



# LUKIN CENTER FOR PSYCHOTHERAPY®

## MENTAL PERFORMANCE MENU

### 1 CHOOSE YOUR POPULATION

#### School

BUILD A CULTURE THAT SUPPORTS PERFORMANCE AND WELL-BEING WITH TOOLS FOR SUCCESS ON AND OFF THE FIELD.

#### Parents

MODEL BALANCE AND OPEN COMMUNICATION TO FOSTER RESILIENCE, CONFIDENCE, AND LASTING WELL-BEING.

### 2 CHOOSE YOUR PACKAGE

#### Single Workshop

A 90-MINUTE SESSION WITH Q&A, INCLUDING SLIDES, HANDOUTS, AND PRACTICAL STRATEGIES FOR YOUR GROUP.

#### Workshop Series

SELECT 3+ WORKSHOPS DELIVERED ACROSS THE SEASON OR IN A SINGLE DAY FOR STAFF OR PARENTS.

#### School Year Partnership

RETAIN OUR SPECIALISTS FOR TAILORED WORKSHOPS, ASSESSMENTS, AND ONGOING SUPPORT.

### 3 CHOOSE YOUR WORKSHOP

#### For Staff

#### CBT Skills to Enhance Mental Health of Staff & Students

LEARN THE PRINCIPLES AND SKILLS OF COGNITIVE BEHAVIORAL THERAPY AND HOW IT CAN BE USED TO IMPROVE WELL-BEING.

#### Mindfulness In School Settings

TRANSFORMATIVE MINDFULNESS TOOLS THAT STRENGTHEN ATTENTION, EMOTIONAL INTELLIGENCE, AND RESILIENCE.

#### Navigating & Understanding Eating Disorders

GAIN INSIGHT INTO EATING DISORDERS, LEARN TO RECOGNIZE SIGNS, AND DISCOVER STRATEGIES FOR SUPPORT AND NAVIGATION FOR INDIVIDUALS AND THEIR LOVED ONES.

#### De-Escalation Techniques & Managing Behavioral Crises

GAIN INSIGHT INTO EATING DISORDERS, LEARN TO RECOGNIZE SIGNS, AND DISCOVER STRATEGIES FOR SUPPORT AND NAVIGATION FOR INDIVIDUALS AND THEIR LOVED ONES.

#### Fighting Back Against Opioids

STRATEGIES FOR PREVENTION AND EDUCATION THAT EMPOWER STUDENTS, STAFF, AND COMMUNITIES TO RECOGNIZE RISKS AND MAKE HEALTHY CHOICES.

#### Supporting High Risk Students

OFFERS CRITICAL INFORMATION AND PRACTICAL TOOLS FOR IDENTIFYING AND SUPPORTING STUDENTS AT RISK FOR SELF-INJURY AND SUICIDAL IDEATION.

#### Understanding Emotions & How To Regulate Them

IDENTIFYING TOUGH EMOTIONS AND DEVELOPING RELEVANT COPING SKILLS TO START CREATING A MENTAL SKILLS TOOLBOX.

#### Recognizing Early Signs of Mental Health Issues in Children

LEARNING TO IDENTIFY DEVELOPMENTAL RED FLAGS AND SUBTLE INDICATORS THAT MAY SIGNAL A NEED FOR PROFESSIONAL MENTAL HEALTH SUPPORT.

#### Understanding & Supporting Neurodiverse Students

GAINING KNOWLEDGE ABOUT ADHD AND AUTISM, AND DEVELOPING INCLUSIVE, EFFECTIVE STRATEGIES FOR THEIR LEARNING AND SOCIAL NEEDS.



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### 3 CHOOSE YOUR WORKSHOP

#### For Elementary Schools

##### **Calm Down Strategies That Really Work**

DISCOVER AND PRACTICE SIMPLE, PROVEN TECHNIQUES (LIKE BREATHING) THAT CALM THE BODY AND MIND DURING FRUSTRATION OR STRESS.

##### **Being A Kind Friend: Empathy & Respect**

EXPLORING GOOD FRIENDSHIP BY UNDERSTANDING OTHERS' FEELINGS (EMPATHY) AND TREATING EVERYONE WITH RESPECT.

##### **What To Do When You Feel Worried or Scared**

IDENTIFYING SIGNS OF WORRY AND FEAR, AND PRACTICING EASY, EFFECTIVE STEPS TO MANAGE THESE FEELINGS.

##### **Everyone's Different, Everyone Belongs**

CELEBRATING DIFFERENCES AND LEARNING HOW TO INCLUDE EVERYONE TO CREATE SAFE, WELCOMING, AND KIND ENVIRONMENTS.

