

FALL 2018 GROUPS AND CLASSES

GIRLS GROUP

Kayla Hoskins, M.S., C.S.W.A

(on-site supervisor, Jeff Sosne, Ph.D.)

6 sessions, Thursdays, September 13 – October 18, 2018, 4:00 – 5:00 p.m.

This group is for girls age 9 – 12 y/o to explore their ever-changing selves and relationships. Through group discussions and activities designed to help promote problem-solving and coping strategies we will address common themes that occur at this age, such as navigating a growing social world, building up a healthy self-image and managing the stress that comes with increasing responsibilities at home and school. We address many different areas of a young girl's life, including creating and/or maintaining friendships, processing emotions, and self-esteem or overall negativity. The cost is \$180 per child (non-insurance billable). A 30-minute consultation is required if your child is not a current patient at Children's Program. (503) 548-4844 to schedule. Once accepted in the group, REGISTER HERE.

ADHD Groups Follow-up Meeting

Jeff Sosne, Ph.D.

One parent meeting, Monday, October 1, 2018, 6:30 – 8:30 p.m.

This group is a follow up for parents who have attended Jeff Sosne's ADHD Beginners' Group, or Paying Attention to Attention Group, in the past. Dr. Sosne will address parents' questions and review class content. The cost is \$30 per family. Please email info@childrensprogram.com or call 503-548-4844 to register.

Trauma Recovery for Youth (TRY) – Teen Group

Ally Burr-Harris, Ph.D. and Kayla Hoskins, M.S., C.S.W.A

8 sessions, Monday, October 1 – November 26, 2018, 5:30 – 7:00 p.m. (No class 11/19)

This is a group for teens (13 years and older) who have been impacted by trauma including abuse, violence, accidents, medical trauma or traumatic loss. This eight-week group meets Monday evenings (skipping 11/19 session, with final session held 11/26). It includes psycho-education about the effects of trauma, coping strategies for managing trauma symptoms, planning for trauma reminders, processing of trauma memories and strategies for building resilience. Sessions will include skills-based practice, sharing and support, as well as lighter activities to ensure that we are staying within group members' tolerance zone. All teens will be screened by the leader individually beforehand to ensure that they are a good fit for this type of group therapy. Cost of the screening is \$50 if new to the Children's Program. We work hard to match group members with similar types and levels of trauma exposure. The group leader may require that the teen also participate in individual therapy to ensure adequate support. Once accepted, all parents/guardians will be asked to first attend a parent meeting, date/time to-be-determined. Parents are invited to join part of the final session. Cost of the group is \$75 per session (\$600 total), and may be covered by insurance if the teen has a diagnosis related to trauma symptoms. A TRY group for children ages 9 to 12 will be offered in the spring of 2019.

THE INCREDIBLE YEARS: Parent-Child Group

Rose Eagle, Ph.D. and Nichole Sage, Psy.D.

12 Mondays, September 24 – December 17, 2018 CURRENTLY WAITLIST ONLY

This research-based curriculum is designed to support parents and children ages 4-6 with disruptive behavior including hyperactivity, defiance, impulsivity and tantrums. Parent and child sessions are held in separate rooms simultaneously. Families learn to improve their child's coping, self-regulation and social skills and decrease negative behaviors at home and/or at school. Sessions are fun, supportive and positive. Families leave with tools for every-day use. An initial consultation (\$210, billable to insurance) is required. Group size is limited. Participating families will receive a specialized registration packet to be completed prior to the first session. The cost is \$1200 (this includes 12 parent group sessions and 12 child group sessions which occur simultaneously). Both parent and child sessions are billable to some health insurance plans.

THE INCREDIBLE YEARS: Parents Only Group

Mariko Clark, M.A., L.P.C.

12 Parent Meetings, Wednesday, October 3 – December 19, 10:00 – 11:30 a.m.

This research-based curriculum is designed to support parents of children aged 3-8 years old with disruptive behavior including hyperactivity, defiance, impulsivity and tantrums. The 12 week program builds on itself to support parents in self-care, and provide tools to improve their child's coping, self-regulation and social skills and decrease negative behaviors at home and/or at school. Sessions are fun, supportive and positive. Parents leave with tools for every-day use, and skills to practice at home. An initial 45-minute consultation is required for families new to Children's Program, or not seen in the last year (cost is \$35). Group size is limited. Participating parents will receive a specialized registration packet to be completed prior to the first session. The cost is \$420 for 12-weeks, and billable to some insurance plans. Call 503-802-0977.

