

connections wellness group plano

Connections Wellness Group Plano: Your Path to Holistic Wellbeing

Are you searching for a supportive and comprehensive wellness community in Plano, Texas? Feeling overwhelmed, stressed, or simply seeking a more balanced and fulfilling life? Then look no further! This in-depth guide explores Connections Wellness Group Plano, delving into their services, approach, and the transformative impact they have on individuals' lives. We'll uncover what makes them stand out, explore the benefits of their holistic approach, and answer your burning questions. Ready to embark on your wellness journey? Let's dive in!

Understanding Connections Wellness Group Plano: More Than Just a Clinic

Connections Wellness Group Plano isn't your typical clinic. They go beyond addressing individual symptoms, focusing instead on a holistic approach to wellbeing. This means addressing the interconnectedness of mind, body, and spirit. They believe true wellness stems from a comprehensive understanding and nurturing of all these aspects. They offer a supportive environment where individuals feel empowered to take control of their health and embark on a journey of self-discovery and transformation.

Their philosophy centers around creating a personalized plan for each client, recognizing that everyone's path to wellness is unique. This personalized approach, coupled with a strong emphasis on community and connection, sets them apart from other wellness providers in the Plano area.

Services Offered: A Holistic Spectrum of Care

Connections Wellness Group Plano offers a diverse range of services designed to address various aspects of wellbeing. This extensive menu allows clients to create a customized plan that suits their specific needs and goals. These services often include, but aren't limited to:

Individual Therapy: Addressing a wide spectrum of mental health concerns, from anxiety and depression to trauma and relationship issues. Therapists utilize evidence-based approaches tailored to each individual's needs.

Group Therapy: Providing a safe and supportive space for individuals to connect with others facing similar challenges. Group therapy offers valuable peer support and allows for the exploration of shared experiences.

Couples Counseling: Helping couples navigate relationship challenges and strengthen their bond. Therapists provide guidance and tools to improve communication, resolve conflicts, and foster deeper connection.

Family Therapy: Addressing family dynamics and improving communication and relationships within the family unit. This approach helps families understand and resolve conflict, leading to healthier interactions.

Nutritional Counseling: Providing guidance on healthy eating habits and creating a personalized nutrition plan to support overall wellbeing. This often involves identifying dietary restrictions, allergies, and personal preferences to create a sustainable and effective plan.

Life Coaching: Empowering individuals to achieve their personal and professional goals through goal setting, skill development, and accountability. Life coaching helps individuals clarify their values and create a roadmap for their desired future.

The Benefits of a Holistic Approach: Mind, Body, and Spirit

The true power of Connections Wellness Group Plano lies in their holistic approach. Instead of simply treating symptoms, they delve deeper, exploring the underlying causes of imbalance and providing tools for long-term wellbeing. This multifaceted approach offers several key benefits:

Sustainable Change: By addressing all aspects of wellbeing, clients are more likely to experience lasting positive change. Addressing both mental and physical health creates a synergistic effect, fostering overall improved wellbeing.

Reduced Stress and Anxiety: The supportive environment and comprehensive services help clients manage stress and anxiety more effectively. The combination of therapeutic support, nutritional guidance, and life coaching fosters resilience and promotes emotional regulation.

Improved Relationships: By improving communication skills and addressing relationship challenges through therapy and coaching, clients can cultivate healthier and more fulfilling relationships. Strong social connections are crucial for overall well-being.

Increased Self-Awareness: The journey of self-discovery facilitated by Connections Wellness Group Plano empowers clients to gain a deeper understanding of themselves and their needs. This self-awareness is crucial for making informed decisions that support their wellbeing.

Enhanced Self-Esteem and Confidence: As clients experience positive changes in their lives, they develop a stronger sense of self-esteem and confidence. Achieving personal goals and improving relationships contributes to a more positive self-image.

Why Choose Connections Wellness Group Plano?

In a city brimming with wellness options, Connections Wellness Group Plano distinguishes itself through its commitment to a truly holistic approach, its emphasis on building a supportive community, and its team of highly qualified and compassionate professionals. Their personalized approach, combined with their commitment to client-centered care, makes them a leading choice for individuals seeking genuine and lasting transformation. The focus on creating connections—with oneself, others, and a sense of purpose—is at the heart of their philosophy.

