



**SHARED VISION**  
PSYCHOLOGICAL SERVICES  
*Building Healthy Connections*

## Building Healthy Connections Newsletter October 2019

### Teen Support Group Beginning October 15th!



### *Teen Support Group*

*Ages: 16-18 years*

*Day/Time: Tuesdays at 5:00 pm*

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.

[Click here to register today!](#)

**Last Chance to Register:**

### In the Blog...

#### **5 GUIDELINES FOR TALKING TO CHILDREN ABOUT SEPARATION & DIVORCE**



As a clinic that provides therapeutic services across the lifespan, we often find that many of the individuals and families who seek our support struggle with difficulties related to marital distress within the home environment. The prevalence of these difficulties is reflected across the country. According to the most recent National Survey of Family Growth, over 20% of first marriages end in divorce within five years, and that this percentage hovers just under 50% by the 20-year marital threshold.

[Read More](#)

#### **7 WARNING SIGNS OF BULLYING AT SCHOOL**



## ***Special Education 101: Workshop for Parents***

*Day/Time: Saturday, October 5th 9:00am-11:00am  
Price: \$35.00 per person (\$50.00 per couple)*

The goal of this workshop is to help familiarize parents with what to expect from schools should they believe their child may qualify for special education services. The presentation will focus on:

- How do you know if your child needs special education?
- Differences between 504 plans and special education
- How the process of special education eligibility works
- What to expect during meetings with school staff
- What is an IEP?
- Parental rights
- Tips for advocating for your child

If you have any additional questions regarding the upcoming workshop, please contact Dr. Jared Spencer at 630-571-5750 x 252.

[Click here to register today!](#)

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## **Looking to Help Your Child Improve Their Social Skills?**



Bullying – both in-person and online – presents potentially serious consequences for all involved: the targeted child, children who vicariously witness the aggression, and the child bullying others. According to the National Center for Educational Statistics, one in every five students reported being bullied in 2016, and 64 percent of bullied children don't report these experiences to adults.

[Read More](#)

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



## *Social Skills Groups*

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

***Ages 3-4 years:*** Wednesdays at 2:00 pm

***Ages 5-6 years:*** Wednesdays at 4:00 pm

***Ages 7-9 years:*** Wednesdays at 5:00 pm

***Ages 10-12 years:*** Wednesdays at 6:00 pm

[Click here to register today!](#)

[Click here for more information about all groups & to register!](#)

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## **Featured Clinician:**

***Myra M. Lawrence, Psy.D.***

*Founder & CEO, Licensed Clinical Psychologist*

Dr. Myra Lawrence always knew she wanted to be a psychologist — one that worked with children and remembered what it was like to be a child and talk to them in their terms.

Dr. Lawrence explains her philosophy on treatment best: “I think that all of us are very hungry for feeling understood and known. In our day-to-day lives, that happens sometimes; but not as much as people need. And not deeply known in the sense that you don’t have to translate yourself to someone else for them to get who you are and what you mean. For them to take you seriously and not evaluate or judge and be ready to comment on it. I think that’s our primary task — to create a place where people can have that experience, because the capacity for attunement and responding appropriately to each person’s experience is what really builds the possibility of them looking at themselves and coming to know themselves in full ways, having empathy for themselves and feeling peaceful and contented with themselves. I think it only comes through a relationship with therapy. I don’t think it’s something you can direct for people. You have to pay close attention, so you’re right where they are.”

## 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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