - Jo Makosinski , Editor, Building Better Healthcare

connections wellness group denton: Positive Psychology in Practice P. Alex Linley, Stephen Joseph, 2012-06-27 A thorough and up-to-date guide to putting positive psychology into practice From the Foreword: This volume is the cutting edge of positive psychology and the emblem of its future. -Martin E. P. Seligman, Ph.D., Fox Leadership Professor of Psychology, University of Pennsylvania, and author of Authentic Happiness Positive psychology is an exciting new orientation in the field, going beyond psychology's traditional focus on illness and pathology to look at areas like well-being and fulfillment. While the larger question of optimal human functioning is hardly new - Aristotle addressed it in his treatises on eudaimonia - positive psychology offers a common language

on this subject to professionals working in a variety of subdisciplines and practices. Applicable in many settings and relevant for individuals, groups, organizations, communities, and societies, positive psychology is a genuinely integrative approach to professional practice. *Positive Psychology in Practice* fills the need for a broad, comprehensive, and state-of-the-art reference for this burgeoning new perspective. Cutting across traditional lines of thinking in psychology, this resource bridges theory, research, and applications to offer valuable information to a wide range of professionals and students in the social and behavioral sciences. A group of major international contributors covers: The applied positive psychology perspective Historical and philosophical foundations Values and choices in pursuit of the good life Lifestyle practices for health and well-being Methods and processes for teaching and learning Positive psychology at work The best and most thorough treatment of this cutting-edge discipline, *Positive Psychology in Practice* is an essential resource for understanding this important new theory and applying its principles to all areas of professional practice.

connections wellness group denton: *Person Centered Approach to Recovery in Medicine*

Luigi Grassi, Michelle B. Riba, Thomas Wise, 2018-12-07 This book offers a resource to aid in implementing psychosocial screening, assessment, and consequently integrating prevention, care and treatment (i.e. pharmacological, psychosocial rehabilitation and psychotherapeutic) in medicine. It is becoming increasingly recognized that one method of combating spiraling health care costs in developed nations is to integrate psychiatric care into medicine including primary care settings. This volume reviews the main issues relative to the paradigm of a person-centered and recovery-oriented approach that should imbue all medical areas and specialties. It proposes integration methods in screening and assessment, clinimetric approach, dignity conserving care, cross-cultural and ethical aspects, treatment and training as a basic and mandatory need of a whole psychosomatic approach bridging the several specialties in medicine. As such, the book addresses a topic that all physicians, including primary care and psychiatric professionals in a wide variety of mental health settings are currently discussing, planning and preoccupied with, namely the task of integrating mental health into all the medical fields, including primary care, cardiology, psychiatry, oncology and so on.

connections wellness group denton: *Little Worm* Laura Ann Elpers Pierce, 2019-08-15

LITTLE WORM, BIG WORRY. Today is the day: Little Worm is going to run a whole mile! But oh no--it's raining! Little Worm starts to feel sad, and then he feels funny. He's so disappointed. Little Worm has been looking forward to this day for weeks. What if he can't run at all today? Laura Ann Pierce's story *Little Worm: A Story about Worry* models how to handle worry and anxiety when things don't turn out the way we expect. Join Little Worm as he learns how to readjust his plans and work through his anxiety.

connections wellness group denton: *Embody* Connie Sobczak, 2014 This book's message is rooted in the philosophy that people inherently possess the wisdom necessary to make healthy choices and to live in balance. It emphasizes that self-love, acceptance of genetic diversity in body size, celebration of the unique beauty of every individual, and intuitive self-care are fundamental to achieving good physical and emotional health. It encourages readers to shift their focus away from ineffective, harmful weight-loss efforts towards improving and sustaining positive self-care behaviors. Initial research indicates that this work significantly improves people's ability to regulate eating, decreases depression and anxiety, and increases self-esteem--all critical resources that promote resiliency against eating and body image problems. *Embody* guides readers step-by-step through the five core competencies of the Body Positive's model: Reclaim Health, Practice Intuitive Self-Care, Cultivate Self-Love, Declare Your Own Authentic Beauty, and Build Community. These competencies are fundamental skills anyone can practice on a daily basis to honor their innate wisdom and take good care of their whole selves because they are motivated by self-love and appreciation. Rather than dictating a prescriptive set of rules to follow, readers are guided through patient, mindful inquiry to find what works uniquely in their own lives to bring about--and sustain--positive self-care changes and a peaceful relationship with their bodies--

connections wellness group denton: *Breaking Free of Child Anxiety and OCD* Eli R. Lebowitz,

2021 Anxiety disorders and OCD are the most common mental health problems of childhood and adolescence. This book provides a complete, step-by-step program for parents looking to alleviate their children's anxiety by changing the way they themselves respond to their children's symptoms.

connections wellness group denton: *NEEDS OF THE HEART* Chip Dodd, 2016-07-11 Without knowing and expressing our needs, relationship with God and others suffers. As a complement to *The Voice of the Heart*, Chip Dodd invites readers to explore the needs we are created to have so that we can live fully. In 2001, *The Voice of the Heart* began a steady journey into the lives of those looking for more. Since its initial release, *The Voice of the Heart* has been handed from one friend to another; it has helped thousands of people begin to speak the truth of their story and to live more fully from the heart.

