


# *Natural Motivations*

Natural Motivations  
914-262-9088

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***Every journey begins with a first step....***

Every journey begins with a first step. No matter how difficult things look today I am here to tell you it will get better. These days we are all under tremendous pressure from peers, the media, family members. With depression, anxiety, and divorce at an all time high, we often feel overwhelmed, misunderstood, feel alone, and suffer from low self-esteem. Who has time to make changes towards a healthier lifestyle? You Do! Natural Motivations mission is to provide support, in a safe, caring environment which encourages self-confidence, healthier relationships and enhanced individual choices.

Theresa A. Bussert, CSW, CNC is a Clinical Social Worker, Certified Nutritional Consultant and founder of Natural Motivations. She provides individual, group and family psychotherapy at Four Winds Hospital and in her private practice in Katonah, New York.  
For more information call 914-262-9088.

# Calendar Page


(the image was animated. The red circle moved as if it was making a circle)



## Calendar

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## Groups and Workshops Now Forming Page



### Groups and Workshops Now Forming

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#### ***Creating a Healthier way of life***

The following groups and workshops were designed to enhance your personal growth, developed through a sense of competency, connection to others and mutual respect by experiencing self-expression in a safe, caring environment which encourages self-confidence and the courage to create change .

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Theresa A. Bussert, CSW, CNC, MSW  
Call 914-262-9088 to register.

#### **Emotional Eating Support Group**



This small supportive group encourages the development of internal strength, courage, confidence, honesty and resolve by removing the obstacles that we struggle with when facing poor body image and emotional eating. Learn positive coping skills and support within a safe, nurturing environment. To register 914-262-9088 or email [tbussert@naturalmotivations.com](mailto:tbussert@naturalmotivations.com)



#### **Women's Self Discovery Group**

This group provides a supportive, nurturing environment to explore women's issues, the creative process of healing, spirituality, successes, guided imagery and supportive group therapy. success, losses, obstacles, relationships and dreams. All while enjoying discussion. To register call 914-533-2433.

## Groups and Workshops Now Forming Page – continued



### **Dream Catcher Workshops**

It has been said if you don't know where you are going, you will probably wind up somewhere else. In this three piece workshop learn the tools you need to follow your dreams (or in some cases, discover your dream!) These workshops can be taken individually or as a series.

- 1...Past Predictions--In this workshop participants will identify significant events, stages and cultural experiences that shaped their lives.
- 2...Present Predicaments--In this workshop participant will learn how past events have shaped their present lives. You will learn how to challenges those inner voices, inner critics that sabotage your from your dreams.
- 3... Creating the dream--In this workshop you will learn how to make changes that help your true voice be heard and follow your dream.

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*Theresa Bussert is a Certified Social Worker in the state of New York. Her work involves behavioral health counseling with adults and children. In addition to the above groups and workshops, she has a private practice in Katonah New York. Theresa can be reached at 914-262-9088 or email at [tbussert@naturalmotivations.com](mailto:tbussert@naturalmotivations.com).*

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## Directory of Healthy Resource

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[www.rosewoodhealth.com](http://www.rosewoodhealth.com)

A one stop shop for all your nutritional needs.



[www.Amazon.com](http://www.Amazon.com)


Checkout the various resources available to help you learn more about creating a new and healthy lifestyle. Search your specific issues and find information and support.



[www.somethingfishey.com](http://www.somethingfishey.com)

This website has a variety of information and resources on eating disorder issues.

Form Page

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<input type="checkbox"/> Natural Motivations	<b>Order Form Title</b>				
<input type="checkbox"/> Calendar	<b>Item #</b>	<b>Description</b>	<b>Qty.</b>	<b>Price</b>	<b>Subtotal</b>
<input type="checkbox"/> Groups and Workshops Now	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="checkbox"/> Directory of Healthy Resource	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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*To contact us:*