

STAIR

Support & Consultation Group

While learning such a transformative method, it can help to have a space to **integrate** new information and **reflect** upon how the material is landing with us in a more personal way.

This group is an opportunity to **deepen** your understanding of the framework and **explore** sticky spots you might be experiencing as you begin to apply the Stair Method to your clinical work.

Each meeting will include time to **connect** with the other group members, discuss the method's principles, practice skills and explore specific questions and cases.



Kat Elrod, LPC

STAIR Certified

Over 18 years practicing
as a licensed therapist

Intensive training and
consultation with Jules
since 2019

Part of the first STAIR beta
group in 2023



Join Us

Thursdays 9:00 - 10:30 am (CT)

Virtually every other week

Sept 10 - May 20

\$75 per group*

Complete the interest form and I'll be in touch:



www.katelrod.com/consultation-interest-form

This group is supportive in nature and is separate from
deliberate practice guide groups.

*Commitment of 18 groups total and payment applies
regardless of attendance.