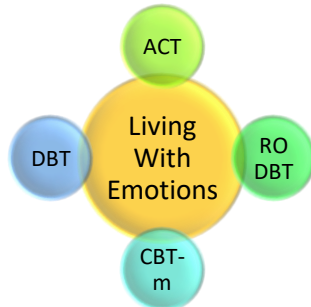


Do you engage in a problem behavior that feels connected to emotions? Could you benefit from an improved relationship with emotions or more effective ways of responding to emotions and/or negative thoughts?



Living With Emotions is an in-person 12 session foundational integrated emotion concepts and skills class providing 18 hours of teaching, skills demonstration and practice. Based upon and integrating newest evidence-based cognitive behavior therapies, the course is designed for people experiencing frequent anxious and depressed mood and urge-driven behaviors.



The therapy models upon which **Living With Emotions** is formulated have key themes and skills in common. The class will identify these and provide a basic, integrated experience of enhanced facility with emotions and negative thought experiences through *improved psychological flexibility* and *resourcefulness* for emotional discomfort. Adequate time will be devoted

to the functions of emotions and addressing common emotion myths. Improved emotion coping increases resilience to mood disorders and generally increases connection to self and others.

In groups of 5-8, Lisa presents and demonstrates concepts and skills, fosters discussion and provides simple yet important weekly homework.

Living With Emotions is an interactive class, not a process or support group. However, participants express feeling enriched and inspired by learning with others. To ensure the class is a good fit, Lisa provides an intake session for each prospective participant before finalized registration.

Living With Emotions/Adults
Ages 19 and over
Thursdays, 6:30-8pm

Living With Emotions/Adolescents
Ages 14-18
Wednesdays, 4:00-5:30pm

Note: 18 yr olds may be best suited to adolescent or adult class depending on high school or post-high school circumstance.



LOCATION
9 Lake Bellevue Drive - Suite 214
Bellevue WA 98005

FEEES
Class \$2000
Intake session \$165

REGISTRATION PROCESS

1. Call or email Lisa Geraud at (206) 465-3394 or lisageraudcounseling@gmail.com.
2. Lisa will reply to answer questions and schedule an intake session.
3. Receive the course manual upon registration and payment.

Payment is accepted by credit card, check or through PayPal.



Lisa Geraud is an experienced mental health professional specializing in the assessment and treatment of depression, anxiety, eating disorders and relationships. She works with adolescent and adult individuals, as well as couples and families, with a hopeful, compassionate and research-informed approach. Lisa has taught emotion skills classes since 2004.