



# REYNOLDS & RUBINO

PSYCHOLOGY GROUP, LLC

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## AND YOU ARE WHY WE'RE HERE

We are excited to introduce our very first newsletter, designed exclusively for our valued clients like you. This newsletter aims to provide you with valuable insights, resources, and updates to support your mental wellness journey.

We are committed to your well-being, and this newsletter will serve as a trusted companion on that path.

In each edition, you can expect informative articles, helpful tips, and inspiring stories, all tailored to empower you and enhance your mental health. We believe in fostering a supportive community, and we hope you'll find this newsletter to be a valuable resource in your journey towards personal growth and well-being.

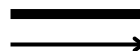
Stay tuned for exciting updates, upcoming group offerings, and features that will enrich your therapeutic experience. We are thrilled to have you as part of our community and are honored to be on this journey of life with you.

The Reynolds & Rubino Team

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## Ready to take charge of your mental health?

At Reynolds & Rubino, we're excited to introduce you to Blueprint, an innovative measurement-based care tool designed to support your progress and empower you on your path to well-being.

Blueprint combines cutting-edge assessment tools, backed by decades of research, with personalized treatment plans, ensuring that your therapy journey is tailored to your unique needs. Blueprint helps our clinicians help you get better faster.

Blueprint provides objective measurements of your progress towards your treatment goals.

The assessments can take 5 to 15 minutes to complete. You will soon be able to complete these assessments in the waiting room prior to your session. Let us help you see the forest from the trees and celebrate the progress you've already made.

With Blueprint, you also have the power to track your progress between sessions and gain valuable insights into your well-being. Keep a daily journal and jot down notes about your emotions and experiences, making it easier to reflect and share with your clinician during your next session. Say goodbye to the vague "How are things going?" question, as Blueprint enables you to provide accurate and detailed updates on your mental health journey that you can easily share with your clinician.

For most, Blueprint is covered by your insurance plan's office visit copay. For some, Blueprint may be applied towards your deductible.

**Talk to your therapist about how Blueprint can support you and your treatment goals.**



"There is no one right way to measure your progress. Any way you decide to do it will work. The important point is that you do some type of measurement."

– Jerry Bruckner

## PARENTING CORNER

Today, I want to share a simple strategy called the "**Popsicle Plan**" to help children (and adults) find calm during moments of overwhelming emotions.

The strategy is to use cold as a resource to support our nervous systems. When we feel stressed or frustrated, our bodies heat up. By introducing something cold, like a popsicle, we create a sensory experience that helps us cool off and find relief.

In my household, my boys are on the "Popsicle Plan." They have the choice to grab a popsicle from the freezer whenever they need to "cool off" a bit. It redirects their focus, interrupts escalating emotions, and fosters autonomy. Most important of all, it's a strategy they're willing to use.

Here's how you can try the "Popsicle Plan" with your family:

- Designate a space in your freezer for popsicles.
- Explain the concept to your children and let them know they can choose a popsicle when they need to find calm.
- Encourage mindful eating by savoring the popsicle slowly.
- Model the behavior by telling your kids when you're having big feelings and that you're going to get popsicle to help your body.

Embrace the power of cold to find calm and experience the difference it can make in your family's emotional well-being.

Wishing you moments of coolness, calmness, and serenity.

– Kati Hutchinson, Ph.D.

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# REYNOLDS & RUBINO GROUP OFFERINGS

We are excited to announce our upcoming group offerings at our therapy office. These groups provide valuable support, skill-building, and empowerment for individuals seeking to enhance their well-being.

Join us and take an active role in your mental health journey. Together, we can achieve growth and resilience.

## Child Social Skills Group



Our Child Social Skills Group provides a supportive environment for children aged 6–9 to develop essential social and emotional skills.

- Dates: June 21, June 28, July 12, July 19, July 26, August 2
- Format: In-person sessions on Wednesdays from 2:30pm to 3:30pm
- Session Duration: 60 minutes
- Focus of the Group: Through engaging activities, your child will learn self-regulation, teamwork, managing big feelings around winning/losing and taking turns, working on friendship skills, and more

Contact [Sarah Vavredge, LPC](#) to secure a spot for your child in this transformative group experience.

## COMING EARLY FALL

### The ROSE Program

#### *Reach Out, Stay Strong, Essentials for Mothers of Newborns Program*



- The ROSE Program is an evidence-based comprehensive intervention designed to support mothers of newborns.
- **Dates:** Fall 2023
- **Format:** In-person sessions every other Thursday at 6 pm + a pre-group intake evaluation and a post-natal individual booster session
- Session Duration: 60–90 minutes
- Topics Covered: Learn valuable skills, including managing the transition to motherhood, nurturing relationships, practicing self-care, and setting goals.
- Ideal for: Parents in the second or early-third trimester of pregnancy

Come join this opportunity to connect and grow alongside other mothers.

Contact [Jade Rubino, Psy.D.](#) to reserve your spot today.

[Read More](#)

# OFFERINGS OUTSIDE OF REYNOLDS & RUBINO

In addition to our therapy office groups, we are excited to present two unique offerings that provide opportunities for personal growth and exploration beyond the confines of traditional therapy offerings.

## THE BREATH CHRYSALIS

Are you tired, holding your breath, or just wanting to learn to trust more in your body's innate ability to heal? Join me in The Breath Chrysalis for an immersive breathwork experience. Through conscious-connected breathing, we will embrace the present moment and discover the transformative power of the breath to energize, recharge, and release stuck emotions.



