



Building Healthy Connections Newsletter

June 2021

Spotlight on: Family Therapy



At SVPS, family therapy is a process that allows families to repair ruptures in their relationships and work to develop or rebuild an emotionally secure bond with connection and closeness.

In a safe and non-judgmental space, therapy first aims to explore the interactions in the family in terms of their needs of comfort and support. Through both talk and play, this process seeks to understand the deeper emotional needs of parents and children alike and form new paths to communicate these needs to each other. This empirically validated approach offers families the chance to experience and practice new ways of being together that will ultimately enhance their ability to navigate transitions and stressors now and in the future.

Family therapy addresses the following common struggles:

- Addiction
- Career/ work challenges

Recommended Blog...

HOW GIRLS WITH ADHD ARE DIFFERENT



from ***The Child Mind Institute***

By Rae Jacobson

I've always been a space cadet. Prone to lateness and losing things, brought crashing back from daydreams by people clapping their hands in front of my face. "Earth to Rae," they'd say, exasperated. As a kid I read for hours but the simplest homework assignments reduced me to a tearful mess. "You can do this," my bewildered parents insisted. "You know this stuff!" "No, I can't," I'd bawl. "I'm not normal enough to be a normal person. Something is wrong with me."

[CLICK HERE TO READ](#)

**Check out our
SVPS Blog
content!**

- Conflict between siblings
- Conflict resolution
- Co-parenting/Blending families
- Coping with marital separation/divorce
- Disruptive behavior
- Eating Disorders
- Financial stressors
- Frequent arguments or power struggles
- Immediate and extended family stressors
- Navigating transitions
- Sibling rivalry
- Trauma & loss
- Volatile styles of relating
- Withdrawn/detached styles of relating



Like us on
Facebook!

If you are interested in family therapy, **click here for more information** or **contact us today**.

REQUEST AN APPOINTMENT

Featured Online Groups:

Social Skills Group Ages 5-6 & Ages 10-12



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

[Click here to register today!](#)

Young Adult/Recent Graduate Support Group, Ages 18-25



Launching takes place when a young adult leaves their home of childhood in order to pursue adulthood. Many times this involves graduations, 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!](#)

[View all of our online groups here!](#)

[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!

Shared Vision Psychological Services, Inc.
(phone) 630.571.5750, ext. 224 | (fax) 630.571.5751
www.sharedvision.org