



# Circle of Security

**8 WEEKS  
EVERY WEDNESDAY  
TIME: 10am-12pm**

## What is Circle of Security Parenting?

\*The Circle of Security Parenting program is based on decades of research about how secure parent-child relationships can be supported and strengthened

\*Be present with your child during the best and toughest times

\*Recognize your child's needs and make sense of his/her behaviors

\*Meet your child's needs by being bigger, strong, wiser, and kind

## LOCATION

PSG CLINIC  
2607 N Grandview  
Blvd Suite 165  
Waukesha, WI

FOR MORE INFORMATION OR TO RSVP, PLEASE EMAIL  
**WAUKESHA CLINIC@PSGCIP.COM** or CALL **414-404-4709**

# HOLISTIC WELLNESS

## NEUROBIOFEEDBACK

INVOLVES REAL-TIME MONITORING OF BRAIN ACTIVITY TO TEACH SELF-REGULATION TO HELP WITH MENTAL HEALTH, COGNITIVE ENHANCEMENT, NEUROLOGICAL DISORDERS, AND PEAK PERFORMANCE. IT CAN BE HELPFUL FOR ADHD, ANXIETY, DEPRESSION, AND PTSD.

## SOUND HEALING

A THERAPEUTIC PRACTICE THAT USES VIBRATIONS, FREQUENCIES, AND SOUNDS TO PROMOTE HEALING, RELAXATION, AND OVERALL WELL-BEING. THIS CAN HELP WITH PHYSICAL, EMOTIONAL, AND SPIRITUAL ASPECTS OF AN INDIVIDUAL, INCLUDING RELAXATION, STRESS MANAGEMENT, PAIN, AND SLEEP.

## NUTRITION

OUR NUTRITION SERVICES, LED BY A LICENSED THERAPIST OFFER BOTH GROUP AND INDIVIDUAL SESSIONS AIMED AT IMPROVING YOUR RELATIONSHIP WITH FOOD AND ENHANCING YOUR MENTAL WELL-BEING.

## KETAMINE ASSISTED PSYCHOTHERAPY

INCORPORATES THE USE OF KETAMINE IN CONJUNCTION WITH PSYCHOTHERAPEUTIC TECHNIQUES TO HELP WITH PTSD AND TREATMENT RESISTANT DEPRESSION. KETAMINE HAS BEEN SHOWN TO GREATLY IMPROVE SYMPTOMS, INCREASE INSIGHT AND AWARENESS, AND INCREASE BENEFITS OF OTHER THERAPIES.



**For more info or to  
request an appointment**

email: [ccsreferrals@psgcip.com](mailto:ccsreferrals@psgcip.com)



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