



Building Healthy Connections Newsletter

July 2021

Spotlight on: Therapy Services for Children



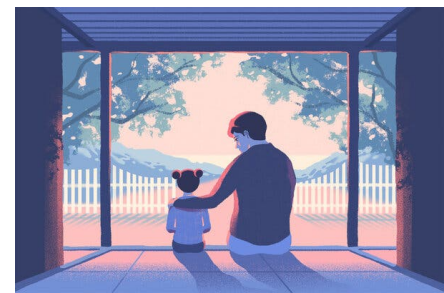
We work with children, as well as their families, to support their growth and development in a caring and supportive environment. For children, “toys are their words and play is their language.” As such, treatment modalities include play and sandtray therapy for young and school-aged children. We believe parents play a large role in supporting the therapeutic process, and as such, we work to actively involve parents in their child’s treatment in ways that feel respectful to the child, while also collaboratively forming a team with parents.

Some reasons children come to Shared Vision:

- ADHD
- Anger & behavioral concerns
- Anxiety
- Autism
- Body image concerns
- Bullying, cyber-bullying, teasing, or social aggression
- Coping with separation & divorce
- Depression
- Developmental delays

Recommended Blog...

HOW TO SPOT DEPRESSION IN YOUNG CHILDREN



from **The NY Times**
By Perri Klass, M.D.

When parents bring their children in for medical care these days, there is no such thing as a casual, “Hey, how’s it going?” We doctors walk into every exam room prepared to hear a story of sadness and stress, or at the very least, of coping and keeping it together in this very hard year, full of isolation, loss, tragedy and hardship, with routines disrupted and comfort hard to come by.

Parents have carried heavy burdens of stress and responsibility, worrying about themselves but also watching their children struggle, and there is worldwide concern about depression and suicidality among young people. But it isn’t only the adults and the young adults and teenagers who are suffering and sad; young children can also experience depression, but it can

- Difficulty with eating, toileting, or sleeping
- Executive Functioning impairments
- Family transitions
- Learning difficulties
- Medical illness
- OCD
- Phobias
- Poor self-esteem
- Selective mutism
- Sensory sensitivities
- Sibling Rivalry
- Social Struggles & withdrawal
- Trauma & loss

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

[REQUEST AN APPOINTMENT](#)

Featured Online Groups:

Social Skills Groups for Children & Adolescents



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:

look very different, which makes it challenging for parents — or doctors — to recognize it and provide help.

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Check out our
SVPS Blog
content!



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- 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!

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