- Dates: Sun. June 25th, July 23rd, Aug. 6th, Aug. 20th
- Format: Online sessions via Zoom from 7-8:30 pm
- Session Duration: 90 minutes
- Topics Covered: There will be a theme for each breathwork journey. As we inhale and exhale, we will connect with our true selves and parts of ourselves, embracing vulnerability, and honoring our authentic journey as beautifully imperfect beings, sharing in this incredible human experience.
- Ideal for: Adult Women

If you're ready to embrace the magic within your breath, secure your place today by emailing Kati Hutchinson, Ph.D., at [ourinnerplayground@gmail.com](mailto:ourinnerplayground@gmail.com).

## THE SANDBOX

Want to add a bit more presence and play into your healing?

Come play in The Sandbox! The Sandbox offers a safe, playful, and nurturing space where you can cultivate essential skills to navigate your emotions and cultivate a rich, full, meaningful life.

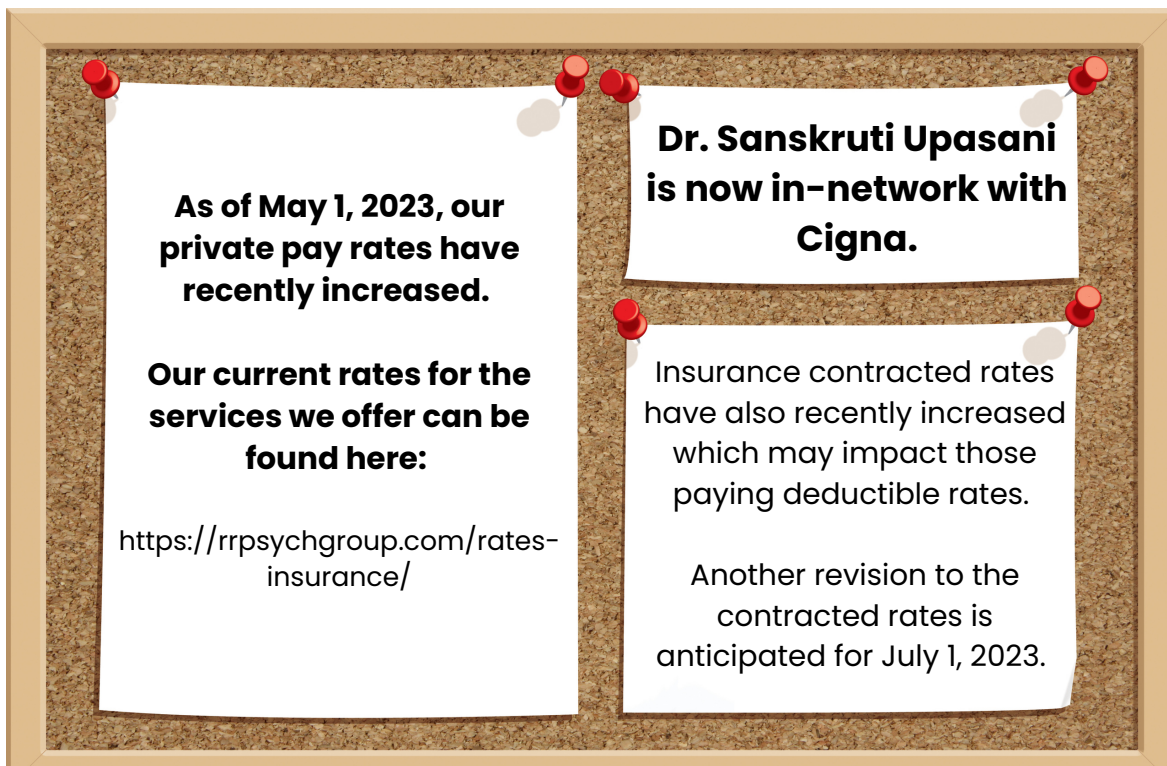
- Dates: Aug. 1, Aug. 8, Aug. 15, and Aug. 22 (four sessions in total)
- Format: Online sessions held weekly on Tuesdays from 7-8 pm
- Session Duration: 60-90 minutes
- What to Expect: : Celebrations, guided meditations, skill demonstrations, playful experiential practice, and committed action steps. The strategies and skills explored in The Sandbox are evidence-based and draw inspiration from mindfulness, compassion, breathwork, somatics, and more.
- Ideal for: Adult Women



Stay tuned in Fall 2023 for a 10-12 week extended version of The Sandbox!

Connect with Kati Hutchinson, Ph.D., at [ourinnerplayground@gmail.com](mailto:ourinnerplayground@gmail.com) to join this playful, experiential group.

# ANNOUNCEMENTS



## REMINDERS



### The Client Portal

Our Client Portal allows you to send secured messages to your clinician, set up appointment reminders (via email or text), view account balance and activity, update insurance and billing info, and make online payments.

**You can register for the Client Portal here:**

<https://rrpsychgroup.com/client-portal/>



### Has your health insurance, contact information, or payment method changed?

- If so, be sure to update it in the Client Portal and let your clinician and/or billing know of the change.



**24-Hour Cancellation Policy:** If you do not show up for your scheduled therapy appointment, and you have not notified us at least 24 hours in advance, you will be responsible for the full out-of-pocket cost for the session. This fee is not reimbursed by insurance providers.



**For billing issues or concerns, contact billing:** [billing@rrpsychgroup.com](mailto:billing@rrpsychgroup.com)



**Newsletter Feedback:** Let us know what you think about the newsletter. Share your ideas and questions for what you would find helpful. Contact [Kati Hutchinson, Ph.D.](#)