



Therapy for Children and Adolescents (school ages)

In children and adolescent therapy, I team with your child/teen to discover the area(s) that they feel are not working and improve the quality of your child's life.

Children and Adolescent Therapy can help:

- ❖ Discover why your child uses self-injurious/destructive behavior and reduce the impulse/need and replace with healthy coping skills
- ❖ Learn to communicate better and gain healthy friendships
- ❖ Work to increase desire to focus on education
- ❖ Have good relationships with themselves and others
- ❖ Release anger, pain, and loss without using self destructive behaviors
- ❖ Increase their self esteem and body image
- ❖ Gain self empowerment, pride, and leadership
- ❖ Understand and manage their attitude
- ❖ Trust themselves and others
- ❖ Take responsibility for actions and choices
- ❖ Discover the whys of actions and decisions and make healthy lifestyle choices
- ❖ Identify and overcome their fears
- ❖ Achieve goals
- ❖ Understand and have a better relationship with their parents
- ❖ Sexual identity and decision making
- ❖ Manage depression and anxiety (including school phobia)
- ❖ Develop assertiveness and deal with stress and teasing at school
- ❖ Manage their time and develop effective strategies to improve school performance