Conclusion: Embark on Your Wellness Journey Today

Connections Wellness Group Plano offers a unique and transformative path to holistic wellbeing. By addressing the interconnectedness of mind, body, and spirit, they empower individuals to achieve sustainable change and live more fulfilling lives. If you're ready to invest in your wellbeing and embark on a journey of self-discovery, connect with Connections Wellness Group Plano today. They are ready to support you every step of the way.

Frequently Asked Questions (FAQs)

Q1: What insurance plans do you accept?

A1: We accept a wide range of insurance plans. It's best to contact us directly with your specific insurance information to determine coverage.

Q2: What are your hours of operation?

A2: Our hours are flexible to accommodate diverse schedules. Please visit our website or call us to learn more about our availability.

Q3: Do you offer online therapy sessions?

A3: Yes, we offer both in-person and online therapy sessions to provide convenient access to care.

Q4: What makes your approach different from other wellness centers?

A4: Our holistic approach considers the interconnectedness of mind, body, and spirit, providing comprehensive care that addresses the root causes of imbalance, not just symptoms.

Q5: How can I schedule an initial consultation?

A5: You can easily schedule a consultation by calling us directly or booking an appointment online through our website. We look forward to hearing from you!

connections wellness group plano: 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 plano: 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 plano: 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 plano: 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 plano: The Texas Model for Comprehensive School Counseling Programs, 2018-02-15 The Texas Model for Comprehensive School Counseling Programs is a

resource to develop effective and high quality comprehensive school counseling programs that align with Texas statutes and rules governing the work of school counselors. It outlines a process for tailoring school counseling programs to meet the varying needs of students across an array of school districts through implementation of the four components of school counseling programs, Guidance Curriculum, Responsive Services, Individual Planning, and System Support. With this resource, a school counselor will learn to use campus-specific data to identify the unique needs of a campus and design a comprehensive school counseling program to meet those needs. Recognizing the important roles of the entire educational community, the Texas Model for Comprehensive School Counseling Programs provides examples of how parents, teachers, administrators, principals and school counselors can best contribute to implementation of each of the four components of comprehensive school counseling programs. It provides a developmental framework for a school counseling program curriculum that includes activities at each grade level to enhance students' educational, career, personal and social development.

connections wellness group plano: The Coding Manual for Qualitative Researchers

Johnny Saldana, 2009-02-19 The Coding Manual for Qualitative Researchers is unique in providing, in one volume, an in-depth guide to each of the multiple approaches available for coding qualitative data. In total, 29 different approaches to coding are covered, ranging in complexity from beginner to advanced level and covering the full range of types of qualitative data from interview transcripts to field notes. For each approach profiled, Johnny Saldaña discusses the method's origins in the professional literature, a description of the method, recommendations for practical applications, and a clearly illustrated example.

connections wellness group plano: The Cambridge Handbook of Computing Education Research Sally A. Fincher, Anthony V. Robins, 2019-02-13 This is an authoritative introduction to Computing Education research written by over 50 leading researchers from academia and the industry.

connections wellness group plano: Refuge Recovery Noah Levine, 2014-06-10 Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. Refuge Recovery is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. Refuge Recovery includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful Refuge Recovery system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

connections wellness group plano: Introduction to Business Lawrence J. Gitman, Carl McDaniel, Amit Shah, Monique Reece, Linda Koffel, Bethann Talsma, James C. Hyatt, 2024-09-16 Introduction to Business covers the scope and sequence of most introductory business courses. The book provides detailed explanations in the context of core themes such as customer satisfaction, ethics, entrepreneurship, global business, and managing change. Introduction to Business includes hundreds of current business examples from a range of industries and geographic locations, which feature a variety of individuals. The outcome is a balanced approach to the theory and application of business concepts, with attention to the knowledge and skills necessary for student success in this course and beyond. This is an adaptation of Introduction to Business by OpenStax. You can access the textbook as pdf for free at openstax.org. Minor editorial changes were made to ensure a better ebook reading experience. Textbook content produced by OpenStax is licensed under a Creative Commons Attribution 4.0 International License.

