

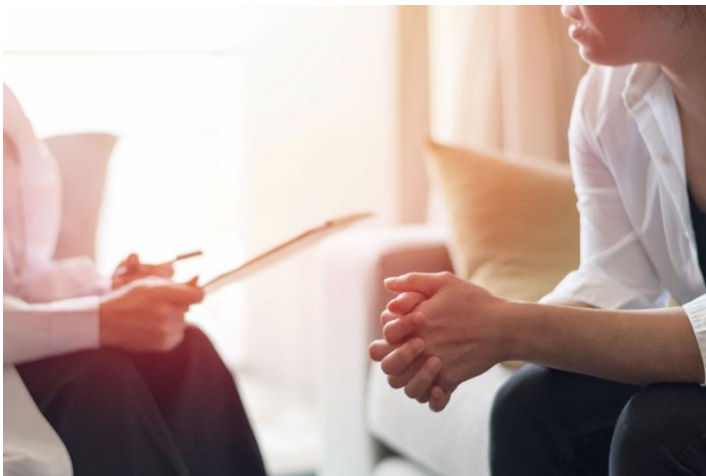


Building Healthy Connections Newsletter

July 2019

NEW!

Parent Consultation Services



We appreciate that parenting can be full of joys alongside unexpected obstacles and challenging developmental phases. SVPS offers supportive, effective parent consultation to address the challenges that induce stress and leave us feeling trapped in unhealthy rhythms in our parenting. We will work with you to provide the coaching and consultation that best fits your family's unique needs.

Short-term Parent Consultation:

We offer brief consultation sessions targeting specific developmental challenges or behavioral issues to develop helpful ways of understanding and responding to your child or teen. In our brief consultations, we can also provide a review of records and/or prior testing to determine the best course ahead for your family.

Parent Consultation:

SVPS also provides in-depth consultation addressing more complex dynamics or recurrent difficulties to help you establish a more fulfilling, enjoyable relationship with your child or teen. We help parents

In the Blog...

DIFFICULTY PAYING ATTENTION: ADHD OR SOMETHING ELSE?



As a clinician, one of the most common presenting concerns I hear from clients across all ages (especially with children) is that they have a difficult time focusing, concentrating, and sustaining an adequate amount of attention to complete the tasks they are faced with in their every day lives. Despite their expressed efforts, they just can't seem to focus in school, complete their homework, or endure the length of time it takes to devote their attention to a project that is necessary to achieve their goals.

[**Read More**](#)

AN INTRODUCTION TO HOW MUSIC AFFECTS YOUR BRAIN

manage the stress involved with common parenting challenges.

[Click here to learn about the types of parenting challenges we address with our Parent Consultation Services!](#)

Featured Groups:



Young Adult Group

Day/Time: Fridays at 3:00pm
Ages 18+

Launching takes place when a young adult leaves their home of childhood in order to pursue adulthood. Many times this involves going away to college or obtaining a first full-time job. While this can be an exciting time, it can also be filled with fear, anxiety, stress, and uncertainty. Sometimes young adults struggle to successfully launch and move into the next developmental stage of adulthood. This group will aim to provide a safe and supportive environment for young adults struggling with issues related to launching.

[Click here to register today!](#)



As a psychologist and a musician, I remember my mother telling me to practice my violin when I was young. When I complained – which I did, often- she would shout up the stairs that it was good for me. As it turns out, she was right. Although she was likely unaware of exactly how or why it was good for me, research now shows us that listening to, and especially playing music, exercises almost every part of the brain.

[Read More](#)

[Check out more SVPS Blog content!](#)



Women's Stress Management Group

Day/Time: Thursdays at 5:45pm
Ages 35+

This weekly, process-oriented therapy group is open to women of all ages who are seeking a supportive, relational experience in which to explore presenting areas of distress and to strengthen each individual's strivings towards desired growth, change, and overall sense of well-being. Members that participate in our Women's Group find this environment to serve as a safe, non-judgmental, and collaborative forum in which they are empowered to enhance self-awareness, insight, and healthy coping strategies.

[Click here to register today!](#)



Divorced Dad's/Men's Support Group

Day/Time: Mondays at 5:00pm
Ages 35+

In recognition that dad's often struggle to find safe spaces where they can freely discuss their feelings, we want to provide a space for dads to gather and support each other through the often difficult and emotionally charged process of divorce.

[Click here to register today!](#)

**All of our groups are accepting
new members!**

[Click here to view them all](#)



Featured Clinician:
Natalie Chapman, Psy.D.
Bilingual Licensed Clinical Psychologist

Dr. Natalie Chapman specializes in the assessment and therapeutic treatment of pre-school and school-aged children, teens, and adults through a dynamic, attachment-based approach. Dr. Chapman has particular interests in child and adolescent development, attachment and relational dynamics within the parent-child dyad, the treatment of anxiety and depressive disorders, eating disorders and disordered eating, adjustment to life transitions, ADHD, trauma and loss, and relational difficulties. Treatments include play and sandtray therapy for

children, as well as individual and group psychotherapy for adolescents and adults, and parent consultation. Dr. Chapman is a certified Circle of Security© Parent Educator.

As a bilingual and bicultural clinician, Dr. Chapman provides psychotherapy services in both English and Spanish. With great respect for each client and family, Dr. Chapman emphasizes culturally-informed care of all patients and works to sensitively adapt treatment to meet each client's individual needs.

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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