



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter

June 2019

Groups Looking for New Members:



Teacher Stress Management Group

with Dr. Alexandria Salerno

Day/Time: TBD, Contact with Interest - will begin in June!

This group will meet weekly as a space for teachers of all education levels to discuss topics related to teaching and providing instruction in the school setting. In this process-oriented group, topics might include self-care, classroom management, relationships with students and school personnel, and other related topics group members may feel appropriate.

Those who participate in the Teacher Stress Management Group will find this to be a supportive environment in which they collaborate together to enhance awareness and insight around various situations related to the teaching profession.

**For additional questions,
please contact Dr. Alexandria Salerno at**

In the Blog...

6 TAKEAWAYS FOR PARENTS: ENCOURAGING CONFIDENCE AND SELF- COMPASSION WITH TEENAGE DAUGHTERS



The teenage years can be tough; for the teenagers navigating this time of life and the parents doing their best to stay steady amidst the choppy waters. One of the major obstacles that teens face during this time is the development of confidence and an overall strong sense of self. Not only are teens dealing with biological and social changes, but they're also doing their best to try and figure out how to like and be kind to themselves through it all.

[Read More](#)

9 WAYS TO KEEP YOUR COOL WHEN YOUR KID IS LOSING IT

[Click Here to Register Today!](#)



Social Skills Groups All ages!

Level 1: Ages 3-4, Wednesdays at 2:00pm

Level 2: Ages 5-6, Wednesdays at 4:00pm

Level 3: Ages 7-9, Wednesdays at 5:00pm

Level 4: Ages 10-12, Wednesdays at 6:00pm

Our 50-minute Social Skills Groups have a relational focus that teaches children how to approach others, resolve conflict, and make friends. Our groups aim to help children develop a deeper capacity for relatedness that can be translated into more meaningful relationships, both at home and at school.

Kids in our Social Skills Groups often leave with the following tools:

- Increased patience
- Decreased impulsive behavior
- Confidence to initiate conversation
- Ability to resolve conflict
- Greater awareness of social cues
- Capacity to respond to others with understanding and empathy
- Feelings of connection with peers

**For additional questions,
please contact Dr. Ashley Houchin at
630-571-5750 x. 242.**

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I'm writing this after a particularly frenzied mama morning, hustling my family out the door with our usual host of on-time arrival hurdles and preschool power struggles common to life with little ones. Some moments are just tough, especially when your child is struggling to keep it together and your patience is wearing thin.

[Read More](#)

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SVPS Blog
content!](#)



Teen Support Groups

Teen Girl's Group: Ages 13-15, Tuesdays at 6:00pm

Teen Boy's Group: Ages 13-15, Mondays at 6:00pm

High School Group: Grades 9-12, Tuesdays at 5:00pm

Navigating relationships as a teenager can be difficult. Our 50-minute teen groups will provide a safe space for teens to discuss their struggles and successes. Leaders help to facilitate group discussions about topics such as bullying, body image, self-confidence, academic achievement, sports, friendships, and more.

**For additional questions,
please contact Dr. Ashley Houchin at
630-571-5750 x. 242.**

[Click Here to Register Today!](#)

[Click here to view all of our
current and upcoming groups](#)



Featured Clinician:
Priscilla C. Butler, Psy.D.

*Director of Psychological Assessment,
Licensed Clinical Psychologist*

Dr. Butler works primarily with adults and adolescents, but also with older youth and couples. She completed post-doctoral instruction in social-emotional assessment methods and enjoys her training and supervisory roles within the Shared Vision Diagnostic Clinic. Dr. Butler works frequently with individuals who are involved in life transitions, from emerging adulthood to post-retirement. She has particular interest and experience working with clients through issues related to gender, grief and loss, workplace conflict, interpersonal traumas, and relationship concerns. Dr. Butler offers parent guidance services including Circle of Security© Parent Education.

Other Services We Offer

- Individual, Couples, and Family Therapy
- Comprehensive Diagnostic Evaluations
- Collaboration with Schools
- Consultation to Professionals
- Community Presentations, Seminars, and Training
- Pre- and Post- Adoption Psychological Services
- Developmental & Special Needs Psychological Services



Contact Us!

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