**Skills for Emerging Therapists:**

**A Supervision Group for LLMSWs**

This monthly supervision group aims to support emerging therapists in both deepening core clinical skills for effective interventions as well as developing skills for emotional resilience. Each two-hour session will include discussion of a chosen reading, clinical skill building, consultation on cases, and engagement in a relaxing contemplative practice (meditation, breathing, yoga, etc).

Skills, topics, and readings will include topics such as mindfulness, emotion regulation, vicarious trauma and will draw from current knowledge and research. Participants will be able to guide topics to tailor to their needs.

Participation in the course is $75/month. Monthly commitment required.

Participation will be limited to 6.

Begins Wednesday, September 20, 2017

6:30 – 8:30 pm

3rd Wednesday of each month

Downtown Ann Arbor

Led by Carryn Lund, LMSW

For more information, please contact Carryn at 507-421-5235 or carryn@groveemotionalhealth.com. You can learn more about Carryn at [www.groveemotionalhealth.com](http://www.groveemotionalhealth.com) or at [www.carrynlund.com](http://www.carrynlund.com)