



Our highly-trained staff is dedicated to providing the tools and resources necessary to foster positive life-change for positive life-gain.

Find out just how good change can be with the right guidance and support. We have dozens of programs to help people make the most of their life and their relationships with others.

With three convenient metro-Denver locations in the North, South and Central areas, we're right in your neighborhood.

Call the National Institute for Change today at 303.231.0090.

Learn more about us by visiting our website at [nationalinstituteforchange.com](http://nationalinstituteforchange.com).

You can also email us specific questions at [contactus@nationalinstituteforchange.com](mailto:contactus@nationalinstituteforchange.com).



# Life is good. Live it well.

*Providing Gold Standard care,  
intervention and opportunity  
for individuals, couples, families and  
groups to change any aspect of their lives.*



“Anything  
can be accomplished by  
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## The National Institute for Change

At the National Institute for Change (NIC), we provide Gold Standard care, intervention and opportunity for individuals, couples, families and groups to change any aspect of their lives.

We believe that anything can be accomplished by anyone as long as they have the proper guidance and motivation.

## Our Services

The NIC staff is certified in numerous change management specialty areas and is qualified to offer:

- ◆ Therapeutic Adult Services
- ◆ Therapeutic Adolescent Services
- ◆ Therapeutic Children's Services
- ◆ Professional/Training Services

## Our Philosophy

At NIC, we encourage the following *Big Ideas* to promote change and successfully achieve life goals:

- ◆ **Expectation:** Change will happen.
- ◆ **Freedom:** Feedback, not failure, is all that exists.
- ◆ **Awareness:** Choice is always better than no choice.
- ◆ **Drive:** Positive intention is behind every behavior.
- ◆ **Ecology:** Every behavior is necessary in some context.
- ◆ **Flexibility:** Flexibility and influence are interrelated.
- ◆ **Evolution:** Growth requires change.
- ◆ **Connection:** Change happens in relationship to another person.

\*Free initial consultation

## Our Programs

With a staff of highly-trained, certified professionals, NIC supports individuals with change management in four specific disciplines\*:

**Therapeutic Adult Services** include:

- ◆ Anger Management
- ◆ Cognitive Restructuring
- ◆ Couples Therapy
- ◆ Domestic Violence
- ◆ DUI Education/Therapy
- ◆ Employee Assistance
- ◆ Evaluations: *Mental Health, Anger Management, Domestic Violence, and Substance Abuse*
- ◆ Family Therapy
- ◆ Internship Services
- ◆ Men's Groups
- ◆ Mental Health
- ◆ Parenting (Two offerings)
- ◆ Trauma/Victim Services
- ◆ Triple R: *Rationality, Responsibility, Resolution*

**Therapeutic Adolescent Services** include:

- ◆ Anger Management
- ◆ Domestic Violence
- ◆ Ethics & Family Life
- ◆ Evaluations: *Mental Health, Anger Management, Domestic Violence, and Substance Abuse*
- ◆ Family Therapy
- ◆ Female Adolescent Self-Esteem
- ◆ Mental Health
- ◆ Parenting
- ◆ Substance Abuse
- ◆ Trauma/Victim Services
- ◆ Triple R: *Rationality, Responsibility, Resolution*

**Therapeutic Children's Services** include:

Play therapy, which uses play dough, coloring, sand trays, dolls, and other toys to create a world for the child to safely express and confront problematic issues in life. Parents benefit from learning tips and tools to further guide and motivate their children toward change.

**Professional/Training Services**

NIC speakers conduct informative, engaging, interactive and memorable seminars. Suitable for corporate, academic, religious, and forensic environments, we offer:

- ◆ Parenting for Preadolescents and Adolescents
- ◆ Relationship Empowerment
- ◆ Triple R: *Rationality, Responsibility, Resolution*

“Empowering life-change,  
one human being at a time”