*Kati, Cheryl’s name is Cheryl Warner. It’s misspelled in the menu. My comments to your are in italics. The website looks great! Here’s some extra content*

**Contact Information:**

Eunice Lehmacher

Phone: 864-643-8449

Mail: [elehmacher@gmail.com](mailto:elehmacher@gmail.com)

*Make this so they can email me from here when they click on it*

Cheryl Warner

Phone: 864-650-0027

Mail: PO Box 112

Seneca, SC 29679-0112

**Individual Therapy**

*This page could be like the first page with a quote at the top and then the text. It doesn’t need to say “individual therapy” on the actual page.*

“I can be changed by what happens to me. But I refuse to be reduced by it.” Maya Angelou

The problems you have and the goals you seek to reach are unique to you. Although you can read books and talk to friends about your concerns, no book can address specifically all your individual needs. Therapy is a time for you to get specific professional help. The first session will be assessment oriented and takes 80 minutes. In the second session we’ll come up with treatment goals together and discuss my recommendations on how to work on them. In each session including the first one you’ll see yourself and your concerns in a new light. You’ll have a chance to learn ways to change old unhelpful patterns and try new ways of coping.

If at anytime you are unhappy with your treatment, please tell us and we’ll make changes to meet your needs better or offer you a referral to another therapist or doctor.

**Group Therapy**

“Live the questions now. Someday in the future you will live your way into the answers.” unknown

There are some problems that are better solved through the use of group therapy instead of individual therapy. The therapist will discuss this option with you if it is the recommended treatment. Some conditions for which group therapy is often more effective than individual therapy include: social anxiety, relational problems, trust issues, eating disorders, and body image issues.,

Group therapy sessions to be offered can include: Living with ADHD, Mood Disorders, Sexual Abuse survivors, Eating Disorders, Relationship, and General. Support groups include parenting, ADHD, looking for work, and caregivers. At this time none of these groups have started. But if you would be interested in group therapy on this or another topic please email Eunice.

Below are some common misconceptions about group therapy. Please read them if you’re considering group therapy. *I’ll send this to you separately.*

**Couple’s Therapy**

Assessment and treatment is done with both partners present and partners are not seen individually. Partners do not need to be married to have couple’s therapy. Couples therapy can be very effective at improving the relationship and growing as a couple and individuals when both partners want to participate and contribute to the therapy.

John Gottmann suggests these behaviors predict failure in a relationship: criticism, contempt, defensiveness, and stonewalling. Other predictors include: negative attribution, starting conversations in an abrasive way, and refusing to accept influence. Relationships are likely to succeed when there is an increase in everyday positive feelings, and increase in positive affect during a conflict, and a decrease in negative affect during a conflict. Come and learn more about how you can put your relationship on a path for success.

**Family Therapy** *these two heading are on the same web page and are reached by the link “couples and family therapy” Later I might have quotes for these, but I don’t now.*

Sometimes in families one family member has a problem, but treatment is most effective if the whole family is seen and treated together. Families learn about communication, parents learn to understand their children better and to parent better, and children learn how to express and take care of their own needs. Family therapy is usually recommended if a child seeking treatment is under 12 years of age. The family itself determines what constitutes a family and which members of the family will participate in therapy.

*Under Mindfulness the heading:* **Sign up to Take a Class**

Mindfulness is a skill that anyone can learn. The exercises are simple and with practice you can learn to ruminate less and enjoy each moment more. Each class will include practicing at least four mindfulness exercises, teaching segments, and learning from each other. Practices learned include: deep breathing, mindful walking, decreasing judgments, observing and letting go of thoughts, mindful eating, and many more. Participating with a group regularly will help you to continue to practice your skills. Mindfulness training can help anyone be more alert and aware of themselves and the world around them. The practices can be especially helpful in the treatment of: worry, anxiety, depression, physical pain, eating disorders, substance abuse disorders, and problems paying attention.

Free Introduction and Overview: try two exercises; visit the office; view materials; ask questions; register for upcoming classes.   
 Monday Feb. 15th (5:15 pm) free

Fall 2009 Training Courses ($20/class; $80\* for all 5 sessions) 5:15 - 6:45 pm  
 Feb. 22: Emotional, Rational and Wise Mind   
 Mar. 1: Observing (stop ruminating)  
 Mar. 8: Becoming less judgmental  
 Mar. 15: Participating fully in each now  
 Mar. 22: Making mindfulness a habit

Mindfulness Retreat ($25) Learn and practice basic mindfulness techniques including mindful walking outside and mindfully eating lunch.  
Saturday March 20 from 9:00am -1:00pm

Mindfulness Lunch (first 3 sessions free, then $5 per session or $20\* for 5 sessions paid in advance) Keep up your practice of mindfulness by meeting for a bag lunch and doing one new exercise together. Weekly lunches start March 29th (1:15 until 1:00 p.m.).

Mindfulness to Improve Attention for those with ADHD type symptoms offered for five weeks (60 min. sessions) when at least 6 students register. Cost $15/session; $50/all sessions.

\*Payment due in advance to get discounted prices.

*For the heading* **Mindfulness exercises**

*You already have the mp3 list of exercises which we put on a page already. Before that you could write:*

Below are a list of some of the practices learned in an 8 week mindfulness class. Click on the links below to hear and try one of the exercises yourself. Exercises are grouped by class in the order they are taught.

**Resources/Links** *clicking on this gives you the subpage:*

Links

Books

Soiling Solutions

**Links**  *these would all be live clickable links*

For more information on mental illnesses check out the National Institutes of Mental Health at: <http://www.nimh.nih.gov/health/topics/index.shtml>

Other topics:

Cognitive Behavioral Therapy

http://www.nacbt.org/whatiscbt.htm

Dialectical Behavioral Therapy

http://behavioraltech.org/downloads/dbtFaq\_Cons.pdf

Mindfulness

<http://behavioraltech.org/downloads/Mindfulness_for_clients_and_family_members.pdf>

**Books**

These are some books I often recommend during therapy. You can find many more by going to the psychology or self-help section of your favorite bookstore.

Feeling Good by David Burns

The Mindful Way through Depression

10 Days to a Less Defiant Child

How to talk so Your Child will Listen and Listen so Your Child Will Talk

The Miracle of Mindfulness by Thich Nhat Hahn

Beginning to Heal

**Soiling Solutions**

Soiling Solutions is a very effective treatment for encopresis and enuresis. To find a description and purchase a manual go to: [www.soilingsolutions.com](http://www.soilingsolutions.com)

Telephone consultation by Eunice Lehmacher is available only to those parents who have already purchased the Soiling Solutions manual and plan to or have already started to implement the Soiling Solutions protocol.

Telephone Consultation to Soiling Solutions parents: 864-643-8449

Many parents have been effective with Soiling Solutions by simply reading and applying the manual. However, no manual can anticipate all the concerns parents might have or the individuality of each child. If you’d like additional consultation with a therapist to answer questions or help you over any rough spots, the following telephone consultation service is offered. Eunice is experienced with encopresis, enuresis, and the Soiling Solutions treatment and works with Dr. Collins helping parents in treating this disorder.

COSTS: 2 initial consultation phone calls **$75**\* ; Unlimited phone calls: $250

\*$50 of the $75 can be applied to the “Unlimited” later

Mail payment with completed survey before calling

Email Eunice to get mailing address

TIMES: Monday – Thursday: 8am - 1pm and 5pm – 8pm

Friday and Saturday: 9am – 1pm

Or at desired time as pre-arranged through email

EMAIL: elehmacher@gmail.com

SURVEY: Filling out survey at the end of the SS manual and mailing it to me will make phone consultations more effective and is strongly recommended but not required.

Therapy also available at Practice Location in SC. Fee is $90 for a 50 minute hour or whatever your insurance has arranged for reimbursement for family therapy (assuming I’m a provider for your insurance company). Please email me to determine if insurance coverage is available and to set up an appointment.

**Directions**

*This will be a map connection from the internet (I like google maps) with the following sentence at the end.*

There is a parking lot behind the building. Use the door marked with the therapist’s name and wait in the waiting room.