



## The F.L. Wolters Group Winter Newsletter

December 2022

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Dear clients and colleagues of the F.L. Wolters Group,

We hope you are well. To round out the year, we've got several pieces of exciting news for you:

- [We've been published](#) in the latest issue of *Counseling Today* Magazine!
- We participated in a yoga therapy event in September.
- Our mindfulness and meditation group starts in January, and [you can still join](#).
- Therapist Roxana Raica, LCPC, can now see telehealth clients based in Maryland.



And last but not least, we celebrated the season with gratitude this year: to our clients and colleagues by sending holiday cards (left), and to each other with a celebratory karaoke party on December 9 (pics below!). Read on for more details about these developments.

And just a reminder - the F.L. Wolters Group will be closed on January 1st and 2nd, 2023.

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### Yoga Therapy Event Featured F.L. Wolters Group Staff

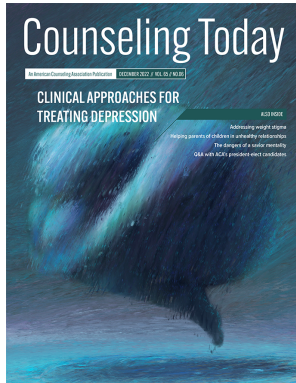


The F.L. Wolters Group participated in "A Mental Health Moment - Free Yoga Therapy Outside," an event hosted in Silver Spring by Affinity Community Development, Inc. Our practice Founder and Therapist Lottena Wolters (far left) spoke about the symptoms of depression and how they can vary by individual. Caitrin McKee (to Lottena's right), the practice's Patient Care Coordinator, demonstrated yoga poses to attendees as Michell Stanley, owner of Moksha Living LLC, led gentle movement and guided meditations. We hope to collaborate with these partners again in the future!

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## We're Published in *Counseling Today* Magazine's December 2022 Issue



The F.L. Wolters Group [has been published](#) in *Counseling Today* magazine, the flagship publication of the American Counseling Association! In the article, Practice Owner and therapist Lottena Wolters describes the effectiveness of Acceptance and Commitment Therapy (ACT) for clients experiencing depression. Since Lottena opened her private practice in 2016, clients have increasingly presented with a profound loss of faith in their personal safety, distress over global turmoil and a sense of disconnection from themselves and others. With ACT, the goal is to enable clients to accept their feelings with compassion, and commit to actions that increase satisfaction with their quality of life. ACT is evidence-based - it works! Read more in

["Rekindling connection to self & others through ACT"](#) (we are the 4th article on the page)!

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## Online Mindfulness & Meditation Group Starts on January 12th



In January our Patient Care Coordinator and yoga teacher Caitrin (left) will lead an 8-week, online Mindfulness & Meditation group that will practice a range of techniques - from “body scans” and breathing exercises to restorative yoga - all of them accessible to beginners. While it won't be group therapy, [many studies support the benefits](#) of mindfulness and meditation for mental health. You'll learn practices that promote greater ease during times of stress, all while connecting with others. Seven (7) sessions will take place from 7-8:15 p.m., on consecutive Thursdays, starting January 12th, with the 8th meeting to take place in person. Cost: \$140 (less than \$20 a session!). For more information, [see our website](#). Email [caitrin@flwoltersgroup.com](mailto:caitrin@flwoltersgroup.com) with questions or to register.

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## Therapist Roxana Raica Now Licensed in Both DC and Maryland



Roxana Raica, LCPC, who joined the practice in August of this year, will now be able to see clients who are based in Maryland via telehealth, in addition to clients in Washington, DC. Her Maryland license was approved in October. Congratulations, Roxana! Roxana is maintaining a relatively short waitlist for adults experiencing anxiety, depression, stress, substance use/addiction, and other mental health concerns. To join the waitlist, contact Caitrin, [caitrin@flwoltersgroup.com](mailto:caitrin@flwoltersgroup.com).

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**A Karaoke Holiday Party - “Eat, Drink, and Be Merry,” Indeed!**



Our staff, family and friends gathered at Muzette in Adams Morgan on December 9th to exchange gifts, play games, and of course, to sing karaoke! Jenny, pictured here opening a present, wowed her colleagues with a rousing rendition of Barbra Streisand’s “You Don’t Buy Me Flowers,” a duet with Founding Therapist Lottena Wolters, whose vocal skills also impressed the team.

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Thanks for reading!

Here’s hoping you and yours have a lovely holiday season, and a Happy New Year!

Sincerely,  
The F.L. Wolters Group team

P.S. In case you missed it, here’s (the back of) our holiday card, signed by all of us!

