

CHILDREN'S PROGRAM SPRING 2018 GROUPS AND CLASSES

GIRLS GROUP

Kayla Hoskins, M.S., CSWA

(on-site supervisor, Jeff Sosne Ph.D.)

6 Wednesdays, April 4 to May 9, 2018, 5:00 – 6:00 p.m.

This group is for girls' age 9 – 12 y/o to explore their ever-changing selves and relationships. Through group discussions and activities designed to help promote problem-solving and coping strategies we will address common themes that occur at this age, such as navigating a growing social world, building up a healthy self-image and managing the stress that comes with increasing responsibilities at home and school. We address many different areas of a young girl's life, including creating and/or maintaining friendships, processing emotions, and self-esteem or overall negativity. The cost is \$180 per child (non- insurance billable). A 30-minute consultation is required if your child is not a current patient at the Children's Program. Call (503) 548-4844 to schedule.

TANTRUMS, MELTDOWNS AND RAGE: PARENTING STRATEGIES FOR CALMING THE STORM

Ally Burr-Harris, Ph.D.

Parents of children 5-11 years: 3 Mondays, April 9, April 23, May 7 from 6:00 – 8:00 p.m.

Parents of teens 12 and older: 3 Mondays, April 16, April 30, May 14 from 6:00 – 8:00 p.m.

This is a workshop for parents whose children are prone to emotional outbursts. We will review strategies for catching your child before the storm, calming your child if he/she has passed that "critical window," and preventing future meltdowns from occurring. We will also review strategies for parents to stay calm in the face of a child's outburst. This workshop is for parents and caregivers only. \$180 individual/or family (non-insurance billable). Call (503) 548-4844 to register.

PARENTING TOOLS TO SUPPORT A CHILD WITH A CHRONIC HEALTH CONDITION (and don't forget the siblings)

Maggie Stoeckel, Ph.D.

2 Parents' meetings, Mondays April 16 and April 30, 2018, 4:00 to 5:30 p.m.

Part 1 Tips for Helping your Child with a Chronic Medical Condition

Part 2 Help for Siblings of a Child with a Chronic Medical Condition

Want tips for supporting your child with a chronic medical problem? Better yet, want tips for supporting this child's sibling? Through this 2-part workshop, parents will learn concrete strategies for helping their children with chronic illnesses, as well as their siblings. Topics will include differentiating mood and anxiety symptoms from illness-distress, improving adherence to treatment regimens, reducing parent-child conflict, and seeing the signs of when a sibling might need support. You may sign up for one (\$45) or both presentations (\$85). Non-insurance billable. Call (503) 548-4844 to register.

NOT IN THE PARENTING MANUAL: HOW TO TALK WITH TEENS ABOUT PORNOGRAPHY

Allan Cordova, Ph.D.

1 Parent meeting, Wednesday, April 25, 2018, 5:30 – 7:00 p.m.

Online exposure to pornography is widespread. Whether accidental or intentional, access has never been easier. With more than 90% of teens going online daily, and nearly one quarter of teens saying they go online "almost constantly," the likelihood of kids and teens encountering porn isn't a matter of "if" but "when." This workshop is for parents who want to be proactive and will explore what is known (and what isn't) about how exposure to and consumption of pornography affects youths' development, relationship expectations and sexual behaviors. We will encourage parents to challenge some of their assumptions and grapple with the emerging science in a supportive environment. We will also discuss strategies to help parents talk with and respond to their kids as they navigate the digital landscape. \$90 per parent/couple. Call (503) 548-4844 to register.

COFFEE CLUB: A SOCIAL GROUP FOR TEENS

Kayla Hoskins, MS, CSWA

(on-site supervisor, Jeff Sosne Ph.D.)

6 Mondays, beginning April 2nd through May 7th, 5:00 – 6:00 p.m.

This is an opportunity for teenagers with social anxiety, autism spectrum disorders, and/or related social and emotional challenges, to strengthen and expand social experiences in a less structured, more naturalistic setting. This group for students ages 15-19 meets at Starbucks in Raleigh Hills. It includes work on social communication, relationship skills and developing friendships over drinks and snacks. Clients will have a supportive opportunity to practice important skills around independence, such as arriving on time, ordering at a counter and managing money. The cost of the series is \$300 for 6 weekly sessions (does not include the cost of food/drinks). A 30-minute interview is required for current clients at no cost. New clients must schedule an initial consultation with Kayla Hoskins (\$50). Call (503) 548-4844 to register.

BEGINNER'S AD/HD GROUP – INTENSIVE WEEKEND FORMAT

Jeff Sosne, Ph.D.

1 Parent meeting, Thursday, May 3, 2018, 6:00 – 8:00 p.m.

2 parent/student meetings: Saturday and Sunday, May 5 and 6, 2018, 9:00 – 12:00 p.m.

