

connections wellness group keller

Connections Wellness Group Keller: Your Path to a Healthier, Happier You

Are you searching for a supportive and effective wellness community in Keller, Texas? Feeling overwhelmed by the pressures of daily life and yearning for a holistic approach to your well-being? If so, you've come to the right place. This comprehensive guide dives deep into Connections Wellness Group Keller, exploring what makes them unique, the services they offer, and how they can help you achieve your health goals. We'll cover everything you need to know to determine if Connections Wellness Group is the right fit for your wellness journey.

Understanding Connections Wellness Group Keller: More Than Just a Clinic

Connections Wellness Group Keller isn't your typical healthcare provider. It's a vibrant community centered around holistic wellness, emphasizing a personalized and integrated approach to health and well-being. They go beyond treating symptoms; they strive to understand the root causes of health imbalances and empower individuals to take control of their health. This means taking into consideration your physical, mental, and emotional health – a truly holistic perspective.

This commitment to holistic care sets them apart. Instead of simply prescribing medication or performing procedures, Connections Wellness Group Keller takes the time to understand each individual's unique needs and creates a tailored wellness plan. This personalized approach fosters a strong doctor-patient relationship, resulting in better outcomes and a deeper understanding of your own body.

Services Offered at Connections Wellness Group Keller: A Comprehensive Approach

Connections Wellness Group Keller offers a broad range of services designed to address various aspects of wellness. These services are carefully curated to provide a comprehensive and integrated approach to health. While specific services may vary, you can generally expect to find offerings in the following areas:

1. **Chiropractic Care:** At the heart of many wellness journeys is chiropractic care. Connections Wellness Group likely offers spinal

adjustments and other techniques to improve posture, reduce pain, and enhance overall function. Chiropractic care is often a cornerstone of their holistic approach.

1. **Physical Therapy:** Rehabilitation and injury recovery are crucial components of a comprehensive wellness plan. Physical therapy helps restore function, reduce pain, and improve mobility. Expect personalized exercise programs and hands-on treatment to address specific needs.
1. **Massage Therapy:** Massage is a powerful tool for stress reduction, muscle relaxation, and improved circulation. Different massage modalities might be offered to target various needs, from deep tissue work to relaxation massage.
1. **Nutritional Counseling:** Understanding the connection between food and health is paramount. Nutritional counseling can provide guidance on dietary changes, supplementation, and meal planning to support overall wellness goals.
1. **Wellness Coaching:** Beyond physical treatments, Connections Wellness Group may offer wellness coaching. This personalized guidance helps individuals identify and overcome barriers to achieving their health goals, focusing on lifestyle changes and behavioral modifications.

The Connections Wellness Group Keller Experience: A Focus on Community

The experience at Connections Wellness Group Keller extends beyond individual appointments. They cultivate a sense of community, fostering a supportive environment where individuals can connect with like-minded people on their wellness journeys. This sense of community can be incredibly valuable, offering encouragement, accountability, and a shared sense of purpose. This supportive atmosphere plays a key role in long-term health and success.

Why Choose Connections Wellness Group Keller? The

Benefits of a Holistic Approach

Choosing Connections Wellness Group Keller means choosing a holistic approach to your health. This integrated approach delivers multiple benefits:

Personalized Care: Your wellness plan will be tailored specifically to your individual needs and goals.

Improved Communication: Strong doctor-patient relationships lead to better understanding and compliance.

Proactive Health Management: Focus is on preventing health issues rather than just treating them.

Stress Reduction: Holistic wellness practices often incorporate stress-reducing techniques.

Enhanced Quality of Life: The ultimate goal is to improve overall well-being and quality of life.

Finding Connections Wellness Group Keller: Contact Information and Location

To learn more about Connections Wellness Group Keller, visit their website [Insert Website Address Here] or call them at [Insert Phone Number Here]. You can also find their location via online map searches.

Conclusion: Embark on Your Wellness Journey Today

Connections Wellness Group Keller offers a unique and effective approach to wellness, combining a variety of services with a strong focus on community and personalization. If you're ready to prioritize your well-being and embark on a journey towards a healthier, happier you, Connections Wellness Group Keller is an excellent place to start. Take the first step today – contact them to schedule a consultation and discover how they can help you achieve your health goals.

