

Vashti's HOUSE Publishing House *Plus*

SPRING JOURNAL 2024

Make yourself at home



WHAT ARE WE SELLING?

Experiences!
We're selling experiences that will improve mental and emotional health through the most current, data supported methods for healing and development.



SUPPORT YOUR CHILD'S SOCIAL, EMOTIONAL LEARNING WITH A LITTLE HELP FROM SOME KITTIES



How Does the Kitty Feel can be found at the **Red Door Store**

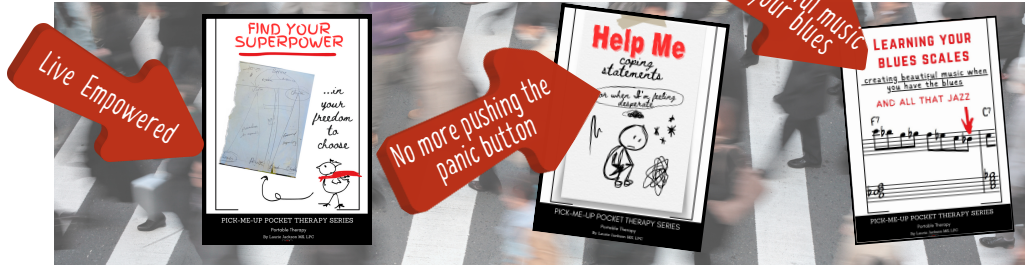


DID YOU KNOW?

"Scientists have recently determined that it takes approximately 400 repetitions to create a new synapse in the brain- unless it is done with play, in which case, it takes between 10-20 repetitions."- Dr. Karyn Purvis.

Join US!
✓ April 6th and 7th at the Health and Wellness Expo, Anchorage, Alaska
✓ June 19-22 NASW National Conference in Washington DC
✓ Sept. 17th & 18th Oregon Health Association State Conference, Salem, Oregon

DO YOU NEED THERAPY?



Live Empowered

No more pushing the panic button

Make beautiful music with your blues

The Pick-Me-Up portable therapy booklets are the best therapy option for everyday and on-the go!

DID YOU KNOW?

In early American tradition, the red door symbolized the home as being a place of respite and refuge for weary travelers or those seeking safety from harm. - Vashti

Visit the Red Door Store



It's Always Open!

IT'S TIME TO GET FIT

This book has been very helpful to me. I've been enjoying using it to cope with anxiety and depression and learning new thinking patterns. S.P

A fun and impactful exercise program for your INNER health

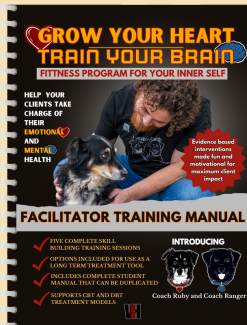


HELPER'S CORNER



FACILITATORS
SPONSORS
CASE MANAGERS
SOCIAL WORKERS
COUNSELORS
MENTORS
CLINICIANS

WE ARE HERE TO HELP YOU SUPPORT YOUR CLIENTS! Vashti's House uses CBT, DBT, and APT (Adult Play Therapy) intervention models in product development.



The Pick-Me-Up pocket therapy booklets will help your clients take control of their own mental and emotional health. E-mail home@vashtishouse.com for bulk rates.

The Grow Your Heart/Train Your Brain Facilitator's manual comes with a FULL client workbook with permission to copy. An economical solution for institutional use with a high client turnover. E-mail home@vashtishouse.com for bulk rates.

Vashti's House specializes in creating low barrier products for maximum client impact including: **Multi sensory**
Concrete analogies
Visually compelling
Emotionally engaging

Treat your staff to a life changing personal and professional development experience.



“I have been a nurse for 29 years and have suffered from compassion fatigue and burnout. Attending this workshop was very beneficial and crucial for me. Anne T.”

COMMUNITY INSPIRATION

Comparison Poison

Often when we set healthy goals for ourselves, they are based off the life of the person who inspired us in the first place- the social media personality, the relative who has it “all together” or even a fantasy version of ourself. In our response to the inspiration, we might try to copy what they are doing, but, **if we want to be the best version of ourselves, we must start with being ourselves.** What do we like and dislike? What truly motivates us? What is really doable and won't dominate the other things in our life that we value? The inspiration will get us started, but **when we're honest with ourselves, we're able to work with what we have and even enjoy the process.** Stop “should-ing” on yourself and relish the journey of discovery.
Corban Towers -Product Development

FREE RESOURCES FOR EVERYONE AT VASHTISHOUSE.COM

DID YOU KNOW?

According to the World Health Organization, mental illness is more prevalent than cancer, diabetes or heart disease?

Behavioral health disorders are now #1 cause of disability worldwide, surpassing all other illnesses.

Retrieved: 3/27/2024 https://clubhouse-intl.org/wp-content/uploads/2023/04/Clubhouse-International-Infographic_2023-Update_04-17-23.pdf

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