##### **Using Your Words: Solving Problems Peacefully**

LEARNING COMMUNICATION SKILLS TO EXPRESS FEELINGS CLEARLY AND USING CONFLICT-RESOLUTION TO SOLVE DISAGREEMENTS.

##### **It's Okay to Ask For Help: Identifying Trusted Adults**

UNDERSTANDING SUPPORT IS STRENGTH, AND LEARNING TO NAME AND APPROACH SAFE, RELIABLE ADULTS FOR ANY TYPE OF HELP.

#### For Middle Schools

##### **Who Am I? Understanding Yourself During Big Changes**

EXPLORING PERSONAL IDENTITY DEVELOPMENT AND LEARNING HOW TO NAVIGATE SOCIAL SHIFTS AND NEW RESPONSIBILITIES WITH A STRONG SELF-SENSE.

##### **Anxiety Isn't The Boss of You**

UNDERSTANDING THE ANXIETY CYCLE AND DEVELOPING CONCRETE STRATEGIES TO CHALLENGE THOUGHTS AND RECLAIM CONTROL FROM WORRIES.

##### **Building Confidence & Self-Esteem**

IDENTIFYING STRENGTHS, LEARNING POSITIVE SELF-TALK, AND PRACTICING AFFIRMATIONS TO BOOST SELF-WORTH.

##### **Thriving Beyond the Screen**

TOOLS TO NAVIGATE THE DIGITAL WORLD, PROMOTE HEALTHY HABITS, AND BUILD RESILIENCE AGAINST ONLINE PRESSURES.

##### **What to do with Big Emotions**

LEARNING TO NAME AND MANAGE INTENSE FEELINGS (LIKE ANGER) BY DEVELOPING APPROPRIATE, CONSTRUCTIVE WAYS TO RESPOND.

##### **It's Okay to Ask For Help: Identifying Trusted Adults**

UNDERSTANDING SUPPORT IS STRENGTH, AND LEARNING TO NAME AND APPROACH SAFE, RELIABLE ADULTS FOR ANY TYPE OF HELP.



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#### For High Schools

##### **Managing Stress & Anxiety Before It Manages You**

IDENTIFYING EARLY SIGNS OF STRESS AND IMPLEMENTING PROACTIVE COPING MECHANISMS TO MAINTAIN BALANCE AND FOCUS.

##### **How to Recognize & Recover From Burnout**

DEFINING BURNOUT, AND DEVELOPING CLEAR RECOVERY STRATEGIES INVOLVING REST, SELF-CARE, AND ADJUSTING EXPECTATIONS.

##### **Mental Health 101: What Every Teen Should Know**

A FOUNDATIONAL OVERVIEW OF TOPICS FOCUSED ON DE-STIGMATIZING CONVERSATIONS AND ACCESSING APPROPRIATE RESOURCES.

##### **Who Are You Becoming?**

##### **Identity & Self-Worth**

A DEEP DIVE INTO CORE VALUES AND SELF-ACCEPTANCE, GUIDING PARTICIPANTS TO DEFINE THEIR AUTHENTIC SELVES OUTSIDE EXTERNAL PRESSURE.

##### **Health & Unhealthy Relationships (Romantic or Platonic)**

LEARNING TO RECOGNIZE ELEMENTS OF RESPECTFUL, SUPPORTIVE RELATIONSHIPS VERSUS IDENTIFYING RED FLAGS AND TOXIC DYNAMICS.

##### **Let's Talk About Setting Boundaries**

LEARNING THE VITAL SKILL OF ESTABLISHING HEALTHY PERSONAL LIMITS (BOUNDARIES) TO PROTECT TIME, ENERGY, AND MENTAL HEALTH.

##### **Social Media & Your Mind: How To Protect Your Mental Space**

EXAMINING SOCIAL MEDIA'S IMPACT AND DEVELOPING CONSCIOUS STRATEGIES TO PROTECT SELF-IMAGE AND MENTAL FOCUS.

##### **Your Inner Critic vs. Your Inner Coach**

LEARNING TO IDENTIFY THE INNER CRITIC AND PRACTICING TECHNIQUES TO REPLACE SELF-JUDGMENT WITH SELF-COMPASSION.

#### For Parents

##### **Parenting with Emotional Awareness**

EQUIPS PARENTS WITH STRATEGIES TO MODEL EMOTIONAL BALANCE, FOSTER OPEN COMMUNICATION, AND SUPPORT THEIR CHILD'S CONFIDENCE AND RESILIENCE IN BOTH SPORTS AND LIFE.