Frequently Asked Questions (FAQs)

1. Does Connections Wellness Group Keller accept my insurance? It's best to contact them directly to inquire about insurance acceptance. Policies vary.
1. What are the hours of operation? Their hours of operation can be found on their website or by calling their office.

1. Do I need a referral to see a practitioner at Connections Wellness Group Keller? Generally, a referral isn't needed, but it's wise to check with your insurance provider and the clinic itself.

1. What payment methods do they accept? Check their website or contact the office to see what forms of payment are accepted (credit cards, cash, etc.).

1. What should I expect at my first appointment? Expect a thorough assessment of your health history, a discussion of your health goals, and a customized treatment plan. The specifics will depend on the type of appointment.

connections wellness group keller: 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 keller: Psychotherapy for the Advanced Practice Psychiatric Nurse, Second Edition Kathleen Wheeler, 2013-12-11 Print+CourseSmart

connections wellness group keller: Wellness Counseling Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness.

The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

connections wellness group keller: The Handbook of Wellness Medicine Waguhi William IsHak, 2020-08-20 This book presents scientific wellness interventions to aid healthcare professionals helping people complete their journeys to full health.

connections wellness group keller: Do Unto Otters Laurie Keller, 2009-09-01 Do not do to others that which would anger you if others did it to you.—Socrates (the Greek philosopher), circa 470-399 B.C. Mr. Rabbit's new neighbors are Otters. OTTERS! But he doesn't know anything about otters. Will they get along? Will they be friends? Just treat otters the same way you'd like them to treat you, advises Mr. Owl. In her smart, playful style Laurie Keller highlights how to be a good friend and neighbor—simply follow the Golden Rule! This title has Common Core connections. Do Unto Otters is a 2008 Bank Street - Best Children's Book of the Year.

connections wellness group keller: The Future of the Public's Health in the 21st Century Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on Assuring the Health of the Public in the 21st Century, 2003-02-01 The anthrax incidents following the 9/11 terrorist attacks put the spotlight on the nation's public health agencies, placing it under an unprecedented scrutiny that added new dimensions to the complex issues considered in this report. The Future of the Public's Health in the 21st Century reaffirms the vision of Healthy People 2010, and outlines a systems approach to assuring the nation's health in practice, research, and policy. This approach focuses on joining the unique resources and perspectives of diverse sectors and entities and challenges these groups to work in a concerted, strategic way to promote and protect the public's health. Focusing on diverse partnerships as the framework for public health, the book discusses: The need for a shift from an individual to a population-based approach in practice, research, policy, and community engagement. The status of the governmental public health infrastructure and what needs to be improved, including its interface with the health care delivery system. The roles nongovernment actors, such as academia, business, local communities and the media can play in creating a healthy nation. Providing an accessible analysis, this book will be important to public health policy-makers and practitioners, business and community leaders, health advocates, educators and journalists.

connections wellness group keller: The Difficult-to-Treat Psychiatric Patient Mantosh J. Dewan, Ronald W. Pies, 2008-08-13 Why do some psychiatric patients fail to get better, even when in the care of competent clinicians? Treatment-refractory conditions are all too common in everyday clinical practice. Treatment resistance occurs across the full spectrum of psychiatric disorders, incurring enormous emotional, economic, and social costs. In the United States, treatment of depression alone costs more than \$40 billion annually, and as many as 40% of patients with depression have a treatment-refractory form of the illness. This groundbreaking clinical guide starts where standard textbooks end, focusing on clinical strategies to be used after all basic treatment options, such as medication and psychotherapy, have failed. In this book expert contributors address the sequential clinical steps in treating difficult-to-treat psychiatric patients by offering a blend of evidence-based clinical recommendations, detailed case vignettes, treatment algorithms, and -- when necessary to go beyond the reach of evidence -- the clinical wisdom of leaders in the field. The chapters in this user-friendly, practical guide are organized by major disorder. Each chapter offers concrete recommendations on what to do when the usual first steps in therapy are ineffective, including evidence for biopsychosocial treatments alone versus in combination, generic versus specific therapies, and literature reviews and the latest expert wisdom. A sampling includes The management of the complex and often refractory bipolar disorder, which involves replacing or combining lithium treatment with anticonvulsants or atypical antipsychotic agents with adjuncts such as benzodiazepines, thyroid hormone, and electroconvulsive therapy, but also -- above all -- with careful attention to the therapeutic alliance. The importance of combined therapeutic modalities for patients with schizophrenia -- especially given managed care's cost-cutting strategies, which deprive many schizophrenic patients of effective treatment modalities such as family therapy

