

*About Justin Bangert, MS, LMFT*



Justin Bangert is a licensed marriage and family therapist with a deep passion for working with individuals and couples. He is devoted to helping others bring harmony and satisfaction into their lives and relationships, as well as deepen their intrapersonal and spiritual

*About The Center for Christian Counseling, Consultation & Training, Inc.*

The Center for Christian Counseling, Consultation & Training, Inc. was founded and incorporated in 1981 and is a State of Wisconsin certified outpatient psychotherapy clinic that is founded on Christian Values. It was established in response to demand in the Madison area for skilled therapists whose beliefs and techniques are consistent with Biblical truths. The staff at the Center combines competence in understanding human relationships with a willingness to call upon the power of God to heal people's hurt and bring personal growth in the process.

The Center for Christian Counseling  
5310 Wall Street, Suite 500  
Madison, WI 53718  
[www.christiancounselingmadison.com](http://www.christiancounselingmadison.com)

*The Center*  
for Christian Counseling, Consultation & Training, Inc.

# Therapeutic Life Skills Workshop Series

**By: Justin Bangert  
MS, LMFT**



## *The Life Skills Workshop Series*

The Life Skills Series are Christ-Centered therapeutic workshops, in a group setting, designed to supplement your personal growth and serve as “stepping stones” in your walk with Christ.

The main goal is to introduce key concepts as well as identify and implement those concepts to your personal life.

Each workshop is offered in a therapeutic group learning environment with a skilled therapist who will help to facilitate brainstorming and collaboration of real life examples in a confidential group setting.

As a participant you will be equipped with a workbook and relevant resources to assist in the application of your personal situations and work towards your own therapeutic goals.

### **Justin Bangert, MS, LMFT**

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## *Topics of Workshops Offered*

- ◇ Healthy Self-Talk & Self-Concept
- ◇ Assertiveness Training
- ◇ Establishing Healthy Boundaries in Life & Relationships
- ◇ Communication Skills & Conflict Resolution
- ◇ Healthy Parenting & Creating a Spiritual Foundation for Family
- ◇ Emotional & Behavioral Development
- ◇ Spiritual & Relational Attachment Development

### **These workshops will help address common symptoms such as:**

Depression & Anxiety  
Avoidance & Withdrawal Patterns  
Anger & Emotional Reactivity  
Communication Breakdowns  
Relationship & Marital Conflicts  
Unhealthy Family Dynamics  
Spiritual Barriers & Disconnect

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## *Registration Information*

**When:** Offering Saturday sessions in Spring & Fall as well as weeknights throughout the calendar year based on availability.

**Where:** Held at The Center for Christian Counseling with the possibility of being hosted at your church.

**Duration:** Each workshop consists of four to six sessions, on a weekly basis, for 90 minutes per session.

**Group Size:** The workshops are best suited for ten to thirty participants while maintaining a personalized classroom setting.

**Cost:** \$65 per session, with the possibility of insurance coverage based on the relevance of therapeutic treatment plans.

### **How To Register**

You can register for our Life Skills Series by calling our office at 608.274.8294 or visiting our website at [www.christiancounselingmadison.com](http://www.christiancounselingmadison.com)