



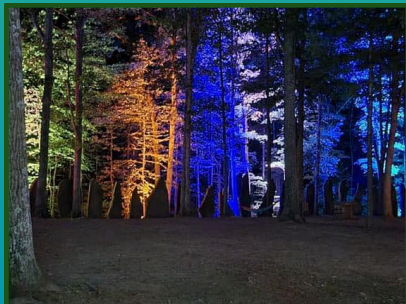
# NEWSLETTER

## SUMMER 2024

### SPRING 2024 RETREAT: “CONNECTING BY DISCONNECTING”

The F.L. Wolters Group would like to share the invaluable experiences from our Spring 2024 work retreat, which took place at 4 Quarters Interfaith Sanctuary in Artemas, Pennsylvania! Not only did this retreat further the development of our practice, but it also offered an extended opportunity for our team members to strengthen connections with each other. With a keen focus on business and professional development, our team pinpointed key areas for improvement across various aspects of our practice. We're excited to bring fresh perspectives, improved cohesiveness, and renewed energy back to the work environment!

Some of our team members hosted workshops at the retreat to further our personal and professional development. Registered yoga teacher Caitrin McKee introduced the group to therapeutic yoga through mindful movements and meditative practices. Alex Smith used their background with drama therapy to explore reflective techniques with the team and help foster emotional release and personal insight. Jenny Nachbar used poetry to allow team members to use creativity and offer opportunities for self awareness and self-reflection. And Lottena Wolters, the founder of our practice, provided a supportive space in which the group could share their experience with and understanding of grief.



We extend our heartfelt gratitude to the staff at 4 Quarters Interfaith Sanctuary for hosting us at their beautiful location! Their commitment to providing a peaceful, accommodating environment helped to ensure that our retreat was an enriching experience for our team members as we were surrounded by the relaxing sights and sounds of nature.



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### STAFF UPDATES & AWARDS

Our team has demonstrated inspiring commitment to the practice and their clients. We recently held our first group award ceremony at a Spring 2024 work retreat, which also coincided with some staff updates within our practice.



Jawana Gault received the **Team Culture Award**, which celebrates the team member who most embodies a spirit of support and camaraderie when interacting with clients and coworkers. Jawana was also recently promoted to Patient Care Coordinator! She brings an abundance of compassion, positivity, and experience to the role that can be seen through the kindness and respect that she demonstrates to both clients and colleagues.

Alex Smith received our **Business Development Award**, which recognizes the team member who has exhibited the initiative and creative thinking necessary towards improving the growth and sustainability of the practice. Alex is one of our clinical interns and has also started an additional position as Office Assistant! This award highlights the passion, creativity, and dedication Alex has displayed towards growing our business.



### COLLABORATING WITH OUR COMMUNITY

The F.L. Wolters Group is excited to showcase two accomplished individuals who recently contributed their expertise to our group supervision meetings. We believe in offering clients the best possible care, which includes collaborating with and referring to other providers. Follow the attached links for more details!

[Dr. Ladan Eshkevari](#) is an expert in stress-related depression, anxiety, pain management, anesthesia, and alternative medicine. Her IV ketamine infusion clinic, Avesta Ketamine Wellness, is recommended for individuals with treatment-resistant mood disorders.

[Dr. Smita Patel](#) is a board-certified psychiatrist who specializes in integrating challenging medication management with mindfulness strategies. Her primary goal in treatment is to help patients improve their ability to effectively cope and actively engage with their lives.



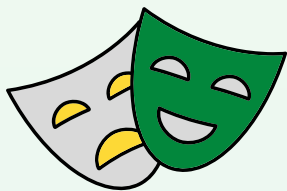
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### UPCOMING WELLDERNESS WORKSHOPS

We are thrilled to announce a series of upcoming workshops led by various team members at The F.L. Wolters Group! These interactive workshops are designed to equip participants with helpful tools and techniques to improve their wellbeing, all while surrounded by the beautiful Kenilworth Aquatic Gardens in Northeast DC.

#### Unmasking Potential: An Introduction to Drama Therapy



**Sunday, June 30th @ 1:00PM**

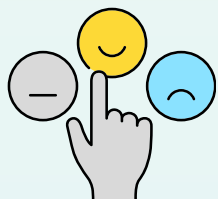
Merging their professional theatre background and counseling skills, Alex Smith will introduce creative exercises that help foster deeper insight, interpersonal connection, and social skills development. Drama therapy can provide a safe space for personal exploration, self-expression, and the embodiment of emotions. Workshop participants will explore key concepts and collaborative activities. No prior experience needed!

Stacy Courtney will facilitate an integrative workshop that provides opportunities for participants to learn more about stress, share their experiences, release tension, and discuss building healthy coping patterns. Stacy will lead relaxation exercises such as deep breathing, mindful grounding, and sensory techniques. She will also help participants learn time management strategies in order to prevent experiencing overwhelm.

#### Stress to Strength: Strategies for Stress Management



**Sunday, August 4th @ 9:00AM**



#### Connecting With Our Emotions

**Sunday, October 20th  
@ 1:00PM**

Lottena Wolters, LPC and the founder of our practice, will lead our final workshop of the season! Attendees will explore their feelings and practice expressing their emotions in creative ways - such as through dance, visual arts, and journaling - in order to improve emotion regulation. This term refers to a person's capacity to effectively manage their emotions, which research shows as associated with greater overall well-being.

**Follow us on social media to stay up-to-date on how to register for these workshops.**

**[Instagram](#) - [Facebook](#) - [LinkedIn](#)**

**We hope to see you there!**



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### WE ARE HIRING!

We are expanding our team! The F. L. Wolters Group is seeking a dedicated and compassionate Licensed Professional Counselor to join our practice and provide therapy to clients in addition to supervising LGPCs and interns. If you or someone you know shares our commitment to providing exceptional mental health care, mentoring clinicians in growing their craft, and helping us stay well-balanced in the process, check our [job posting](#) on Indeed for more details.

### WEBSITE UPDATE

The F.L. Wolters Group will be making more frequent additions to our [website](#)!

#### Confronting Workplace Bullying: From Recognition to Recovery

Did you know that 1 in 3 workers experience bullying in the workplace? Stacy Courtney and Caitrin McKee highlight the characteristics of toxic work environments and effective ways to cope in a new blog post. [Visit our website to read more](#), and stay tuned for future updates to our blog!

### NEW BUSINESS LOGO

We're excited to unveil our new logo! This revised design reflects our practice mission of growing together, both in and outside of the practice. The yellow circle represents our unity and positivity, and the tree illustrates our strong foundations in connectivity and growth. Look out for the new logo on our website and social media accounts!



### SHARE YOUR FEEDBACK!

We strive to ensure that our practice is a supportive and nurturing environment for our clients' mental health journeys, and we are dedicated to providing high-quality care. We recently revised our [practice feedback form](#) to make it more comprehensive and user-friendly! Whether you are new to our practice or have been with us for some time, we encourage you to share your questions, suggestions, and concerns through the feedback form. Your input will allow us to better understand your needs and improve our services.