##### **Navigating the Parent Athlete Dynamic**

PROVIDES INSIGHT INTO THE UNIQUE STRESSES OF COMPETITIVE YOUTH SPORTS, OFFERING TOOLS TO MANAGE EXPECTATIONS, REDUCE CONFLICT, AND MAINTAIN A HEALTHY PARENT-CHILD RELATIONSHIP OUTSIDE OF RESULTS.

##### **Guiding Healthy Internet Use**

EQUIPPING PARENTS WITH MODERN STRATEGIES TO SET BOUNDARIES, NAVIGATE ONLINE SAFETY, AND GUIDE THEIR CHILDREN TOWARD HEALTHY DIGITAL HABITS THAT REDUCE STRESS AND PROMOTE WELL-BEING.

##### **Raising the Resilient Child**

FOCUSES ON SPECIFIC COMMUNICATION TECHNIQUES FOR LEARNING FROM SETBACKS AND MANAGING FAILURE, ENSURING YOUR CHILD DEVELOP GRIT AND A GROWTH MENTALITY THAT LASTS LONG AFTER THE SEASON ENDS.



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### 3 CHOOSE YOUR WORKSHOP

#### The Identity Pivot

ADDRESSES THE RISKS OF SINGLE-SPORT SPECIALIZATION AND HELPS PARENTS FOSTER A BROADER SENSE OF SELF-WORTH IN THEIR CHILD. LEARN HOW TO PREPARE YOUR ATHLETE FOR LIFE CHANGES AND A HEALTHY TRANSITION OUT OF COMPETITIVE SPORT.

#### Help Your Child Manage Academic Pressure

A PRACTICAL GUIDE TO HELPING YOUR CHILD DEVELOP A SUSTAINABLE SCHEDULE, PRIORITIZING WELL-BEING, WHILE ENSURING

#### The Art of Repair: Healing After Conflict

LEARNING AND PRACTICING CONCRETE STEPS TO APOLOGIZE EFFECTIVELY, REPAIR EMOTIONAL RUPTURES AFTER ARGUMENTS, AND STRENGTHEN THE PARENT-CHILD BOND THROUGH VULNERABILITY.

#### Effective Discipline: Consequences That Teach

MOVING BEYOND TRADITIONAL PUNISHMENT BY LEARNING TO SET LOGICAL AND NATURAL CONSEQUENCES THAT TEACH RESPONSIBILITY, BUILD INTERNAL MOTIVATION, AND REDUCE POWER STRUGGLES.

#### Fostering Independence & Self-Sufficiency

PROVIDES PARENTS WITH PRACTICAL TOOLS TO STEP BACK, MANAGE THE IMPULSE TO OVER-FUNCTION, AND BUILD THEIR CHILD'S CONFIDENCE, ACCOUNTABILITY, AND ESSENTIAL LIFE SKILLS FOR LONG-TERM SUCCESS.

#### Talking Drugs

EQUIP PARENTS WITH MODERN STRATEGIES TO INITIATE AND MAINTAIN OPEN, PRODUCTIVE CONVERSATIONS ABOUT SUBSTANCE USE. LEARN TO NAVIGATE DIFFICULT TOPICS, REDUCE JUDGMENT, AND FOSTER A FOUNDATION OF TRUST AND SAFETY.

#### Managing Parent Burnout & Competition Fatigue

IDENTIFYING THE SIGNS OF CAREGIVER EXHAUSTION AND IMPLEMENTING ESSENTIAL SELF-CARE STRATEGIES TO MAINTAIN PERSONAL WELL-BEING WHILE SUPPORTING YOUR FAMILY'S NEEDS.

#### Communication Beyond "How Was Your Day?"

DEVELOPING ADVANCED COMMUNICATION TECHNIQUES AND OPEN-ENDED QUESTIONS TO FOSTER DEEPER CONVERSATIONS, GENUINE CONNECTION, AND TRUST WITH YOUR CHILD OR TEEN.

#### DON'T SEE WHAT YOU WANT?

CONNECT WITH US AND WE WILL CREATE A CUSTOM WORKSHOP SPECIFICALLY DESIGNED FOR YOUR NEEDS.

### 4 YOUR WELLNESS, STARTS HERE.

Mental health services is for everyone! If you want to help your community improve their well-being, call or email us today. Let us create a package fit for your community's needs.

Email [gmilani@lukincenter.com](mailto:gmilani@lukincenter.com) or Call (201) 409-0393