



# Children's Program

7707 SW Capitol Hwy. Portland, OR 97219  
(503) 452-8002

## SPRING 2012 CLASSES AND THERAPY GROUPS

**REGISTER ONLINE [www.childrensprogram.com](http://www.childrensprogram.com), BY PHONE (503 452-8002 OR AT THE OFFICE  
CALL IF YOU PREFER TO RECEIVE REGISTRATION MATERIALS BY MAIL**

### **SKILLS FOR SCHOOL SUCCESS FOR MIDDLE SCHOOL STUDENTS Allan Cordova, Ph.D.**

**4 Wednesdays, 5:00 – 6:30 p.m., April 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>, 2012**

This 4 week class is designed specifically for students who struggle with attention, organization, memory and motivation. Parents and students meet together to learn strategies to master the aspects of executive functioning that are central to school success. This class will NOT address behavior or impulse control issues. The cost of the group is \$240 for the 4 session package (not insurance billable, no credit for missed sessions).

### **AD/HD BEGINNERS GROUP FOR AGES 7-12 Jeff Sosne, Ph.D.**

**3 Monday Parent meetings at 7:00 p.m., April 9<sup>th</sup>, May 7<sup>th</sup> and June 11<sup>th</sup>, 2012**

**10 Thursday student sessions, weekly beginning April 12th, 2012**

This group teaches children struggling with self-control and/or attention (AD/HD) to work productively and play appropriately within group settings that approximate classroom and social situations. This program introduces behavioral, cognitive, and social skills that are reinforced through specially designed recreational activities. The group model encourages peer support and enables the children to learn from each other. Parents observe the class to learn and then apply the concepts at home. The ten 90-minute Thursday student sessions are observed by parents from behind a one-way mirror. Classroom teachers have the opportunity to observe a group, as well, to help build consistency across settings. The three Monday evening parent classes provide additional information regarding parenting and teacher strategies and the opportunity to discuss what was observed in class. The cost of the 13 session package is \$650. Student sessions ONLY may be covered by health insurance. Students are assigned to an early session (5:00-6:30 p.m.) or late session (6:30-8:00 p.m.) by age. **Requires a specialized group registration packet**, available at the office, online at [www.childrensprogram.com](http://www.childrensprogram.com), or upon request at (503) 452-8002 #2.

### **PAY ATTENTION TO ATTENTION Jeff Sosne, Ph.D.**

**2 Monday Parent Meetings at 7:00 p.m. February 6 and April 2, 2012**

**8 Tuesday student sessions, 5:00 – 6:00 p.m. weekly beginning February 14, 2012**

This group is designed for elementary aged children with primary weaknesses in effortful/executive/"everyday" attention. There are eight 60 minute student sessions and two additional parent meetings. Student sessions are billable to health insurance. The cost of the group is \$400. Please note: children with self-control/attention problems are better served in the AD/HD Beginner's Group. **Requires a specialized group registration packet**, available at the office, online at [www.childrensprogram.com](http://www.childrensprogram.com), or upon request at (503) 452-8002 #2.

**YOGA CALM Ages 7-12 Years Jim Gillen, RYT and Lynea Gillen, M.S., RYT**

**8 Mondays, 4:00 - 5:00 p.m. beginning April 2, 2012**

This series of yoga-based activities is designed for children with attention, social, or learning- differences as a way to develop personal awareness and specific strategies to maintain focus, and manage emotions and impulses. Through games, breathing, relaxation, and story-telling techniques students learn to develop self-control, release energy, increase strength, improve concentration and confidence, and enhance social/emotional awareness. Over time Yoga Calm skills and practices develop greater health, self-mastery, and well-being. The cost of the class is \$180 (not insurance billable, no credit for missed sessions).

**JEDI TRAINING Jim Gillen, RYT and Lynea Gillen, M.S., RYT**

**8 Wednesdays, 4:00 – 5:00 p.m. beginning April 4, 2012**

This is a more physically challenging Yoga Calm class for boys age 7-11 to develop strong hearts, minds and bodies. The cost of the class is \$180 (not-insurance billable, no credit for missed sessions).

