



- Build SELF-ESTEEM and SELF-COMPASSION as you calm your inner critic and become more comfortable in your own skin.
- Become MINDFUL, connect with your INTERNAL WISDOM and EMPOWER yourself to be your most AUTHENTIC YOU.
- Explore new and healthy ways to take care of yourself in light of the pressures and expectations of being a teen in today's world.
- Find your VOICE and learn how to build and maintain healthy relationships.
- Build emotional intelligence to better understand self & others
- Discover, develop, and celebrate your STRENGTHS.
- CONNECT with and learn from others while establishing a compassionate & uplifting peer culture.



Empowering you to...



EMPOWERED
THERAPY, LLC



Therapy Group Young Women in High School

- Find Connection & Community
- Build Self- Esteem & Confidence
- Cultivate Self-Trust & Self-Compassion
- Build Healthy Coping Practices
- Reclaim Your Voice
- Celebrate Your Strengths
- Foster Healthy Relationships





Welcome!

From the moment you walk in the door, you will be met with respect, acceptance, and understanding.

We work to build a brave space that will invite you to cultivate self-compassion, embrace your strengths and imperfections, and reconnect with your true Self.

"The privilege of a lifetime is being who you are."

- Joseph Campbell

Kelly Caul, MSW, LCSW, SEP



Kelly Caul, MSW, LCSW, SEP, founder of EMPOWERED Therapy & EMPOWERED Spaces received her Masters of Social Work at the Brown School at Washington University in St. Louis. She is trauma-

sensitive therapist trained in SE, IFS and EMDR.

Kelly dedicates her career to working with teens, women, and parents; with the underlying belief that all individuals have the inner strength and wisdom needed to create the life they wish to live. She is masterful at building rapport with individuals that feel disconnected, disengaged, and hopeless. With her dynamic skill set, she empowers you to reconnect to your authentic self and live consciously. This is a space that will honor you exactly as you are, while empowering you to befriend your emotions, embrace your worthiness, build meaningful relationships, recover from trauma, and define your happiness.

Joining Group

Mondays - 12 weekly sessions

Groups start every fall, spring & summer

2 sections offered

\$70 per session

Need-based scholarships available

For more information or to schedule your **FREE CONSULTATION** to see if this is the right group for you:

Call 314.952.3199 or
Email kkcaul@yahoo.com

Group Topics

Real Talk - We have a lot in common

Love Story - Falling in love with me

To Be or Not To Be Me - Building healthy identity

Reflections - Improving body image

Sugar & Spice - Handling expectations & pressures

Survivor - Identifying & building strengths

Quieting the Storm - Developing coping skills

Superwoman - Identifying personal goals

There's No Place Like Home - Surviving fears

Soul Connections - Building healthy relationships

Battlefields - Maintaining healthy relationships

Good-bye - Hello World!

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