



Welcome to Innerspace Counseling, LLC's newsletter where we share program information, staff features, and mental health news with our community. Thank you for reading.



Volume 1, Issue 4

October 2019

Innerspace *insights*

Innerspace Program Options:

- Intensive Outpatient Programs:
 - Children (ages 8-11)
 - Adolescents (ages 12-17)
 - Adults
- Partial Care Programs:
 - Adolescents (ages 12-17)
 - Adults

All Programs Include:

- Comprehensive Psychiatric Assessment & Consultation
- Individual Therapy with a State of NJ Licensed Therapist
- Group Therapy
- Dialectical Behavior Therapy
- Medication Management
- Family Therapy
- Parent Support Groups

We also service those who have co-occurring substance use disorders.

If you or a loved one needs mental health services call Innerspace Counseling today for a consultation at 732-332-8270.

Program Spotlight >>>

Each of the programs at Innerspace Counseling includes individual and group therapy as well as family sessions. Each form of therapy has its own benefits and when brought together in our programs, forges a pathway to success.

Individual counseling can help you understand your feelings and behaviors, the reasons behind your them, how they are affecting your life, cope with feelings, problem solve, and change behavior patterns.

Group therapy can help in seeing that you are not alone and that others struggle in similar ways. It also helps you learn to give and receive support, to speak up for yourself, practice new skills, and improve how you relate to others.

Family sessions are essential in treating the whole person. After each appointment, you go home to your family so creating healthy boundaries and family patterns and dynamics is important. It will also help enhance communication, improved problem solving, and create deeper empathy and understanding. When family is not a source of support, we will help you in creating or finding alternative support systems.

Bringing each of these forms of therapy together in our 8-12 week programs provides you with a clear, healthy pathway forward with positive supports in place to increase the likelihood of success.

HEALTHY WAYS TO COPE WITH STRESS:

TRY TO IDENTIFY THE SOURCE OF THE STRESS: When you've been struggling to deal with stress for a long time, it can be difficult to try and find the original cause. However, identifying what is causing you stress can go a long way in helping you find a solution. For example, if you start feeling stressed about work, then it could be due to a number of different things, such as a new hire that doesn't pull their weight, a report you're supposed to turn in, or even a lack of communication from those around you. Try to think back to when you started to feel stressed and what may have caused that emotion. Once you've figured out what is causing you stress, it can be much easier to move forward and to find a solution.

AVOID UNNECESSARY STRESS: You may be under the impression that all stress is unavoidable, but that isn't necessarily the case. We're not saying that all stress is avoidable, but there are many stressful situations that you may bring upon yourself. For example, if you have a busy schedule and a good friend asks you to help them plan a party, then you could say yes and add even more work to your plate, or you could avoid the inevitable stress and tell them no because you already have too many other things to do. Remember that it's okay to say no to people, especially if saying yes to everything is part of the reason you're feeling stressed. You can also look for people in your life who may be causing you stress or eliminate certain situations in your life that Cause you stress.

MAKE TIME FOR RELAXATION: Packing your schedule full of activities, meetings, and other tasks is a sure-fire way to add stress into your life. In order to maintain good mental health, it's important to take some time for yourself to relax and unwind after a busy day. For this reason, we recommend scheduling time for relaxation every day, or at least as often as possible. If you continue to pack your schedule, then you may feel like you're being productive and getting things done, but after a while, you can start to feel overwhelmed, stressed, and generally burned out. It's a good idea to create a balance of getting things done and finding time to relax so that you and your brain can enjoy the peace and quiet.

TAKE TIME TO CLEAR YOUR HEAD: If you're feeling stressed because of a specific situation or task, then take a moment to walk away and clear your head. Some people may feel determined to stick with a problem until it's resolved, but this often only adds to the stress and can make it more difficult to find a solution. Instead, give yourself permission to walk away, move on to something else, and maybe even take a break to help remove some of the stress from your mind. You may even find that doing so gives you enough clarity to come back and tackle the issue quickly.

REACH OUT FOR SUPPORT: There are a variety of different methods that you can adopt for dealing with stress. Some people like to exercise, practice yoga, or hang out with people who make them happy. However, if you can't seem to find anything that helps you eliminate your stress or you've decided to turn to unhealthy coping methods such as drugs or alcohol, then it may be time to seek support. Support can come from many different places, including family, friends, or even a professional. Depending on the source of your stress, you may even be able to find a support group for people dealing with similar situations.

Staff Feature >>>

Meet our Clinical Coordinator:

Jodi Ster, MSW, LCSW

Jodi received her master's degree in social work from Rutgers University, following an undergraduate degree in Psychology from Ramapo College. Jodi is currently a licensed clinical social worker who is educated in addiction treatment.



Jodi has a great deal of experience working with dual-diagnosis adolescents and adults in an outpatient setting. Jodi is passionate about client-centered therapy and believes in a multi-disciplinary approach, as she recognizes that each client will have specific and unique needs. Jodi utilizes various treatment modalities in her therapy, including Cognitive Behavioral Therapy and Dialectical Behavioral Therapy.

To reach us >>>

Innerspace Counseling, LLC

2433 Route 516

Suite D

Old Bridge, NJ 08857

Phone:

732-332-8270

Fax:

732-862-1146

Email:

inquiries@innerspacecounseling.com

Website:

<https://innerspacecounseling.com>

Social Media:



@innerspace_counseling



@innerspacecounseling