connections wellness group denton: *Middle Range Theory for Nursing* Mary Jane Smith, PhD, RN, FAAN, Patricia R. Liehr, PhD, RN, 2018-03-10 Three-time recipient of the AJN Book of the Year Award! Praise for the third edition: "This is an outstanding edition of this book. It has great relevance for learning about, developing, and using middle range theories. It is very user friendly, yet scholarly. Score: 90, 4 Stars -Doody's Medical Reviews The fourth edition of this invaluable publication on middle range theory in nursing reflects the most current theoretical advances in the field. With two additional chapters, new content incorporates exemplars that bridge middle range theory to advanced nursing practice and research. Additional content for DNP and PhD programs includes two new theories: Bureaucratic Caring and Self-Care of Chronic Illness. This user-friendly text stresses how theory informs practice and research in the everyday world of nursing. Divided into four sections, content sets the stage for understanding middle range theory by elaborating on disciplinary perspectives, an organizing framework, and evaluation of the theory. *Middle Range Theory for Nursing, Fourth Edition* presents a broad spectrum of 13 middle range theories. Each theory is broken down into its purpose, development, and conceptual underpinnings, and includes a model demonstrating the relationships among the concepts, and the use of the theory in research and practice. In addition, concept building for research through the lens of middle range theory is presented as a rigorous 10-phase process that moves from a practice story to a conceptual foundation. Exemplars are presented clarifying both the concept building process and the use of conceptual structures in research design. This new edition remains an essential text for advanced practice, theory, and research courses. New to the Fourth Edition: Reflects new theoretical advances Two completely new chapters New content for DNP and PhD programs Two new theories: Bureaucratic Caring and Self-Care of Chronic Illness Two articles from *Advances in Nursing Science* documenting a historical meta-perspective on middle range theory development Key Features: Provides a strong contextual foundation for understanding middle range theory Introduces the Ladder of Abstraction to clarify the range of nursing's theoretical foundation Presents 13 middle range theories with philosophical, conceptual, and empirical dimensions of each theory Includes Appendix summarizing middle range theories from 1988 to 2016

connections wellness group denton: *Recommended Minimum Requirements for Plumbing* United States. Dept. of commerce. Building code committee, 1929

connections wellness group denton: *Mindfulness-based Practices in Therapy* Donald D. Davis, Cirleen DeBlaere, Joshua N. Hook, Jesse Owen, 2019-11 Eastern spirituality has exerted considerable influence on the fields of counseling and psychology through the use of mindfulness-based practices. This book serves as a practical introduction to integrating mindfulness-based practices in therapy, with a focus on assessing whether it is appropriate to use or adapt mindfulness activities to the specific cultural identity or identities of clients. Interventions can be adapted to account for clients' religious/spiritual identity, gender norms, racial/ethnic background, community values and pressures, personality traits, unfamiliarity with mindfulness-based practices, cognitive flexibility, and individual life experiences. The authors present an approach to integrating mindfulness in therapy that emphasizes cultural humility, which combines an accurate view of oneself (including limits in one's awareness, knowledge, and skills for working with individuals from diverse groups) with the ability to cultivate an other-oriented stance,

thus enhancing one's ability to work with clients from a variety of cultural backgrounds. By incorporating this client-centered approach, therapists will be better able to align the therapy process with clients' values, narratives about change, and therapy goals.

connections wellness group denton: The Relevance of Social Science for Medicine L. Eisenberg, A. Kleinman, 2012-12-06 The central purpose of this book is to demonstrate the relevance of social science concepts, and the data derived from empirical research in those sciences, to problems in the clinical practice of medicine. As physicians, we believe that the biomedical sciences have made - and will continue to make - important contributions to better health. At the same time, we are no less firmly persuaded that a comprehensive understanding of health and illness, an understanding which is necessary for effective preventive and therapeutic measures, requires equal attention to the social and cultural determinants of the health status of human populations. The authors who agreed to collaborate with us in the writing of this book were chosen on the basis of their experience in designing and executing research on health and health services and in teaching social science concepts and methods which are applicable to medical practice. We have not attempted to solicit contributions to cover the entire range of the social sciences as they apply to medicine. Rather, we have selected key approaches to illustrate the more salient areas. These include: social epidemiology, health services research, social network analysis, cultural studies of illness behavior, along with chapters on the social labeling of deviance, patterns of therapeutic communication, and economic and political analyses of macro-social factors which influence health outcomes as well as services.

connections wellness group denton: The Handbook of Behavior Change Martin S. Hagger, Linda D. Cameron, Kyra Hamilton, Nelli Hankonen, Taru Lintunen, 2020-07-15 Social problems in many domains, including health, education, social relationships, and the workplace, have their origins in human behavior. The documented links between behavior and social problems have compelled governments and organizations to prioritize and mobilize efforts to develop effective, evidence-based means to promote adaptive behavior change. In recognition of this impetus, *The Handbook of Behavior Change* provides comprehensive coverage of contemporary theory, research, and practice on behavior change. It summarizes current evidence-based approaches to behavior change in chapters authored by leading theorists, researchers, and practitioners from multiple disciplines, including psychology, sociology, behavioral science, economics, philosophy, and implementation science. It is the go-to resource for researchers, students, practitioners, and policy makers looking for current knowledge on behavior change and guidance on how to develop effective interventions to change behavior.

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