

TREAT THE PERSON, NOT THE INJURY WORKSHOPS

NOW FORMING

Treat the Person, Not the Injury workshop focuses on the emotions, emotional barriers issues and adjustments faced by individuals affected by an injury. We will focus on providing the mental tools to deal with the concerns surrounding the injury.

This workshop's main focus is not the injury, but on the person experiencing the injury. When an individual is injured often their personal identity, physical abilities, their roles and what they value are compromised and challenged. This can often lead to mental distress or psychological conflicts. Your mental outlook, in relation to your injury, becomes influential to your recovery. Psychological support becomes crucial to healing and recovery.

Common emotions experienced by injured individuals are: depression, impatience, unrealistic expectations, lack of motivation, anxiety and loneliness. Some emotional healing barriers can include: negativity, pain, feeling no control, playing the victim, loss of identity or value, burnout and taking on a sick role.

Talese Fernbach, MASEP will lead the Treat the Person, Not the Injury Workshops. She has had extensive experience dealing with the psychological aspects of injury and is compassionate and insightful when working with groups. Talese helps injured individuals to feel empowered, human and not alone through their injury recovery.

Details of the Treat the Person, Not the Injury include:

- 4 workshops
- Each workshop lasting 75 minutes
- The group will be limited to 4-8 clients
- \$30 per workshop fee or Discounted to \$110 for pre payment of all 4 workshops.

For further details, or to sign up,
Please contact Tamera Benedict, Practice Manager 562-498-5900 x22

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