connections wellness group plano: Rewired Erica Spiegelman, 2015-04-28 A counselor at one of the most innovative and renowned drug and alcohol treatment centers in the world introduces an empowering approach to addiction recovery that addresses the whole self—mind, body, and spirit. This “useful and practical perspective on what you can do to recover from [addiction]” can replace or supplement 12-step programs—at any stage in your recovery (Allen Berger, Ph.D., author of 12 Stupid Things That Mess Up Recovery). Rewired is a new, breakthrough approach to fighting addiction and self-damaging behavior by acknowledging our personal power to bring ourselves back from the brink. Centered on the concept of self-actualization, Rewired will guide you towards not only physical sobriety, but a mental, emotional, and spiritual sobriety by learning to identify key principles within yourself, including authenticity, honesty, gratitude, and understanding a need for solitude. Rewired addresses the whole self; just as addiction affects every part of one’s life, so too must its treatment. By helping us to build a healthy space to support our own recovery, we can rewrite the negative behaviors that result in addiction. Usable in conjunction with or in place of 12-step programs, Rewired allows for a more holistic approach, helping to create a personalized treatment plan that is right for you. Each section in Rewired includes: • Personal anecdotes from the author’s own struggles with alcoholism and addiction • Inspiring true success stories of patients overcoming their addictions • Questions to engage you into finding what is missing from your recovery • Positive affirmations and intentions to guide and motivate. With all the variables, both physical and emotional, that play into overcoming addiction, Rewired enables us to stay strong and positive as we progress on the path to recovery. Rewired teaches patience and compassion, the two cornerstones of a new, humanist approach to curing addiction. Remember, addicts are not broken people that need to be fixed—they just have a few crossed wires.

connections wellness group plano: Bipolar Expeditions Emily Martin, 2009-02-08 'Bipolar Expeditions' is an ethnographic inquiry into mania and depression in their American cultural and historical contexts. The text explores the complex darkness and stigma associated with those deemed 'mad'.

connections wellness group plano: 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 plano: A Soft Voice in a Noisy World Karl Robb, 2012-11 A compilation of insights, practical tools and inspirational suggestions for improving mind-body connection and empowering healing.

connections wellness group plano: Leadering: The Ways Visionary Leaders Play Bigger Nancy Giordano, 2021-02-14 This transformative new era requires a radically different approach to leadership. The tactics put in place to reduce risk, drive success, and make us feel safe in the past are now the very things creating vulnerability today. In Leadering, Nancy Giordano provides clarity and urgency around what twenty-first century stewardship demands as exponential technologies and changing societal expectations converge to shape a better next. Ditching last century's industrial playbook-driven relentlessly, and almost exclusively, on growth-allows us to instead focus on building new, more expansive practices committed to human-centric innovation, regenerative solutions, and the creation of long-term value. With many years advising world-class enterprise leaders on ways to thrive in ambiguity, Nancy is convinced we don't need to change what we think as much as how we think to be successful. This book challenges us to shift our outdated thinking and adopt the mindset we need to build the future we all want.

connections wellness group plano: Neurocounseling Thomas A. Field, Laura K. Jones, Lori A. Russell-Chapin, 2017-02-07 This text presents current, accessible information on enhancing the counseling process using a brain-based paradigm. Leading experts provide guidelines and insights

for becoming a skillful neuroscience-informed counselor, making direct connections between the material covered and clinical practice. In this much-needed resource—the first to address neurocounseling concepts across the counseling curriculum—chapters cover each of the eight common core areas in the 2016 CACREP Standards in addition to several specialty areas of the Standards. Detailed case studies, questions for reflection, quiz questions, and a glossary facilitate classroom use. *Requests for digital versions from ACA can be found on www.wiley.com. *To purchase print copies, please visit the ACA website *Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

connections wellness group plano: Leadership and Nursing Care Management Diane Huber, 2010 This new edition addresses basic issues in nurse management such as law and ethics, staffing and scheduling, delegation, cultural considerations and management of time and stress. It also provides readers with the core concepts that separate adequate and exceptional nurse managers.

connections wellness group plano: No More Meltdowns Jed Baker, 2008 Offering positive strategies for dealing with and preventing out-of-control behavior, Dr. Baker helps parents with their children's behavioral problems.

