

# GROUPS & WORKSHOPS

## Mindful yoga breaks

Mindful Yoga Breaks program consists of workshops for parents & teachers, a curriculum for the classroom and many various props that incorporate tools to calm or energize children including: breathing exercises, mindfulness, poses, games & relaxation ideas

## Mindfulness meditation

Mindfulness meditation involves the process of developing the skill of bringing one's attention to whatever is happening in the present moment. In a group setting, learn about basic or advanced meditation instruction. Can be combined with classes on compassion building or talks that provide new perspectives or techniques on stress management.

## Dialectical Behavior Therapy (DBT) for Adolescents and Adults

We specialize in identifying and treating depression and risky behavior in adolescents and adults, including self-injury, suicidal ideation and suicide attempts, substance use, bingeing and purging, risky sexual behavior, physical fighting, and other forms of risk-taking.

## Mind-Body Medicine

Mind-body medicine uses the power of thoughts and emotions to influence physical health. Mind-body techniques can be helpful for many conditions like anxiety and depression because they encourage relaxation, improve coping skills, reduce tension and pain, and lessen the need for medication.

## Sound Healing

Take time to relieve stress, calm the mind, relax the body and nourish the soul with sound healing. The soothing sounds and vibrations from the healing instruments used in sound healing have been found to positively affect the human body on many levels. The vibrations assist in releasing tight muscles, pain, stress, PTSD, depression, anxiety, and addiction issues and promotes positive sleep hygiene.

## Qi Gong

Qi gong translates to the practice of moving energy. Qi gong focuses on breath and movement to open up the energy flow in the body. It is commonly referred to as meditation in motion. There are many benefits to Qi Gong. Bringing your energy back into balance can alleviate stress, anxiety, depressive disorders. When you become grounded and relaxed you feel better.

## Parent support group

ECC parent support group offer many advantages. When families with the same concerns meet, it can provide mutually needed information and emotional support. There is a sense of community, understanding, a place to laugh about the same things, talk about problems, and help each other. Being able to talk openly with others in the same situation can help you brainstorm for realistic, pragmatic solutions and is often exactly the support you need.

## Women empowerment groups

When women are given strength and dignity, it not only impacts their families, it impacts entire communities. We encourage women to realize their value and reach their potential. ECC educates and empowers women to make strategic, independent life choices, with the skills and confidence necessary to secure a job and create a healthy lifestyle.

## Mindful Yoga Therapy For Post Traumatic Stress

Yoga is a diverse set of practices stemming back for hundreds of years with the main goals of helping people cope with the stresses of life. The emphasis on Mindfulness and the intentional focus on the sensations in the yoga practice, are both to find comfort and to learn to be present and non-reactive to sensations of discomfort.

## LOCATIONS

660 Prospect Avenue, Hartford, CT, 06105

998 Farmington Avenue, Suite 207, West Hartford, CT, 06107

Referral line: (860)729-3284 Fax :(860)519-5723

[www.enlightenmentcenterct.com](http://www.enlightenmentcenterct.com)

Book now your appointment at:  
[clients.mindbodyonline.com](http://clients.mindbodyonline.com)



## The Enlightenment Counseling Center, LLC

Treating your mental health needs with a holistic approach.  
Focusing on mind, body, & spirit.



## WHO WE ARE

We are a holistic, integrative counseling and wellness center that provides traditional psychotherapy services as well as complementary alternative medicine to address your mental health needs.

**The ECC works with children, adolescents, couples, and families experiencing emotional, psychological, spiritual and physical distress.**

## MEET OUR STAFF

**Our clinical team is made up of culturally competent:**

- Licensed Clinical Social Workers
- Licensed Marriage and Family Therapists
- Licensed Professional Counselors
- Licensed Massage Therapists
- Reiki Master
- Nutritional Counselors/ Holistic Health Coach
- Stress Management Specialists

APRN for medication evaluations if needed.

**Bilingual, Multicultural, and Gender Specific Services can be provided.**

## CO-FOUNDERS



Jenny Alzate MS, LPC



Nicole Archer MA, LPC

**The ECC utilizes an eclectic array of clinical tools to help individuals and families deal with:**

- \*Anxiety
- \*Panic Attacks
- \*Depression
- \*Trauma
- \*Domestic violence
- \*Abuse
- \*Adoption Issues
- \*Bullying
- \*Educational Difficulties
- \*Familial issues.
- \*Past/current Life Issues (divorce/death)



## SERVICES

**Individual Therapy**

**Family Therapy**

**Group Therapy**

**Couple's Therapy.**

**Massage Therapy**

**Reiki**

**Nutritional Counseling**

**Life Coach**

**Yoga Therapy**

**EMDR Therapy**

**MIND-BODY Medicine, Alternative Therapy**

( you must be client of traditional psychotherapy services)

*We specialize in treating children through adults*

**Our goal is full healing on a mind-body level.**

## MODALITIES USED

- TF-CBT-Trauma-Focused CBT
- Body-centered Psychotherapy
- Inner child trauma work
- CBT –Cognitive Behavioral therapy
- Behavioral therapy
- IFS-Internal Family Systems
- Mind-body medicine
- Relaxation techniques
- EFT-Emotional Freedom Technique
- DBT-Dialectical Behavioral therapy
- Play therapy
- Energy healing
- Reiki
- Nutritional counseling
- Traditional and spiritually focused psychotherapy
- Life Coaching
- EMDR- Eye movement desensitization and reprocessing



### Insurance and payment

We currently accept Anthem Blue Cross Blue Shield, Husky, CIGNA, Value options, Out of Pocket and Out of Network