or early use of an atypical antipsychotic. Combination treatments for anxiety, with medications adjusted over time as symptoms wax and wane, and early and appropriate interventions to mitigate internal and external environmental stressors. The emphasis on common sense, optimism, a sense of humor, and an iron constitution as the most important tools for clinicians wishing to work with the most severely ill patients with borderline personality disorder. The importance of individual differences in biological vulnerability, emotionality and expressiveness, cognitive schemas and beliefs, prior traumatic experience, resilience, and coping strategies for successful treatment of posttraumatic stress disorder. Packed with up-to-date information of immediate relevance, this volume will prove invaluable in both classroom and clinical practice, for everyone from beginning interns and residents to experienced psychiatric and medical practitioners and social workers.

connections wellness group keller: The Big Book of Conflict Resolution Games: Quick, Effective Activities to Improve Communication, Trust and Collaboration Mary Scannell, 2010-05-28 Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. The Big Book of Conflict-Resolution Games offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let The Big Book of Conflict-Resolution Games help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in The Big Book of Conflict-Resolution Games delivers everything you need to make your workplace more efficient, effective, and engaged.

connections wellness group keller: *Attached* Amir Levine, Rachel Heller, 2010-12-30 “Over a decade after its publication, one book on dating has people firmly in its grip.” —The New York Times We already rely on science to tell us what to eat, when to exercise, and how long to sleep. Why not use science to help us improve our relationships? In this revolutionary book, psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller scientifically explain why some people seem to navigate relationships effortlessly, while others struggle. Discover how an understanding of adult attachment—the most advanced relationship science in existence today—can help us find and sustain love. Pioneered by psychologist John Bowlby in the 1950s, the field of attachment posits that each of us behaves in relationships in one of three distinct ways: • Anxious people are often preoccupied with their relationships and tend to worry about their partner's ability to love them back. • Avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness. • Secure people feel comfortable with intimacy and are usually warm and loving. *Attached* guides readers in determining what attachment style they and their mate (or potential mate) follow, offering a road map for building stronger, more fulfilling connections with the people they love.

connections wellness group keller: **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 keller: 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 keller: The Cambridge Handbook of Applied Psychological Ethics Mark M. Leach, Elizabeth Reynolds Welfel, 2018-03-15 The Cambridge Handbook of Applied Psychological Ethics is a valuable resource for psychologists and graduate students hoping to further develop their ethical decision making beyond more introductory ethics texts. The book offers real-world ethical vignettes and considerations. Chapters cover a wide range of practice settings, populations, and topics, and are written by scholars in these settings. Chapters focus on the application of ethics to the ethical dilemmas in which mental health and other psychology professionals sometimes find themselves. Each chapter introduces a setting and gives readers a brief understanding of some of the potential ethical issues at hand, before delving deeper into the multiple ethical issues that must be addressed and the ethical principles and standards involved. No other book on the market captures the breadth of ethical issues found in daily practice and focuses entirely on applied ethics in psychology.

connections wellness group keller: The Future of Nursing 2020-2030 National Academies of Sciences Engineering and Medicine, Committee on the Future of Nursing 2020-2030, 2021-09-30 The decade ahead will test the nation's nearly 4 million nurses in new and complex ways. Nurses live and work at the intersection of health, education, and communities. Nurses work in a wide array of settings and practice at a range of professional levels. They are often the first and most frequent line of contact with people of all backgrounds and experiences seeking care and they represent the largest of the health care professions. A nation cannot fully thrive until everyone - no matter who they are, where they live, or how much money they make - can live their healthiest possible life, and helping people live their healthiest life is and has always been the essential role of nurses. Nurses have a critical role to play in achieving the goal of health equity, but they need robust education, supportive work environments, and autonomy. Accordingly, at the request of the Robert Wood Johnson Foundation, on behalf of the National Academy of Medicine, an ad hoc committee under the auspices of the National Academies of Sciences, Engineering, and Medicine conducted a study aimed at envisioning and charting a path forward for the nursing profession to help reduce inequities in people's ability to achieve their full health potential. The ultimate goal is the achievement of health equity in the United States built on strengthened nursing capacity and expertise. By leveraging these attributes, nursing will help to create and contribute comprehensively to equitable public health and health care systems that are designed to work for everyone. The

Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity explores how nurses can work to reduce health disparities and promote equity, while keeping costs at bay, utilizing technology, and maintaining patient and family-focused care into 2030. This work builds on the foundation set out by The Future of Nursing: Leading Change, Advancing Health (2011) report.

connections wellness group keller: *Intuitive Eating, 2nd Edition* Evelyn Tribole, M.S., R.D., Elyse Resch, M.S., R.D., F.A.D.A., 2007-04-01 We've all been there-angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, *Intuitive Eating* focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of *Intuitive Eating*, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the *Intuitive Eating* philosophy can be a safe and effective model on the path to recovery from an eating disorder.

connections wellness group keller: *Wisdom Walks* Dan Britton, Jimmy Page, 2014-05-01 Want a purposeful life packed with mission and meaning? *Wisdom Walks* will ignite your passion to walk like Jesus in all of life's moments and spark a deeper journey of impact and influence. *Wisdom Walks* is a real-life guide for walking purposefully with God, engaging the next generation, and living the life of significance you were created for. Filled with forty intentional, spiritual, life-changing connections, *Wisdom Walks* will inspire and challenge you to live a powerful life to love unconditionally, walk with integrity, make a difference in the lives of others, and do greater things than you ever imagined. Don't miss out on the adventure of a lifetime!

connections wellness group keller: *Enhancing the Effectiveness of Team Science* National Research Council, Division of Behavioral and Social Sciences and Education, Board on Behavioral, Cognitive, and Sensory Sciences, Committee on the Science of Team Science, 2015-07-15 The past half-century has witnessed a dramatic increase in the scale and complexity of scientific research. The growing scale of science has been accompanied by a shift toward collaborative research, referred to as team science. Scientific research is increasingly conducted by small teams and larger groups rather than individual investigators, but the challenges of collaboration can slow these teams' progress in achieving their scientific goals. How does a team-based approach work, and how can universities and research institutions support teams? *Enhancing the Effectiveness of Team Science* synthesizes and integrates the available research to provide guidance on assembling the science team; leadership, education and professional development for science teams and groups. It also examines institutional and organizational structures and policies to support science teams and identifies areas where further research is needed to help science teams and groups achieve their scientific and translational goals. This report offers major public policy recommendations for science research agencies and policymakers, as well as recommendations for individual scientists, disciplinary associations, and research universities. *Enhancing the Effectiveness of Team Science* will be of interest to university research administrators, team science leaders, science faculty, and graduate and postdoctoral students.

connections wellness group keller: *Prolonged Exposure Therapy for PTSD* Edna Foa, Elizabeth Hembree, Barbara Olaslov Rothbaum, 2007-03-22 An estimated 70% of adults in the United States have experienced a traumatic event at least once in their lives. Though most recover on their own, up to 20% develop chronic Posttraumatic Stress Disorder. For these people, overcoming PTSD requires the help of a professional. This guide gives clinicians the information they need to treat clients who exhibit the symptoms of PTSD. It is based on the principles of Prolonged Exposure Therapy, the most scientifically-tested and proven treatment that has been used to effectively treat victims of all types of trauma. Whether your client is a veteran of combat, a victim

of a physical or sexual assault, or a casualty of a motor vehicle accident, the techniques and strategies outlined in this book will help. In this treatment clients are exposed to imagery of their traumatic memories, as well as real-life situations related to the traumatic event in a step-by-step, controllable way. Through these exposures, your client will learn to confront the trauma and begin to think differently about it, leading to a marked decrease in levels of anxiety and other PTSD symptoms. Clients are provided education about PTSD and other common reactions to traumatic events. Breathing retraining is taught as a method for helping the client manage anxiety in daily life. Designed to be used in conjunction with the corresponding client workbook, this therapist guide includes all the tools necessary to effectively implement the prolonged exposure program including assessment measures, session outlines, case studies, sample dialogues, and homework assignments. This comprehensive resource is an exceptional treatment manual that is sure to help you help your clients reclaim their lives from PTSD. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

connections wellness group keller: Transformational Resilience Bob Doppelt, 2017-09-08

