



MIND-BODY PSYCHOTHERAPY GROUP

In this 5 week psychotherapy group, we will address physical and mental health from both a Western and Eastern perspective, incorporating both current psychological approaches and age old practices. We will explore the relationship between thoughts, feelings and the physical body. Group will introduce practices selected to promote relaxation, self-awareness and self-acceptance, including mindful movement, visualization, and breath-work.

DATES

October 23 – November 20, 2019
4:00-5:00p.m.

LOCATION

Centrum Building
319 E Madison Street, 3rd floor

Group will be led by Ruta Kulys, a Licensed Clinical Social Worker and a Certified Yoga Therapist with extensive experience in Mind-Body medicine.

Interested participants will meet individually with Kulys prior to the beginning of group to ensure that this group is right for them. Insurance will be billed for the initial evaluation and five group psychotherapy sessions. Most major insurances cover the cost of group psychotherapy, but please check with your individual carrier to ensure coverage.

To schedule your evaluation, please call the SIU Department of Psychiatry at 545-8229.

For more information, or to meet with the group leader to register, please contact Ruta Kulys, LCSW, at 217-545-8229.

