

PARENT COACHING GROUPS:

Education and Support Groups for

Parents of Children with Behavioral or Emotional Challenges

GROUP DESCRIPTION: The role of being a parent has many demands and challenges. It is difficult at times to know how to relate to children and adolescents, build support, and discipline effectively. This group validates the difficulties of parenting and the need for effective discipline, and simultaneously supports the need to learn new skills to have a better relationship with children and adolescents.

GROUP GOALS INCLUDE:

- Decrease frequency of conflicts between parents and their children.
- Increase cooperation and follow through.
- Learn to apply effective behavioral approaches to addressing problematic behaviors.
- Increase knowledge of specific psychological challenges and research-supported accommodations and support strategies.

REFERRAL AND MEMBERSHIP: Parents with children exhibiting behavioral or emotional challenges including ADHD, Oppositional Defiant Disorder, anxiety, depression, anger outbursts, and other behavioral or emotional challenges. An initial consultation will occur before the group to identify specific goals.

**Maria M. Lopez-Iftikhar, MS, LCPC
Child, Family, and Adult Therapist**

Maria is a Licensed Clinical Professional Counselor who has been providing counseling services to children, families, and adults for the past fifteen years. Maria received her Master's in Clinical Psychology from Benedictine University. She holds Bachelors and Masters degrees in Sociology from Iowa State University. Maria is a published author and has a background in social science research. Maria is experienced in providing individual, group, couples and family therapy to adults, adolescents and children. She provides fluent services in English and Spanish. Maria brings a wealth of counseling and life experience in supporting the needs of her clientele.



Areas of Specialization and Experience Include:

- Adult Depression, Anxiety, and Relationship Issues
- Parenting Education and Parenting Classes
- Bipolar Disorder
- Life Transitions
- Relationship Issues
- ADHD
- English and Spanish Speaker

Contact Maria Lopez-Iftikhar by e-mail with a question or to schedule an initial consultation at MLopez@pathways-psychology.com.

**Pathways Psychology Services, 27W130 Roosevelt Road, Suite 203, Winfield, IL 60190
630-588-8490 www.pathways-psychology.com**

Are you a 13 – 16 year old girl dealing with. . .

s o c i a l a n x i e t y

a c a d e m i c p r e s s u r e

P A R E N T A L P R E S S U R E

OR

S E L F I N J U R Y ? ? ? ? ?

Then. . .

THE ENLIGHTENED GIRL

skills training group can help you better cope in your everyday life.

Six Saturday sessions, 11am-12:15pm (starting January 16th)

1105 Curtiss St, Downers Grove, limited space, maximum 8 girls

\$50 per session

This group uses Dialectical Behavioral Therapy (DBT) skills to help you learn how to manage emotions, balance responsibilities, build self-respect, validate yourself and others, and be present in the moment.

Run by Ann Carlson & Kristy Johnstone, Licensed Clinical Social Workers specializing in adolescent issues.

Register at ann.carlson5@gmail.com or 630-318-2805.



Starting Soon!

Fun with F.R.I.E.N.D.S.!

Social Skills Groups for Grades K-2, 3-5 and 6-8

Would your kid benefit from learning How to Be a Friend?

Handling social situations is a skill that can be learned & improved.



Fun with Friends Skills

Find something in common

Respect other kids' space, property & ideas

Include – Invite kids to participate

Empathy – Show you care

KNOW when to support each other

Do the right thing – Even if no one's looking

Say you're sorry – Everyone makes mistakes

Our 8 week Social Skills Groups helps kids learn skills for making & keeping friends. Groups are a great place to learn and practice new skills with supportive peers. Each week includes a parent meeting to explain the skills and keep parents informed. Groups form on an as needed basis so please contact the practice to express your interest. Insurance Accepted.

For information, contact *Susan Myket, Ph.D. & Associates*

(630) 355-9002 or www.myketandassociates.com

1415 Bond St., Suite 127 Naperville, IL 60563

Groups Forming Now For Preschoolers through High Schoolers!

Autism Spectrum Social Skills Groups

We welcome children with Autism Spectrum Disorders (ASD) and related concerns to join our structured and interactive social skills groups!



- ❖ We take great care in assigning groups to increase your child's likelihood of making lasting friendships.
- ❖ We have separate groups based on cognitive, language & social skill levels to maximize learning opportunities.
- ❖ Each group session focuses on learning about a specific topic & practicing those skills through role plays, video modeling, cooperative teamwork, & other activities.
- ❖ Parents select relevant group topics. Parent skill-based training included.
- ❖ Individual goals are established for each child to develop & practice.

For information, contact **The Autism Spectrum Clinic @**

Susan Myket, Ph.D. & Associates

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Adolescent Girls DBT Groups



Dialectical Behavior Therapy (DBT) helps teens deal with strong feelings, manage life stressors, and improve their relationships with others. You will learn practical skills to help you through adolescence to adulthood.

- **Mindfulness:** Focusing your mind on the present moment, centering yourself, & gaining understanding of your emotions.
- **Distress Tolerance:** Finding relief from intense, difficult emotions & reducing impulsive behaviors.
- **Emotion Regulation:** Learning to accept & tolerate emotions
- **Interpersonal Effectiveness:** Maintaining healthy relationships & getting what you need from relationships.
- **Walking the Middle Path:** Learning to replace either/or thinking with both/and thinking and improving parent & teen communication.

Our DBT Groups include 5 Modules and last 20 weeks. Groups meet for 60 minutes on Monday evenings. Participants are expected to attend every session. A monthly parent session is required. Please contact us for specific dates and times. New participants may enter at the beginning of each module. Insurance Accepted.

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Groups for 6th-8th Graders are Starting Soon!

Middle School Anxiety

Would your student like help dealing with anxiety?



If your junior high/middle school student suffers from anxiety, it can often feel like they are “the only one.” The truth is that many students are challenged by anxiety and it can affect their friendships, school work and family relationships. Your student can find help using research-supported Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT) in an age-appropriate anxiety group.

- ❖ Identify and Understand Anxiety Symptoms
- ❖ Discuss the Relationship Between
How You Think, Feel & Act
- ❖ Learn and Apply Mindfulness Strategies
- ❖ Develop a Positive Self-Image
- ❖ Provide & Receive Support from Peers

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Groups for Students in 9th – 12th Grade are Starting Soon!

Teen Anxiety & Depression

Would your teen like help dealing with anxiety or depression?



If your 14 to 18 year old teen suffers from anxiety or depression, it can often feel like they are “the only one.” The truth is that many teens struggle with anxiety and depression and this can affect their friendships, school work and family relationships. Your teen can find help using research-supported Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and other Third Wave CBT approaches.

- ❖ Discuss the Relationship Between How You Think, Feel & Act
- ❖ Increase Awareness & Acceptance of Emotions
- ❖ Learn Ways to Manage Emotions
- ❖ Provide & Receive Support from Peers

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