

YOUR MOOD & THOUGHTS COGNITIVE BEHAVIOR THERAPY WORKSHOP

Cognitive Behavior Group Therapy for coping with anxiety, anger, sadness, guilt, & shame

Welcome to Retnuh Health, LLC Healthcare Services & Training Center. These workshops are designed for group settings. However individual sessions are available upon requests. Cognitive behavioral services at Retnuh Health are designed to assist those who would like to learn skills to manage a variety of negative moods affecting daily life such as sadness, depressions, anxiety, panic, anger irritability, guilt, and shame. We assist with those feelings that lead to behaviors that cause distress. Cognitive behavioral services at RetnuhHealth, LLC is done by trained, professionals that are board certified in the field of Wellness, Naturopathy, Endocannabinology, and Cognitive Behavioral facilitation and are not licensed marriage counselors. These trained professionals' intent to coach clients to improve personal growth, improve work performance, and improve family life and personal relationships. Retnuh Health Cognitive Behavioral services are based on science as well as spirituality. That means that we use the latest scientific research availability, and our treatment is based and approached from a spiritual point of view. Our Cognitive Behavioral services is an approach that gives emphasis to the connection between the situations in our lives and the way we perceive those situations impacting our feelings and behaviors. Our sessions use several modalities including excerpts from a workbook during our workshops that help individuals deal with underlying negative 'core beliefs'.

Led by: **Tonya B. Hunter, BSHA/LTC, MBA-HCM, PN/NP, CBGT, RCP**

Location: Falls Church, Virginia 22046 (specific Location: TBD)

Time of Workshop: 6:30-7:50pm, next sessions: TBD. (Note: Times may change on future sessions see below for current times)

Length of Workshop: Weekly for 4 weeks or one-time sessions

Cost: \$2875 for a 4-week session; \$759 for individual sessions. Currently do not accept Insurance. Please call for details about Health Reimbursement options. (Note: prices may increase on future sessions see below for current prices)

Required Materials: Mind Over Mood by D. Greenberger and C. Padesky (excerpt Included).

To Register: Fill in form: [Cognitive Behavior Coaching - RETNUH HEALTH, LLC HEALTHCARE SERVICES AND TRAINING CENTER](#) or call 888.879.1856 or email: Retnuh@retnuhhealth.com