

# COPING WITH CRISIS

*Teletherapy  
Group*

**Wednesdays** from  
**12:30 to 1:30 PM**  
starting **11/04/20**.

**The fee will be \$50  
per session.**

**\*Ongoing  
Enrollment\***

We encourage all  
members to attend at  
**least 8 sessions** to  
get the full benefit  
from the group.



**CAPITAL INSTITUTE FOR  
COGNITIVE THERAPY**



**What does it  
mean to “cope”  
when we live in  
a world of  
multiple crises?**

These are trying times. There’s the COVID-19 pandemic, increased focus on racial injustice, violence in our streets, deep political divides, and natural disasters made worse by climate change. It’s no wonder recent surveys find high rates of anxiety, depression, PTSD, substance abuse, eating disorders and other signs of emotional distress.

As many others, you might be struggling with intense negative emotions. Perhaps you are fighting despair, battling low energy and motivation, feeling stuck, or finding it difficult to quiet anxious thoughts.

In this group you will have an opportunity to meet with others and share your experiences of crisis and stress. Together we will explore ways to cope. You will learn proven techniques for staying realistic, dealing with uncertainty, establishing moments of peace and calm, and finding meaning, purpose and maybe even joy in the face of adversity.

New members are welcome to join at the beginning of each month. As a service to the community we are keeping the cost of the group low. All sessions will be held virtually on a HIPAA compliant, secure platform.

**For more info, contact Dr. Pooja Datta by email at [pdatta@cognitivetherapydc.com](mailto:pdatta@cognitivetherapydc.com) or call (202) 234-0903, ext. 5.**