The new weekend group format meets the needs of busy families, avoids excessive travel time and utilizes the concept of intensive practice. This group teaches elementary children, 7 – 11 years of age, struggling with self-control and/or attention (AD/HD) to work productively and behave appropriately within group settings. This program introduces behavioral, cognitive and emotional regulation skills that are reinforced through specially designed peer group activities. The group model encourages peer support and enables the children to learn from each other. Parents observe to learn and then apply the concepts at home. The weekend begins with a Thursday evening class for parents-only. Parents from the Beginners Group and Paying Attention to Attention Group will meet together. Students and parents will then meet on both Saturday, May 5th (9:00 a.m.– 12:00 p.m.) and Sunday, May 6th (9:00 a.m. -12:00 p.m.) for the group activities. This group requires a specialized registration packet available at the office, online at www.childrensprogram.com (General Forms page) or mailed upon request. The cost is \$280. This weekend group is NOT insurance billable. There will be a new opportunity for parents whose children are too young/old to attend the group. These parents may attend the evening informational meetings and observe the group sessions for a reduced cost of \$150. Call (503) 548-4844.

PAY ATTENTION TO ATTENTION - (INTENSIVE WEEKEND FORMAT)

Jeff Sosne, Ph.D.

1 Parent meeting, Thursday, May 3, 2018, 6:00 – 8:00 p.m.

2 parent/student meetings: Saturday and Sunday, May 5 and 6, 2018, 1:00 – 4:00 p.m.

This group is designed for elementary aged children with primary weaknesses in effortful, executive, “everyday” attention. (Please note: children with self-control/attention problems are better served in the Beginner’s AD/HD Group.) Students will learn the importance of giving teachers and tasks their undivided attention. Attention training games will help students improve their ability to sustain attention, shift focus and monitor task activity. Parents will learn how to light up their children’s attention center and work within their child’s attention span. The weekend begins with a Thursday night class for parents-only. Parents from the Beginners Group and Paying Attention to Attention Group will meet together Thursday. Students and parents will then meet on both Saturday, May 5th (1:00 – 4:00 p.m.) and Sunday, May 6th (1:00-4:00 p.m.) for the group activities. This group requires a specialized registration packet available at the office, online at www.childrensprogram.com (General Forms page) or mailed upon request. The cost is \$280. This weekend group is NOT insurance billable. There will be a new opportunity for parents whose children are too young/old to attend the group. These parents may attend the evening informational meetings and observe the group sessions for a reduced cost of \$150. Call (503) 548-4844

COMING THIS FALL:

Trauma Recovery for Youth (TRY) – Teen Group

Ally Burr-Harris, Ph.D. and Kayla Hoskins, MS, CSWA

This is a group for teens (13 and older) who have been impacted by trauma including abuse, violence, accidents, medical trauma or traumatic loss. This eight-week group meets every other Monday from 6:00 to 7:30 pm. It includes psycho-education about the effects of trauma, coping strategies for managing trauma symptoms, planning for trauma reminders, processing of trauma memories and strategies for building resilience. Sessions will include skills-based practice, sharing and support, as well as lighter activities to ensure that we are staying within group members' tolerance zone. All teens will be screened by the leader beforehand in an individual meeting to ensure that they are a good fit for this type of group therapy. We also work hard to match group members with similar types and levels of trauma exposure. The group leader may require that the teen also participate in individual therapy to ensure adequate support. Once accepted, all parents/guardians will be asked to first attend a parent meeting. Parents will also be invited to join part of the final session. This group may be covered by insurance if the teen has a diagnosis related to trauma symptoms. A TRY group for children ages 9 to 12 will be offered in the spring of 2019.

THE INCREDIBLE YEARS

Rose Eagle, Ph.D. and Nichole Sage, Psy.D.

This research-based curriculum is designed to support parents and children ages 4-6 with disruptive behavior including hyperactivity, defiance, impulsivity and tantrums. Parent and child sessions are held in separate rooms simultaneously. Families learn to improve their child's coping, self-regulation and social skills and decrease negative behaviors at home and/or at school. Sessions are fun, supportive and positive. Families leave with tools for every-day use. An initial consultation (\$210, billable to insurance) is required. Group size is limited. Participating families will receive a specialized registration packet to be completed prior to the first session. The cost is \$1200 (this includes 12 parent group sessions and 12 child group sessions which occur simultaneously). Both parent and child sessions are billable to health insurance. Space is limited.

SEEING MY TIME

Jennifer Simon-Thomas, Ph.D.

This is a series of seven parents/student meetings. Does your child struggle to get work done well and on time? Then this is the class for you. This is a hands-on class for middle and high school students, who struggle with time management, work initiation/completion, organization and overall ability to get work done before play. The Seeing My Time program was developed by Marydee Sklar and focuses on making time tangible. We will discuss brain development, the connection between the brain and behavior, as well as offer easy-to-use tools to increase executive functioning skills. This is a seven-week class that builds upon itself. Parents and students participate together. Group size is limited to 8 students. One parent must attend every session. If you are not a current patient at the Children's Program an initial consultation (\$210) is required. \$350 + \$40 for workbooks. Sessions are insurance-billable. A specialized registration packet must be completed once accepted in the group.