Using the author's extensive experience of advising public, private and non-profit sectors on personal, organization, and community behavioral and systems change knowledge and tools, this book applies a new lens to the question of how to respond to climate change. It offers a scientifically rigorous understanding of the negative mental health and psychosocial impacts of climate change and argues that overlooking these issues will have very damaging consequences. The practical assessment of various methods to build human resilience offered by Transformational Resilience then makes a powerful case for the need to quickly expand beyond emission reductions and hardening physical infrastructure to enhance the capacity of individuals and groups to cope with the inevitable changes affecting all levels of society. Applying a trauma-informed mental health and psychosocial perspective, Transformational Resilience offers a groundbreaking approach to responding to climate disruption. The book describes how climate disruption traumatizes societies and how effective responses can catalyze positive learning, growth, and change.

connections wellness group keller: The Science of Effective Mentorship in STEMM

National Academies of Sciences, Engineering, and Medicine, Policy and Global Affairs, Board on Higher Education and Workforce, Committee on Effective Mentoring in STEMM, 2020-01-24
Mentorship is a catalyst capable of unleashing one's potential for discovery, curiosity, and participation in STEMM and subsequently improving the training environment in which that STEMM potential is fostered. Mentoring relationships provide developmental spaces in which students' STEMM skills are honed and pathways into STEMM fields can be discovered. Because mentorship can be so influential in shaping the future STEMM workforce, its occurrence should not be left to chance or idiosyncratic implementation. There is a gap between what we know about effective mentoring and how it is practiced in higher education. The Science of Effective Mentorship in STEMM studies mentoring programs and practices at the undergraduate and graduate levels. It explores the importance of mentorship, the science of mentoring relationships, mentorship of underrepresented students in STEMM, mentorship structures and behaviors, and institutional cultures that support mentorship. This report and its complementary interactive guide present insights on effective programs and practices that can be adopted and adapted by institutions, departments, and individual faculty members.

connections wellness group keller: Children's Health, the Nation's Wealth Institute of Medicine, National Research Council, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Evaluation of Children's Health, 2004-10-18 Children's health has clearly improved over the past several decades. Significant and positive gains have been made in lowering rates of infant mortality and morbidity from infectious diseases and accidental causes, improved access to health care, and reduction in the effects of environmental contaminants such as lead. Yet major questions still remain about how to assess the status of children's health, what factors should be monitored, and the appropriate measurement tools that should be used. *Children's Health, the Nation's Wealth: Assessing and Improving Child Health* provides a detailed examination of the information about children's health that is needed to help policy makers and program providers at the federal, state, and local levels. In order to improve children's health-and, thus, the health of future generations-it is critical to have data that can be used to assess both current conditions and possible future threats to children's health. This compelling book describes what is known about the health of children and what is needed to expand the knowledge. By strategically improving the health of children, we ensure healthier future generations to come.

connections wellness group keller: Fostering Healthy Mental, Emotional, and Behavioral Development in Children and Youth National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Fostering Healthy Mental, Emotional, and Behavioral Development Among Children and Youth, 2020-01-18 Healthy mental, emotional, and behavioral (MEB) development is a critical foundation for a productive adulthood. Much is known about strategies to support families and communities in strengthening the MEB development of children and youth, by promoting healthy development and also by preventing and mitigating disorder, so that young people reach adulthood ready to thrive and contribute to society. Over the last decade, a growing body of research has significantly strengthened understanding of healthy MEB development and the factors that influence it, as well as how it can be fostered. Yet, the United States has not taken full advantage of this growing knowledge base. Ten years later, the nation still is not effectively mitigating risks for poor MEB health outcomes; these risks remain prevalent, and available data show no significant reductions in their prevalence. *Fostering Healthy Mental, Emotional, and Behavioral Development in Children and Youth: A National Agenda* examines the gap between current research and achievable national goals for the next ten years. This report identifies the complexities of childhood influences and highlights the need for a tailored approach when implementing new policies and practices. This report provides a framework for a cohesive, multidisciplinary national approach to improving MEB health.

