

Treatment Services with a Psychologist

Parent & Child CBT Classes

\$200/45 min session

- ✓ Child= In-person @ Office
- ✓ Parents= via Telehealth
- ✓ Alternate between parent & child classes each week
- ✓ Paired with 1 other family (child or adult dyads)
- ✓ Follows a 16-week curriculum
- ✓ For children with ADHD, ASD, anxiety, trauma, and/or mood disorders
- ✓ Learn CBT skills
- ✓ Focused-skill learning

Parent & Child CBT

\$225/45 min session

- ✓ Child= In-person @ Office
- ✓ Parents= via Telehealth
- ✓ Alternate between parent & child sessions each week
- ✓ 1:1 with Psychologist
- ✓ Follows a 16-week curriculum
- ✓ For children with ADHD, ASD, anxiety, trauma, and/or mood disorders
- ✓ Learn CBT skills
- ✓ Focused-skill learning



CBT Classes

Ages 5-15

Why is it important?

We are in the middle of a "mental health crisis." The COVID-19 pandemic has had a negative impact on the social-emotional well-being of children and parents. Families are experiencing increased anxiety, stress, trauma, and depressive symptoms. These classes focus on promoting "good" mental health for children and their parents, just like eating well and exercising promote good physical health.

Who is it for?

Families who would like to learn how to communicate their feelings, identify what they are thinking, use coping skills to manage their emotions, gain better control over their words and behavior, and learn how to think more positively about themselves and others. Sometimes children have a diagnosis of ADHD, anxiety, trauma, mood disorders, and/or ASD, but not all children have diagnoses.

What is it?

Classes are based on the principles of Cognitive Behavioral Therapy (CBT). The goal is to help children and parents identify their thoughts and feelings, practice coping skills, restructure negative and/or rigid thinking patterns, and learn how to better manage stress.

What are the class sizes?

Each child is paired with 1 other child who is matched for age and ability level. The parent(s) of each child dyad are paired together in parent sessions.

How long does it take?

Classes are 1 x week, afterschool for children and in the morning or early afternoon for parents. They last for 45 minutes and run for 16 weeks, alternating each week between child classes and parent classes. Sometimes families want more than 16 weeks of classes and/or would like to change to individual CBT. This can be offered to families when available, and if appropriate.

How are sessions structured?

You and your child will learn each skill, participate in exercises and activities, and learn how to apply it to your own life.

How much does it cost?

The cost is \$200/child or parent session. Families pay per class. Financial hardship discounts are also available, as needed.



Individual CBT

Ages 3-15

Why is it important?

We are in the middle of a "mental health crisis." The COVID-19 pandemic has had a negative impact on the social-emotional well-being of children and parents. Families are experiencing increased anxiety, stress, trauma, and depressive symptoms. CBT focuses on promoting "good" mental health for children and their parents, just like eating well and exercising promote good physical health.

Who is it for?

Families who would like to learn how to communicate their feelings, identify what they are thinking, use coping skills to manage their emotions, gain better control over their words and behavior, and learn how to think more positively about themselves and others. Sometimes children have a diagnosis of ADHD, anxiety, trauma, mood disorders, and/or ASD, but not all children have diagnoses.

What is it?

Therapy is based on the principles of Cognitive Behavioral Therapy (CBT). The goal is to help children and parents identify their thoughts and feelings, practice coping skills, restructure negative and/or rigid thinking patterns, and learn how to better manage stress. You and your child will work 1:1 with a clinical psychologist during sessions. Child sessions are in person and parent sessions are virtual.

How long does it take?

CBT is 1 x week, afterschool for children and in the morning or early afternoon for parents. Sessions last for 45 minutes and run for 16 weeks, alternating each week between child and parent 1:1 sessions with the psychologist. Sometimes families want more than 16 weeks of sessions. This can be offered to families when available, and if appropriate.

How are sessions structured?

You and your child will learn each skill, participate in exercises and activities, and learn how to apply it to your own life.

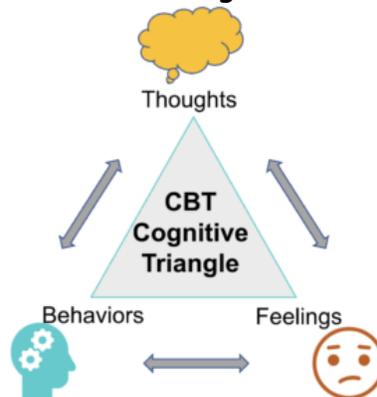
How much does it cost?

The cost is \$225/child or parent session. Families pay per session. Financial hardship discounts are also available, as needed.



Frequently Asked Questions

- **What can we do while we are on the waiting list for therapy?** Parent sessions can be scheduled weekly, every other week, or monthly, while you wait for a therapy opening for your child. Parent sessions are very structured and include weekly goals. During parent sessions, parents will discuss progress toward these goals and the therapist will help you problem solve to make techniques, tools, or strategies more effective. The therapist will provide you with direct teaching and modeling of strategies to use with your child. If needed, the therapist will help you develop a behavior plan for your child to 1) prevent problem behavior from occurring and 2) assist you in how to respond to problem behavior, if it does occur. This is also an opportunity for you to get to know your child's therapist, and for the therapist to get to know your family.
- **What is CBT?** Cognitive Behavior Therapy (CBT) is typically done by a licensed mental health provider, such as a psychologist, social worker, or LMHC. This is a doctoral or Master's level clinician with specific training in mental health diagnoses and CBT. These sessions are typically 45-50 minutes/week and last for 3-12 months, depending on the individual. CBT is known to be effective for children with ADHD, ASD, anxiety, trauma, depression, and other emotional or behavioral disorders. It involves learning coping skills, feeling identification, and positive self-talk through modeling and reinforcement. The underlying theory behind CBT is that our thoughts impact our feelings, which then in turn impact our behavior. If the individual can learn to identify what they are thinking/feeling and manage feelings by using coping skills or restructuring negative thought processes, this will change the way the individual behaves. CBT emphasizes *internal processes* (i.e., thoughts) as the driving force behind feelings and behavior:



- **Can you bill my insurance?** We are not credentialed through any insurance panels at this time, but if your plan has out-of-network coverage for psychotherapy, they may reimburse you for some of the sessions. We do not submit pre-authorization forms to insurance companies at this time. We can provide you with a "Superbill" to submit to your insurance company, if needed.

