



presents

# OVERCOME!

A Natural & Holistic Approach

*Recovery • Resilience • Resistance*

Evidence-Based Program

Taught by a Certified Professional TIYT™ Clinical Facilitator

A FOUR WEEK SERIES TEACHING SELF-REGULATION TECHNIQUES  
TO MANAGE STRESS AND MOOD

## MOVEMENT + MEDITATION + BREATHWORK

with Jessica Beu, LCSW, C-IAYT

### Wednesdays 4:00PM–5:30PM

### October 28th, November 4th, 11th, 18th

via private Zoom link

Please plan to attend all 4 sessions.

Spaces are Limited!

Email: [info@emergetherapypgh.com](mailto:info@emergetherapypgh.com) to reserve your spot

# OVERCOME! A NATURAL & HOLISTIC APPROACH



A 4 WEEK SERIES THAT WILL TEACH AN EVIDENCED BASED APPROACH TO MANAGING STRESS AND MOOD THROUGH SELF-REGULATION TECHNIQUES SUCH AS MOVEMENT, MEDITATION, AND BREATH WORK. THOSE WHO ARE ENROLLED WILL RECEIVE ACCESS TO AN ONLINE PORTAL THAT WILL INCLUDE WEEKLY RESOURCES INCLUDING VIDEOS, WRITTEN MATERIAL, AND TRACKING SHEETS.

## Who is able to attend?

ANYONE WHO IS LOOKING TO FEEL EMPOWERED TO MANAGE STRESS AND MOOD THROUGH HOLISTIC APPROACHES

## What does it consist of?

4 WEEKLY 90 MINUTE SESSIONS

## When and where?

WEDNESDAYS 4:00PM - 5:30PM  
STARTING OCTOBER 28TH  
THROUGH A PRIVATE ZOOM MEETING LINK.

## Why?

TO OBTAIN A BETTER UNDERSTANDING OF HOW STRESSORS AND PAST TRAUMA CAN IMPACT CURRENT MOOD AND FUNCTIONING AND LEARN TOOLS TO REGULATE MOOD AND MITIGATE STRESS.

## What is the cost?

YOUR BENEFITS WILL BE VERIFIED THROUGH INSURANCE (UPMC OR HIGHMARK)  
STANDARD COPAYS WILL APPLY.  
PRIVATE PAY RATES ARE \$40 PER CLASS.  
SPACES ARE LIMITED & FIRST COME FIRST SERVED. EMAIL [INFO@EMERGETHERAPYPGH.COM](mailto:INFO@EMERGETHERAPYPGH.COM) TO RESERVE YOUR SPOT!

## Who is it led by?



### **JESS BEU, LCSW, C-IAYT**

**I'VE WORKED AS A SOCIAL WORKER FOR MORE THAN 15 YEARS AND HAVE EXTENSIVE EXPERIENCE IN A MEDICAL SETTING - WORKING WITH CLIENTS WHO SUFFER FROM CHRONIC ILLNESS. I'M CERTIFIED BY THE INTERNATIONAL ASSOCIATION OF YOGA THERAPY AS A PROFESSIONAL YOGA THERAPIST. ADDITIONALLY, I HAVE A CERTIFICATION IN TRAUMA-INFORMED YOGA THROUGH SUNDARA YOGA THERAPY AND GRADUATED FROM THE KRIPALU SCHOOL OF YOGA THERAPY'S 800-HOUR PROGRAM IN 2019.**

**I LEVERAGE THIS EXPERIENCE TO OFFER CLIENTS AN INTEGRATED MIND-BODY APPROACH TO THERAPY AND HELP TEACH SKILLS, SUCH AS MINDFULNESS AND INCREASING AWARENESS OF SIGNALS FROM OUR BODY, TO ADDRESS EMOTIONAL NEEDS.**

**I ADVOCATE THE USE OF POLYVAGAL THEORY TO ESTABLISH A SAFE ENVIRONMENT SO THAT CLIENTS CAN LEARN TO RECOGNIZE AUTONOMIC CUES AND THE BENEFITS OF SELF-REGULATION AND REGULATION WITH OTHERS. I ALSO HAVE A BACKGROUND IN STRENGTHS-BASED PERSPECTIVE, MOTIVATIONAL INTERVIEWING AND COGNITIVE BASED THERAPY (CBT). I AM LICENSED IN THE COMMONWEALTH OF PENNSYLVANIA AND EARNED A MASTER'S DEGREE IN SOCIAL WORK FROM THE UNIVERSITY OF PITTSBURGH.**