



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter

June 2020

A Message from SVPS:

All of us at SVPS hope this finds you and your family well during this time.

We want to update you on our continued remote operations throughout the COVID-19 pandemic. To ensure the ongoing safety of all patients, their family members, and our staff, we will continue to offer all of our clinical services through online and telehealth platforms until further notice.

We closely monitor recommendations by the American Psychological Association, Centers for Disease Control, and our state and federal health agencies. When risks can be safely mitigated, we will provide you with ample notice to any shift in our operations. Major insurance companies, including BCBS, have committed to continued expansions of coverage for telehealth services.

Take good care,
The SVPS Team



Parent Consultation Remote Services

In the Blog...

RESOURCES FOR TALKING TO CHILDREN ABOUT RACE



"With protests over the violent deaths of black Americans dominating the news, it's understandable that many kids are feeling scared, confused or angry about the situation. How can parents, many of whom are struggling themselves, help children process what they're seeing and manage their feelings?"

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KIDS & SLEEP DURING QUARANTINE



It's not just adults who are awake at night during the COVID-19 pandemic. From relaxed routines to sudden nightmares, children of all ages are struggling to settle as well. Most kids just aren't being



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.

We offer short-term or long-term parent consultation services to address the following challenges:

- Anxiety or mood swings
- Behavioral outbursts
- Bullying, teasing, or other social difficulties
- Concerns around developmental expectations
- Co-parenting/Blending families
- Coping with marital separation/divorce
- Coping with trauma or loss
- Difficulty eating, toileting, or sleeping
- Executive functioning challenges
- General parenting stress or unease
- Navigating transitions
- Poor self-regulation
- School adjustment/learning challenges
- Separation and divorce
- Sibling rivalry

[Click here to request an appointment!](#)

stimulated in the same ways as they are at daycare or school. They're not getting outside as much, and aren't able to play together in the same ways...

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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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