connections wellness group plano: Wellness Recovery Action Plan (WRAP) Mary Ellen Copeland, 2003

connections wellness group plano: Flamin' Hot Richard Montanez, 2021-06-15 Soon to be a Hulu feature film directed by Eva Longoria - scheduled release for Summer 2023 Read the story everyone is talking about: how a janitor struggling to put food on the table invented Flamin' Hot Cheetos in a secret test kitchen, breaking barriers and becoming the first Latino frontline worker promoted to executive at Frito-Lay. Richard Montañez is a man who made a science out of walking through closed doors, and his success story is an empowerment manual for anyone stuck in a dead-end job or facing a system stacked against them. Having taken a job mopping floors at Frito-Lay's California factory to support his family, Montañez took his future into his own hands and created the world's hottest snack food: Flamin' Hot Cheetos. This bold move not only disrupted the food industry with some much-needed spice, but also shook up a corporate culture in which everyone stayed in their lane. When a top food scientist at Frito-Lay sent out a memo telling sales and marketing to kill the new product before it made it to the store shelves—jealous that someone with no formal education beyond the sixth grade could do his job—Montañez was forced to go rogue once again to save his idea. Through creative thinking, community building, and a few powerful mindset shifts, he outsmarted the naysayers who tried to get in his way. Flamin' Hot proves that you can break out of your career rut and that your present circumstances don't have to dictate your future.

connections wellness group plano: National Education Technology Plan Arthur P. Hershaft, 2011 Education is the key to America's economic growth and prosperity and to our ability to compete in the global economy. It is the path to higher earning power for Americans and is necessary for our democracy to work. It fosters the cross-border, cross-cultural collaboration required to solve the most challenging problems of our time. The National Education Technology Plan 2010 calls for revolutionary transformation. Specifically, we must embrace innovation and technology which is at the core of virtually every aspect of our daily lives and work. This book explores the National Education Technology Plan which presents a model of learning powered by technology, with goals and recommendations in five essential areas: learning, assessment, teaching, infrastructure and productivity.

connections wellness group plano: 12 Ways to Cope with Your Latina Mom and Her Difficulties Jasmine Cepeda, 2019-11-11 As a Psychotherapist raised and still living in the diverse mega-city that is NYC, I have helped hundreds of women from all races, ethnicities, and cultures cope with their distressing feelings and thoughts about their mothers. However, what makes me especially inclined to write about the nuanced difficulties of Latina mothers is my experience in facilitating groups with Latinx individuals (gender-neutral term for Latinas and Latinos) struggling

with their mothers. Being involved in these groups has brought clarity to the similar and overarching complaints that many Latinx folks experience. The guide intends to help you explore the psychological consequences of having a mother with difficult behaviors. I also want to help you set boundaries and act towards your self-validation and self-protection. I want to help you remother (or reparent) yourself—to help you build your self-reliance, self-worth, and self-compassion. By building a better relationship with yourself, I also want to assist you in creating better relationships with others: whether it's in your friendships, romantic partnerships, or as a parent! Regarding the title of this project: I do not want to promote a false narrative that Latina moms are inherently difficult or all the same. Hence, I describe some of their behaviors and personality traits as difficult, not who they are. I dedicate this guide to my Latinx community! Jasmine Cepeda is a Latinx psychotherapist working in private practice in Brooklyn.

connections wellness group plano: Meaning-centered Group Psychotherapy for Patients with Advanced Cancer William S. Breitbart, William Breitbart, Shannon R. Poppito, 2014

Meaning-Centered Psychotherapy (MCP) for advanced cancer patients is a highly effective intervention for advanced cancer patients, developed and tested in randomized controlled trials by Breitbart and colleagues at Memorial Sloan-Kettering Cancer Center. This treatment manual for group therapy provides clinicians in the oncology and palliative care settings a highly effective, brief, structured intervention shown to be effective in helping patients sustain meaning, hope and quality of life.

connections wellness group plano: Step by Step Piano Course - Book 2 Edna Mae Burnam, 2005-11 Book Two was designed to build on Book One and gives students an opportunity to learn a range of new pieces within the range of their ability.

connections wellness group plano: Vocational Rehabilitation Counselor National Learning Corporation, 2014 The Vocational Rehabilitation Counselor Passbook(R) prepares you for your test by allowing you to take practice exams in the subjects you need to study. It provides hundreds of questions and answers in the areas that will likely be covered on your upcoming exam, including but not limited to; Acquiring and maintaining employment; Principles and practices of employment counseling; Case histories of employment clients; Interviewing; Preparing written material; and more.

