



Hello, Mosaic Therapy Community!

We are excited to finally publish our first newsletter! Thank you to everyone who has subscribed to our email list and we are excited to provide more regular updates, events, as well as offering helpful skills, resources, and/or helpful tools at the end of each newsletter for everyone to try! For the time being, we will be looking at doing a quarterly newsletter!

Through the last few hectic months of getting Mosaic Therapy Collective opened, there have been so many new things that we have not been able to keep everyone up-to-date about the changes. We are excited to be able to share this new and exciting news since our opening in February!

Who we are:

At Mosaic Therapy Collective, our mission is to provide comprehensive and inclusive care, empowering individuals on their path to optimal mental, emotional, and physical well-being. Guided by our commitment to integrity, innovative practices, and social justice, we cultivate a culture of genuine, collaborative, and compassionate community support. Through a diverse range of therapeutic methods, our dedicated team works towards fostering healing, resilience, and personal growth for everyone who relies on us for their well-being.

What we do:

Individual Therapy
Eye Movement Desensitization and Reprocessing (EMDR) Therapy
Walk & Talk Therapy*
Relationship/Couples Therapy
Adolescent Therapy
Group Therapy
Yoga Therapy
Workshops

*(for clients in Denver, CO area)

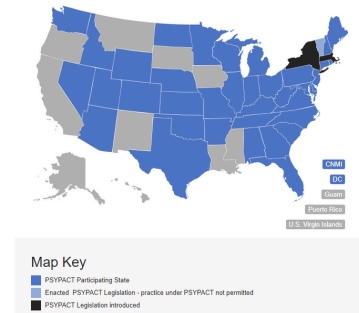
Work we do well:

Anxiety
Depression
Trauma, PTSD, & complex trauma
Religious abuse and/or religious deconstruction
Eating disorders, disordered eating, chronic dieting, and body image concerns
LGBTQ+ identities
Role and/or identity transitions
Relationship concerns
Grief and loss
Shame & negative self-talk

What's new with Mosaic?

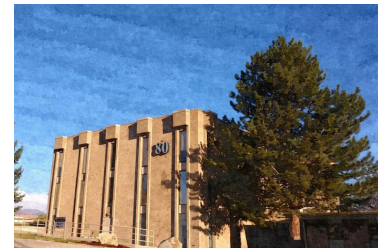


Owner and licensed psychologist, Dr. Brooke Powers, has been working tirelessly to open Mosaic's doors to the community and across the country! Dr. Powers has PsyPact, which allows her to provide telehealth therapy to over 39 states/regions! This exciting offering continues to spread affordable care to more people and providing convenient forms of therapy to everyone!



We are excited to announce that we have finally gotten the official logo of Mosaic Therapy! After months of hard work and changes, we were able to finalize the logo design that fits the heart of Mosaic best and we are excited to be able to share the finished product with everyone!

We are also excited to announce the new office location that is available for in person sessions in Broomfield, Colorado! We have limited available spots at the moment. Please reach out through making an appointment or contact Dr. Powers to learn more.



If you have been enjoying our presence on social media, website design, and all other things marketing and business development, you can shout out our undergraduate counseling intern, Molly! They have been instrumental to Mosaic's birth and growth and we cannot thank them enough!



Mosaic Therapy is happy to announce that we are now able to take insurance from United, UMR Optum, and Aetna! It can be hard to find someone that you can easily talk to and Mosaic is proud to take so many different insurance so more people can find the best fit for them and get affordable care!



In The Works at Mosaic



Group Therapy

Over the next few months, we are excited to start rolling out group therapy options! As of right now, we are in the process of finding locations/methods of utilizing these group therapies. Group offerings as of now will include Yoga Therapy for Trauma Recovery, Women's Support Group, Nourish and Flourish ED and Body Image Support Group, and Beyond Belief Support Group for those recovering from religion. There are many steps to be taken but we are excited to announce that this is in the works.

As of right now, we have a section on our website that allows people to RSVP to the group therapies. If you are interested in group therapy please RSVP to interested groups located on our events page! This way, we know you are interested and would like to receive more information regarding group therapy options. To learn more, please click the button below to be brought to the group therapy home page.

[Learn more!](#)

Training Opportunities!

Mosaic is currently accepting applications for Summer 2024 undergraduate counseling internship! For this internship, we are looking for someone interested in gaining a private practice setting experience and has a passion for mental health. Mosaic Therapy Collective is a small team committed to providing holistic care to those who need it. As a small business, woman-owned and queer-identified collective, we understand the importance of inclusive care for all and we are selective about who joins the team with a heart for this mission. If you or someone you know may be a good fit, check out the link below for application steps and additional role information!

[Learn more!](#)



Try something new!



What is Meditation?

Meditation is a practice that involves training the mind to focus and redirect thoughts. It often involves techniques that promote relaxation, mindfulness, and inner peace. During meditation, individuals typically sit or lie down in a comfortable position and engage in practices such as deep breathing, visualization, or repeating a mantra. The goal of meditation varies depending on the technique and the individual's objectives, but common aims include reducing stress, improving concentration, enhancing self-awareness, and cultivating a sense of calm and balance. Regular meditation practice is associated with numerous mental, emotional, and physical benefits, and it is used in various spiritual and secular contexts worldwide.



Benefits of Meditation

Meditation offers a myriad of benefits across mental, emotional, and physical dimensions. By regularly engaging in meditation practices, individuals can effectively reduce stress levels, enhancing their ability to cope with life's challenges. Moreover, meditation cultivates focus and concentration, improving cognitive function and productivity. It fosters emotional regulation and self-awareness, enabling individuals to navigate their inner experiences with greater ease and clarity. This heightened awareness often leads to improved sleep quality and a reduction in symptoms related to anxiety and depression. Physiologically, meditation has been associated with lower blood pressure, improved heart health, and enhanced immune function. Furthermore, it nurtures creativity and empathy, enriching interpersonal relationships and fostering a deeper connection to oneself and others. In essence, meditation serves as a powerful tool for holistic well-being, offering a pathway to greater resilience, balance, and fulfillment in life. Edit the content in this column layout so people engage with your email.

What if I have tried meditation and kinda hate it?

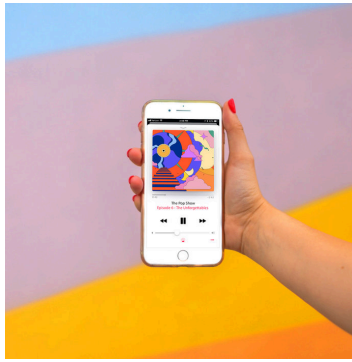
Meditation is like many things — great for some people, but not necessarily for everyone. We talk to countless people who have tried meditation or other breathing exercises and either struggle to find the effects or find it frustrating to try and slow for this kind of coping skill. If this is you, you're not alone and there are so many other skills to try! Consider **visualization**, which usually involves envisioning a place where you felt safe and calm and over time, adding more detail to this place so it continues to feel calming to you! Another idea is **coloring** a complex abstract design such as a mandala or a plaid pattern can reduce anxiety in a meaningful way. Structured patterns like this have strong symmetry that taps into the harmony aesthetic, which promotes calm through symmetry and balance, quieting the visual noise of our surroundings so we can focus more deeply on what we care about. Lastly, something as simple as **walking** can be meditative! Walking meditation is a form of meditation in its own right, but even if you don't have a formal walking meditation practice, some form of mindful movement can be calming.





How to meditate

[View Now!](#)



Guide to Meditation

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7-minute walking meditation

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