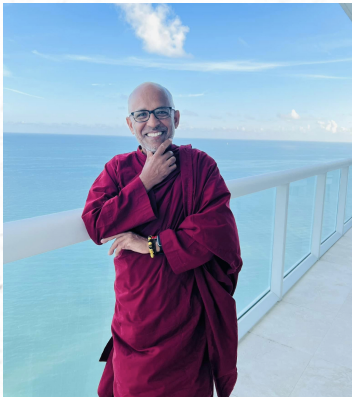




RISING PHOENIX WELLNESS NEWS

Program Highlights



‘In trying times, don’t lose yourself, and don’t lose the lesson.’

This month Rising Phoenix is hosting a Meditation and Mindfulness event with Bhante Sujatha, a 40+ years Buddhist Monk. Bhante teaches the loving-kindness meditation to people around the globe for all those seeking the art of happiness and contentment. His approach to meditation is deep and simple, bringing core Buddhist teachings to everyone in a way that is practical and easy to understand. Bhante believes his purpose is not only to teach meditation but also, “teach people how to be happy.” In this motivational program, Bhante’s goal is to provide attendees with the confidence and tools needed to keep their mindful practice durable, and ever-present in life. The price of admission upon arrival is \$40, which supports Bhante’s “Pregnant Mother’s Program” and Incubator Project in Sri Lanka. If you want more information please check out www.bhantesujatha.org

~Bhante Sujatha~

Clinical Updates

Originally from Delaware, Jenna is now a graduate student at Arizona State University working toward becoming a Licensed Master’s Social Worker. In her own life experience, Jenna has overcome challenges enabling her to empathize with those who are struggling with similar issues. Jenna has made it her mission to be the “rock” for all those she encounters in the recovery community. Her passion for service work has helped her excel in her role as a clinical coordinator at a non-profit treatment center where she utilizes a strength-based approach to assist her clients to achieve and maintain recovery. Social work proves to not just be a career path but a life calling for Jenna. Her gregarious personality and smile are a true asset and welcome addition to the Rising Phoenix team.



**Jenna Gardner, LBSW
MSW Intern**



RISING PHOENIX WELLNESS NEWS

New and Noteworthy



Rising Phoenix is thrilled to announce the opening of our new location at Deer Valley Rd & Scottsdale Rd. As our treatment team and program continues to expand, we were looking to find a larger space that provides an environment of healing and comfort. This new space represents the growth we see not only for the clients we serve but for our business. We plan to host an open house to showcase this new space in February, so be on the lookout for details to come!

Therapist Tip of the Month

The choice to attend therapy is a considerable commitment. You must be willing to invest time, emotional energy, and finances. With that being said, here are some tips that can help you make the most use of time with your therapist.

****FOCUS ON YOU:** This is your session so focus on how you are feeling and what circumstances are affecting you directly. At times this can be difficult, but keeping the conversation on your wants and needs is imperative.

****COMMUNICATE OPENLY:** Get into the habit of being honest with your therapist to ensure you are happy with your progress. Express your goals and be open to feedback. Inform your therapist when you disagree with anything that doesn't align with your values and beliefs.

****ALLOW CHANGE:** Growing and learning about yourself is part of the change process. Fearing the unknown and altering your thinking is going to be challenging. If you remain open to transition, you will promote positive movement. Be mindful and nonjudgmental in your sessions. This will allow you to move through your experience with more empathy and grace.

~Vanessa Borunda, LAC, Primary Therapist~

Feedback

We love ongoing feedback from our clients and alumni. The information you provide can assist us in boosting the effectiveness of the program and ultimately enhancing our clients' wellbeing. Scan the QR Code to complete your Google Review!