connections wellness group plano: Woke, Inc. Vivek Ramaswamy, 2021-08-17 AN INSTANT NEW YORK TIMES BESTSELLER! A young entrepreneur makes the case that politics has no place in business, and sets out a new vision for the future of American capitalism. There's a new invisible force at work in our economic and cultural lives. It affects every advertisement we see and every product we buy, from our morning coffee to a new pair of shoes. "Stakeholder capitalism" makes rosy promises of a better, more diverse, environmentally-friendly world, but in reality this ideology championed by America's business and political leaders robs us of our money, our voice, and our identity. Vivek Ramaswamy is a traitor to his class. He's founded multibillion-dollar enterprises, led a biotech company as CEO, he became a hedge fund partner in his 20s, trained as a scientist at Harvard and a lawyer at Yale, and grew up the child of immigrants in a small town in Ohio. Now he takes us behind the scenes into corporate boardrooms and five-star conferences, into Ivy League classrooms and secretive nonprofits, to reveal the defining scam of our century. The modern woke-industrial complex divides us as a people. By mixing morality with consumerism, America's elites prey on our innermost insecurities about who we really are. They sell us cheap social causes and skin-deep identities to satisfy our hunger for a cause and our search for meaning, at a moment when we as Americans lack both. This book not only rips back the curtain on the new corporatist agenda, it offers a better way forward. America's elites may want to sort us into demographic boxes, but we don't have to stay there. Woke, Inc. begins as a critique of stakeholder capitalism and ends with an exploration of what it means to be an American in 2021—a journey that begins with cynicism and ends with hope.

connections wellness group plano: What Makes the First-year Seminar High Impact? Tracy L. Skipper, 2017 The responsibility for college success has historically rested with the student,

but since the 1980s, educators have taken increasing ownership of this, designing structures that increase the likelihood of learning, success, and retention. These efforts have included a variety of initiatives--first year seminars, learning communities, writing-intensive courses, common intellectual experiences, service-learning, undergraduate research, and senior capstones among others--that have come to be known as high-impact practices. Although first year seminars have been widely accepted as a high impact educational practice leading to improved academic performance, increased retention and acquisition of critical 21st Century outcomes, first-year seminars tend to be loosely defined in the literature. National explorations of course structure and administration demonstrate the diversity of the curricular initiatives across various campuses. In order to determine the attributes that all of these varied courses share in common that contribute to their effectiveness, the National Resource Center for The First-Year Experience and Students in Transition at the University of South Carolina invited contributions for a book exploring effective educational practices within the first-year seminar. This collection of case studies represents a wide variety of institutional and seminar types. The authors describe the structure, pedagogy, and assessment strategies that lead to high quality seminars and they offer abundant models for ensuring the delivery of a high-quality educational experience to all entering students. The table of contents includes the following: (1) Structural Supports for Effective Educational Practices in the First-Year Seminar (Tracy L. Skipper); (2) The American University of Rome (Jenny Petrucci); (3) Cabrini University (Richard Gebauer, Michelle Filling-Brown, and Amy Perischetti); (4) Clark University (Jessica Bane Robert); (5) Coastal Carolina University (Michele C. Everett); (6) Durham Technical Community College (Kerry F. Cantwell and Gabby McCutchen); (7) Florida South Western State College (Eileen DeLuca, Kathy Clark, Myra Walters, and Martin Tawil); (8) Indiana University--Purdue University Indianapolis (Heather Bowman, Amy Powell, and Cathy Buyarski); (9) Ithaca College (Elizabeth Bleicher); (10) LaGuardia Community College, CUNY (Tameka Battle, Linda Chandler, Bret Eynon, Andrea Francis, Preethi Radhakrishnan, and Ellen Quish); (11) Loyola University Maryland (Mary Ellen Wade); (12) Malone University (Marcia K. Everett, Jay R. Case, and Jacci Welling); (13) Montana State University (Margaret Konkel and Deborah Blanchard); (14) Northern Arizona University (Rebecca Campbell and Kaitlin Hublitz); (15) Southern Methodist University (Caitlin Anderson, Takeshi Fujii, and Donna Gober); (16) Southwestern Michigan College (Christi Young, Jeffrey Dennis, and Donald Ludman); (17) St. Cloud State University (Christine Metzo); (18) Texas A & M University-Corpus Christi (Rita A. Sperry, Andrew M. Garcia, Chelsie Hawkinson, and Michelle Major); (19) The University of Arizona (Marla Franco, Jessica Hill, and Tina Wesanen-Neil); (20) University of Kansas (Alison Olcott Marshall and Sarah Crawford-Parker); (21) University of Maryland Baltimore County (Lisa Carter Beall); (22) University of New Hampshire (Neil Niman, Tamara Rury, and Sean Stewart); (23) University of North Carolina Wilmington (Zachary W. Underwood); (24) University of Northern Iowa (Deirdre Heistad, April Chatham-Carpenter, Kristin Moser, and Kristin Woods); (25) University of Texas at Austin (Ashley N. Stone and Tracie Lowe); (26) University of Texas at San Antonio (Kathleen Fugate Laborde and Tammy Jordan Wyatt); (27) University of Wisconsin-Madison (Susan Brantly and Sorabh Singhal); (28) Virginia Commonwealth University (Melissa C. Johnson and Bety Kreydatus); and (29) Conclusion: What Does It Mean to Be High Impact? (Tracy L. Skipper). (Individual chapters contain references.).

