



Thinking Errors

Adolescent Girls Ages 13-18



THINKING ERRORS GROUP

The Thinking Errors group will meet Saturday mornings from 9:30-11:30 for 6 weeks. This will be an interactive closed group designed to address the most common thinking errors. Our purpose is to give adolescent girls the skills to reframe distorted thinking.

THINKING ERRORS

- Closed Thinking
- Victimstance
- Inflated Sense of Self
- Lack of Effort
- Lacks Interest in a Responsible Performance
- Lacks Time Perspective
- Fear of Fear
- Power and Control
- Uniqueness
- Ownership Attitude

DESIRED OUTCOME

- Provide a relevant understanding of all 10 Thinking Errors
- Help each participant identify the Thinking Error(s) they use most
- Explore how Thinking Errors negatively impact choices, relationships and life
- Offer supportive and positive alternatives

INSURANCE INFORMATION

We accept all major insurance plans, including Medicaid & Medicare. Referrals welcome.

FACILITATORS

Molly McCrory, MSW
Jennifer Thomas, MS, LMHC

LOCATION

Phoenix Associates, Inc.
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