



- Build SELF-ESTEEM and SELF-COMPASSION as you calm your inner critic and become more comfortable in your own skin.
- Become MINDFUL, connect with your INTERNAL WISDOM and EMPOWER yourself to be the woman you want to be.
- Explore new and healthy ways to take care of yourself in light of the pressures and expectations of being a teen in today's world.
- Find your VOICE and learn how to build and maintain healthy relationships.
- Build emotional intelligence to better understand self & others
- Discover, develop, and celebrate your STRENGTHS as a woman.
- CONNECT with and learn from other young women while establishing a positive peer culture.



Empowering you to...



EMPOWERED
THERAPY, LLC



Therapy Group for Teen Girls
in High School

Self- Esteem & Self-Compassion

Positive Identity Development

Strength Identification

Healthy Coping Skills

Healthy Relationships

Communication Skills





*Welcome!
From the moment you walk
in the door, you will be met
with respect, acceptance,
and understanding.
Without the fear of judgment,
you will be able to build self-
compassion, embrace your
strengths and imperfections, and
reconnect with your true Self.*

Kelly Caul, MSW, LCSW



Kelly Caul, MSW, LCSW, founder of EMPOWERED Therapy, LLC, and EMPOWERED Spaces, LLC, received her Masters of Social Work at the Brown School at Washington University in St. Louis. She is both a

trained IFS and EMDR therapist, with a B.A. from Washington University in St. Louis in both Psychology and Philosophy-Neuroscience-Psychology, and a minor in Art. Kelly dedicates her career to working with teens, women, and parents; with the underlying belief that all individuals have the inner strength and wisdom needed to create the life they wish to live. She is masterful at building rapport with individuals that feel disconnected, disengaged, and hopeless. With her dynamic skill set, she empowers you to reconnect to your authentic self and live consciously. This is a space that will honor you exactly as you are, while empowering you to befriend your emotions, embrace your worthiness, build meaningful relationships, recover from trauma, and define your happiness.

"The privilege of a lifetime is being who you are."

- Joseph Campbell

Joining Group

January 27, 2020

2 sections offered

Mondays - 12 weekly sessions

new sessions begin regularly

\$60 per session

Limited need-based scholarships available

For more information or to schedule your **FREE CONSULTATION** to see if this is the right group for you:

Call **314.952.3199** or
Email **kkcaul@yahoo.com**

Group Topics

Girl Talk - We have a lot in common

Love Story - Falling in love with me

To Be or Not To Be Me - Building healthy identity

The Woman in the Mirror - Improving body image

Sugar & Spice - Handling expectations & pressures

Survivor - Identifying & building strengths

Quieting the Storm - Developing coping skills

Superwoman - Identifying personal goals

There's No Place Like Home - Surviving fears

Soul Sisters - Building healthy relationships

Battlefields - Maintaining healthy relationships

Good-bye - Hello World!

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