connections wellness group plano: *Full Steam Ahead* Kathryn Finch, Abigail Blair, 2021-03 Full STEAM Ahead is full of lessons to turn your music room into a place where imagination and creativity are not just encouraged, but essential. The lessons are divided into three sections: The Music Room as a Makerspace - Let your students' imaginations go wild as they build shakers and shadow puppets, tell stories with apps and green screens, and learn all the elements that go into a Broadway musical. Coding the Music Room - With a few tech tools, your students will compose melodies and variations, explore modes, add sound effects to stories, and find solutions to help others solve issues that arise in the music room. Digital Audio Workstations (DAW) - Introduce your musicians to modern composition tools they can use to explore form, design sound, compose their

own music, and unlock the mysteries of the synthesizer. No matter the lesson, your students will demonstrate their understanding of the concepts you already teach-- rhythm, melody, harmony, timbre, and form--using the tools, concepts, and standards of Science, Technology, Engineering, Arts, and Math. The key to this book's effectiveness is that it trains you as a STEAM teacher today while detailing well-structured lessons for your students to help them become the empathetic creators of tomorrow. General music teachers-- and STEAM and Makerspace pros--Abigail Blair and Kathryn Finch have truly given you all the tools you need to take your music lessons to the next level.

connections wellness group plano: 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 plano: Evidence-based Psychopharmacology Dan J. Stein, Bernard Lerer, S. M. Stahl, Stephen M. Stahl, 2005-07-21 This book summarizes the recent advances in evidence-based pharmacological treatment of psychiatric disorders.

connections wellness group plano: The Fourth Turning William Strauss, Neil Howe, 1997-12-29 NATIONAL BESTSELLER • Discover the game-changing theory of the cycles of history and what past generations can teach us about living through times of upheaval—with deep insights into the roles that Boomers, Generation X, and Millennials have to play—now with a new preface by Neil Howe. First comes a High, a period of confident expansion. Next comes an Awakening, a time of spiritual exploration and rebellion. Then comes an Unraveling, in which individualism triumphs over crumbling institutions. Last comes a Crisis—the Fourth Turning—when society passes through a great and perilous gate in history. William Strauss and Neil Howe will change the way you see the world—and your place in it. With blazing originality, The Fourth Turning illuminates the past, explains the present, and reimagines the future. Most remarkably, it offers an utterly persuasive prophecy about how America's past will predict what comes next. Strauss and Howe base this vision on a provocative theory of American history. The authors look back five hundred years and uncover a distinct pattern: Modern history moves in cycles, each one lasting about the length of a long human life, each composed of four twenty-year eras—or “turnings”—that comprise history's seasonal rhythm of growth, maturation, entropy, and rebirth. Illustrating this cycle through a brilliant analysis of the post-World War II period, The Fourth Turning offers bold predictions about how all of us can prepare, individually and collectively, for this rendezvous with destiny.

connections wellness group plano: Five Paths of Student Engagement: Blazing the Trail to Learning and Success (Your Guide to Promoting Active Engagement in the Classroom and Improving Dennis Shirley, Andy Hargreaves, 2021-06-11 This is a breakthrough book on student engagement. Join Dennis Shirley and Andy Hargreaves, two award-winning authors and leaders in their field, on a profound educational quest that will take you through exciting and challenging terrain. Five Paths of Student Engagement will open your eyes, heart and mind and empower you to implement practices that lead directly to your students' well-being, learning, and

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