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Keystone Therapy

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Welcome to our first newsletter and thank you for joining us!

I founded Keystone Therapy Group in 2019 to provide compassionate, high-quality mental health care rooted in authenticity. Over the past five years, we've grown into a dedicated team focused on building genuine connections to create a safe, supportive space for healing and growth. We're honored to be part of your journey—thank you for your trust!

– *Kim Rippy, LPC, Practice Owner & Clinical Director*

OUR KEY SERVICES

Trauma and PTSD Recovery

Our trauma-informed approach is designed to help clients heal from past experiences and reclaim their sense of safety and control. We use evidence-based methods, such as CBT, to process trauma in a safe environment, helping clients work through trauma-related symptoms and achieve a greater sense of peace.

Anxiety and Stress Management

Anxiety and stress affect nearly everyone at some point, but they don't have to control your life. Our team specializes in personalized strategies to reduce anxiety symptoms, whether they stem from general stress, social anxiety, or other specific concerns. We provide clients with tools for managing their stress and achieving calmness, resilience, and mental clarity.

Relationship and Family Therapy

We work with individuals, couples, and families to strengthen relationships, improve communication, and address conflicts. This includes family conflict resolution, couples therapy, and support with life transitions, ensuring clients feel supported through every step of their journey to healthier relationships.

THERAPY SPOTLIGHT

Acceptance and Commitment Therapy (ACT)

Acceptance and Commitment Therapy (ACT) is a powerful approach that helps clients accept difficult emotions instead of struggling against them. By fostering mindfulness and acceptance, ACT encourages clients to live in alignment with their values, even when faced with challenges. This therapy empowers individuals to make meaningful life choices and builds resilience, helping them find purpose and fulfillment in the present moment. Through ACT, clients learn to embrace their experiences fully and take steps toward a life that feels rich and purposeful.

Ready to Start Your Journey?

Take the next step toward healing and growth—schedule with us today!

Whether you're interested in exploring therapy options or have questions about our services, our compassionate team is here to help. Reach out to begin your journey to a healthier, more fulfilling life. Email us to schedule your free consultation:

Intake@KeystoneTherapyGroup.com

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Coping with Anxiety

What is Anxiety? Anxiety is the anticipation of “danger” and looks different for each person. Anxiety can include:

- Emotions that can resemble fear, dread, stress, or unease.
- Thoughts or beliefs that are racing and may be difficult to “control.”
- Physical symptoms of rapid heartbeat, shortness of breath, sweating, dizziness, and aches and pains.



OUR TOP 3 WAYS TO TREAT ANXIETY

Cognitive Behavioral Therapy (CBT)	Acceptance and Commitment Therapy (ACT)	Mindfulness-Based Approaches
CBT is one of the most widely used methods for treating anxiety. It focuses on identifying and challenging unhelpful thoughts and behaviors. By learning to reframe negative thought patterns, clients gain tools to manage anxiety more effectively. CBT is structured and goal-oriented, providing practical coping skills to reduce anxiety symptoms.	ACT takes a slightly different approach by encouraging clients to accept difficult thoughts and emotions rather than fighting against them. Instead of focusing on eliminating anxiety, ACT teaches clients to live with it by developing psychological flexibility. This method helps clients clarify their values and take actions aligned with those values, even if anxiety is present, fostering a sense of purpose and resilience.	Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT) integrate mindfulness practices to address anxiety. These approaches help clients observe their thoughts and emotions without judgment, reducing reactivity to anxious feelings. By fostering a present-focused awareness, mindfulness-based therapies support clients in breaking free from worry cycles.

Coping with anxiety can include focusing on thoughts, body, and environment. Here are a few of our favorites:

Thought Challenge

Pause to recognize the irrational thoughts anxiety is telling you. Challenge them with questions: “Is the thought based on fact or feelings?”

Body: Deep Breathing

By breathing deeply into your diaphragm, your brain receives extra oxygen and the message of “I’m safe.”

Inhale for 4 seconds, hold for 4 seconds, exhale for 6 seconds.
Repeat for 3-5 min.

Focus On Your Environment

Shift your focus away from anxious thoughts and feelings to the safe present space with mindfulness. Recognize:

- 5 things you can see
- 4 things you can physically feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste