

REGISTER for STAIR:

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**A place to
begin, belong
& become.**



STAIR PROGRAM

SKILLS TRAINING IN AFFECTIVE &
INTERPERSONAL REGULATION

WWW.NORTHRIDGESA.COM

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15338 Leslie Street
Aurora, ON L4G 7C4



Vicki Nishihama, R.P.

Vicki Nishihama, R.P., completed a Master's of Divinity (Counselling Major) at Tyndale University & Seminary in Toronto in 2009. She then began practicing psychotherapy in Newmarket, Ontario as a Marriage and Family Therapist. Vicki works with individuals, couples and/or families.

Clients may be looking for help with: anxiety, depression, grief or problem anger - while other clients have a very specific type of therapy in mind. Vicki offers: Cognitive Behavior Therapy; Solution Focused Therapy; Emotion Focused Therapy; Acceptance and Commitment Therapy, or C.B.T. for Trauma and/or Abuse Recovery.



Skills Training in Affect and Interpersonal Regulation (STAIR) is a 11-week psycho-education program about trauma and allows the opportunity for participants to process how symptoms of childhood trauma continue to impact the present while offering practical skills to help participants increase emotional regulation and build stronger relationships.

Welcome to the STAIR Program for Trauma

SKILLS TRAINING IN AFFECTIVE & INTERPERSONAL REGULATION

SPRING 2024 DATES (11 week session)

Wednesday, May 8, 2024

10 am to 12 pm

Week 1 – How Trauma Impacts Individuals

Week 2 – Increasing Your Emotional Awareness

Week 3 – Emotions as Messengers

Week 4 – Improving Your Emotional Health

Week 5 – Thinking Patterns

Week 6 – Unhealthy Coping Common to Trauma Survivors

Week 7 – What is Distress Tolerance

Week 8 – What Does Your Relationship Map Look Like?

Week 9 – Basic Personal Rights

Week 10 – Tools for Setting Boundaries in Relationships

Week 11 – Improving Intimacy and Repairing Relationships