**ENRICH YOUR MARRIAGE: IMPROVE YOUR PARENTING Allan Cordova, Ph.D.**

**This workshop will be scheduled on a upcoming weekend morning. Call to be on the list.**

This 3 hour workshop is geared for couples struggling with the competing demands of marriage and parenting. Psychologist Allan Cordova will cover topics including the “spillover” between marriage and parenting, effective problem solving and the special issues of living with young children and teens. The approach is fast-paced, engaging and interactive. \$85/couple.

**STRENGTHENING ATTACHMENT WITH CHILDREN Presented by: Ally Burr-Harris, Ph.D.**

**A Workshop for Adoptive/Foster Parents Of Children 0-6 years**

**Date/Time: March 3, 2012 8:30 a.m. to 12:30 p.m.**

**Location: Children’s Program 7707 S.W. Capitol Hwy Portland, OR 97219**

**ATTACHMENT IS CRITICAL TO A CHILD’S DEVELOPMENT YET ATTACHMENT ISSUES ARE UNIQUE TO EACH FAMILY**

- Hear an overview of attachment styles
- Learn how early trauma or neglect impacts brain development
- Look for signs of attachment problems
- Learn how your attachment style may impacts your child

**EFFECTIVE STRATEGIES CAN REPAIR ATTACHMENT PROBLEMS**

- Learn techniques to address attachment concerns
- Practice relationship-based techniques to help your child resolve trauma, increase trust, gain emotional and behavioral control, and improve social skills
- Gain support from parents facing similar challenges

**Presenter:** Ally Burr-Harris, Ph.D. is a licensed psychologist specializing in attachment disruption in children and adolescents; adoption-related issues; trans-racial parenting; attachment-based therapy modalities; family therapy; parent-training; and multicultural families. She practices at the Children’s Program.

The cost of this workshop is \$60 per person/\$90 per couple. Pre-registration required. Childcare is NOT provided. Register for this workgroup Online at [www.childrensprogram.com](http://www.childrensprogram.com) or by phone (503) 977-0877

**\*\*\*EDUCATE PARENTS AND FUND RAISE FOR YOUR SCHOOL!\*\*\***

**Parent-Teacher organizations are invited to participate in a unique opportunity that provides information to enhance parenting skills and positively impact each child’s educational experience WHILE raising money for their school community school at the same time!**

**Here is how it works:** your school selects an evening, chooses one of the topics below, and sets a minimal fee for an individual/couple attending the talk (we suggest \$10-\$15 per person). A psychologist from the Children’s Program will present

going directly to the school or sponsoring group. Neighboring schools are encouraged to partner to maximize audience size to generate more dollars. Contact Mindy at 503-452-8002 option #2 for questions or to schedule a presentation for your school.

The following presentation topics have been of the greatest interest to schools and parent groups:

1. **BUILD A POSITIVE WORK ETHIC:** Learn strategies to establish the habits, attitudes and values that establish effort.
2. **ANGER EXPLOSIONS TO ANGER EXPRESSION:** Understand the nature of childhood anger and learn anger control strategies that actually work with kids.
3. **MEMORY TIPS FOR SCHOOL SUCCESS:** Understand your child's memory strengths and weaknesses and learn strategies that enhance your youngster's learning.
4. **HELPING THE EMOTIONALLY REACTIVE CHILD:** Understand the nature of childhood emotion and learn strategies for building emotional intelligence, resilience and control in our children.
5. **HOMEWORK FOR SUCCESS, NOT STRESS:** Learn how homework can become a positive learning experience that reinforces school success.
6. **THE ATTENTIVE MIND:** Learn strategies to improve your child's attention and concentration in school.

**CHILDREN'S PROGRAM 7707 S.W. CAPITOL HWY PORTLAND, OR 97219**

**[www.childrensprogram.com](http://www.childrensprogram.com) (503) 452-8002**