



# MOTIVATE THERAPY GROUP

Say YES to your goals!

This **free** motivational therapy group is designed to help members explore individualized goals for behavior change in a safe, supportive, and confidential environment. Giving and receiving encouragement is an essential component of behavior change. Master's level therapists will use therapeutic methods informed by psychological research under the supervision of licensed psychologist, Dr. Charlene Johnson, PsyD., HSPP. Contact the ISU Psychology Clinic by February 17th to learn more and to reserve your spot as seats are limited!

**Who?** Adults 18+

**Time?** Tuesdays at 3:30 PM & 6:00 PM

**When?** March 14th – April 18th

**Length?** 6 Sessions for 15 hours

**Choose you.**

**Choose change.**

**Explore new possibilities.**

**Connect with others.**

**Live how you always imagined.**

## **ISU PSYCHOLOGY CLINIC**

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