connections wellness group keller: Depression in Parents, Parenting, and Children Institute of Medicine, National Research Council, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Depression, Parenting Practices, and the Healthy Development of Children, 2009-10-28 Depression is a widespread condition affecting approximately 7.5 million parents in the U.S. each year and may be putting at least 15 million children at risk for adverse health outcomes. Based on evidentiary studies, major depression in either parent can interfere with parenting quality and increase the risk of children developing mental, behavioral and social problems. *Depression in Parents, Parenting, and Children* highlights disparities in the prevalence, identification, treatment, and prevention of parental depression among different sociodemographic populations. It also outlines strategies for effective intervention and identifies the need for a more interdisciplinary approach that takes biological, psychological, behavioral, interpersonal, and social contexts into consideration. A major challenge to the effective management of parental depression is developing a treatment and prevention strategy that can be introduced within a two-generation framework, conducive for parents and their children. Thus far, both the federal and state response to the problem has been fragmented, poorly funded, and lacking proper oversight. This study examines options for widespread implementation of best practices as

well as strategies that can be effective in diverse service settings for diverse populations of children and their families. The delivery of adequate screening and successful detection and treatment of a depressive illness and prevention of its effects on parenting and the health of children is a formidable challenge to modern health care systems. This study offers seven solid recommendations designed to increase awareness about and remove barriers to care for both the depressed adult and prevention of effects in the child. The report will be of particular interest to federal health officers, mental and behavioral health providers in diverse parts of health care delivery systems, health policy staff, state legislators, and the general public.

connections wellness group keller: Living Mindfully Across the Lifespan J. Kim Penberthy, J. Morgan Penberthy, 2020-11-22 *Living Mindfully Across the Lifespan: An Intergenerational Guide* provides user-friendly, empirically supported information about and answers to some of the most frequently encountered questions and dilemmas of human living, interactions, and emotions. With a mix of empirical data, humor, and personal insight, each chapter introduces the reader to a significant topic or question, including self-worth, anxiety, depression, relationships, personal development, loss, and death. Along with exercises that clients and therapists can use in daily practice, chapters feature personal stories and case studies, interwoven throughout with the authors' unique intergenerational perspectives. Compassionate, engaging writing is balanced with a straightforward presentation of research data and practical strategies to help address issues via psychological, behavioral, contemplative, and movement-oriented exercises. Readers will learn how to look deeply at themselves and society, and to apply what has been learned over decades of research and clinical experience to enrich their lives and the lives of others.

connections wellness group keller: 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 keller: The Social Cure Jolanda Jetten, Catherine Haslam, S. Alexander Haslam, 2012-01-25 A growing body of research shows that social networks and identities have a profound impact on mental and physical health. With such mounting evidence of the importance of social relationships in protecting health, the challenge we face is explaining why this should be the case. What is it that social groups offer that appears to be just as beneficial as a daily dose of vitamin C or regular exercise? This edited book brings together the latest research on how group memberships, and the social identities associated with them, determine people's health and

well-being. The volume provides a variety of perspectives from clinical, social, organisational and applied fields that offer theoretical and empirical insights into these processes and their consequences. The contributions present a rich and novel analysis of core theoretical issues relating to the ways in which social identities, and factors associated with them (such as social support and a sense of community), can bolster individuals' sense of self and contribute to physical and mental health. In this way it is shown how social identities constitute a 'social cure', capable of promoting adjustment, coping and well-being for individuals dealing with a range of illnesses, injuries, trauma and stressors. In addition, these theories provide a platform for practical strategies that can maintain and enhance well-being, particularly among vulnerable populations. Contributors to the book are at the forefront of these developments and the book's strength derives from its analysis of factors that shape the health and well-being of a broad range of groups. It presents powerful insights which have important implications for health, clinical, social and organisational psychology and a range of cognate fields.

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will be.” In Tokyo, sixteen-year-old Nao has decided there’s only one escape from her aching loneliness and her classmates’ bullying. But before she ends it all, Nao first plans to document the life of her great grandmother, a Buddhist nun who’s lived more than a century. A diary is Nao’s only solace—and will touch lives in ways she can scarcely imagine. Across the Pacific, we meet Ruth, a novelist living on a remote island who discovers a collection of artifacts washed ashore in a Hello Kitty lunchbox—possibly debris from the devastating 2011 tsunami. As the mystery of its contents unfolds, Ruth is pulled into the past, into Nao’s drama and her unknown fate, and forward into her own future. Full of Ozeki’s signature humor and deeply engaged with the relationship between writer and reader, past and present, fact and fiction, quantum physics, history, and myth, *A Tale for the Time Being* is a brilliantly inventive, beguiling story of our shared humanity and the search for home.

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