SEEING MY TIME

Jennifer Simon-Thomas, Ph.D.

7 Parent/Student Meetings, Tuesday, October 16-November 27, 2018, 5:30 – 6:30 p.m.

Does your child struggle to get work done well and on time? Then this is the class for you. This is a hands-on class for 7th – 12th grade students, who struggle with time management, work initiation/completion, organization and overall ability to get work done before play. The Seeing My Time program was developed by Marydee Sklar and focuses on making time tangible. We will discuss brain development, the connection between the brain and behavior, as well as offer easy-to-use tools to increase executive functioning skills. This is a seven-week class that builds upon itself. Parents and students participate together. Group size is limited to 8 students. One parent must attend every session. If you are not a current patient at Children's Program an initial consultation (\$210) is required. \$350 + \$40 for workbooks. Consult and sessions are billable to some insurance plans. A specialized registration packet must be completed once accepted in the group. Please call 503-548-4844 to check availability.

COFFEE CLUB: A SOCIAL GROUP FOR TEENS

Kayla Hoskins, MS, CSWA

(on-site supervisor, Jeff Sosne Ph.D.)

6 Thursdays, beginning October 25 to December 6, 2018, 4:00 – 5:00 p.m. (No class 11/22)

This social group for teens ages 15-19 is developed and led by a counseling social work resident at the Children's Program. We are excited to offer this unique opportunity to support clients from a holistic, comprehensive framework that addresses both the social communication and social-emotional components of peer relationships. This group takes place weekly in a community setting, all while enjoying coffee, drinks, and treats! The cost of the series is \$300 for 6 sessions (does not include the cost of food/drinks). A 30-minute interview is required for current clients at no cost. New clients must schedule an initial consultation with Kayla Hoskins (\$50). To Register call (503) 548-4844 or stop by our office, no online registration available.

BEGINNER'S AD/HD GROUP – INTENSIVE WEEKEND FORMAT

Jeff Sosne, Ph.D.

1 Parent meeting, Thursday, November 1, 2018, 6:00 – 8:00 p.m.

2 parent/student meetings: Saturday and Sunday, November 3 & 4, 2018, 9:00 – 12:00 p.m.

This group teaches children struggling with self-control and/or attention (AD/HD) to work productively and behave appropriately within group settings. This program introduces behavioral, cognitive and emotional regulation skills that are reinforced through specially designed peer group activities. The group model encourages peer support and enables the children to learn from each other. Parents observe to learn and then apply the concepts at home. The weekend begins with a Thursday night class for parents-only. Parents from the Beginners Group and Paying Attention to Attention Group will meet together Thursday. Students and parents will then meet on both Saturday, November 3 (9:00 – 12:00 p.m.) and Sunday, November 4 (9:00-12:00 p.m.) for the group activities. This group requires a specialized registration packet available at the office, online at www.childrensprogram.com (General Forms page) or mailed upon request. The cost is \$280. This weekend group is NOT insurance billable. There will be a new opportunity for parents whose children are too young/old to attend the group. These parents may attend the evening informational meetings and observe the group sessions for a reduced cost of \$150. Call (503) 548-4844

REGISTER HERE – Group (\$280) and complete packet

REGISTER HERE – Parent Observation (\$150)

PAY ATTENTION TO ATTENTION - INTENSIVE WEEKEND FORMAT

Jeff Sosne, Ph.D.

1 Parent meeting, Thursday, November 1, 2018, 6:00 – 8:00 p.m.

2 parent/student meetings: Saturday and Sunday, November 3 & 4, 2018, 1:00 – 4:00 p.m.

This group is designed for elementary aged children with primary weaknesses in effortful, executive, “everyday” attention. (Please note: children with self-control/attention problems are better served in the Beginner’s AD/HD Group.) Students will learn the importance of giving teachers and tasks their undivided attention. Attention training games will help students improve their ability to sustain attention, shift focus and monitor task activity. Parents will learn how to light up their children’s attention center and work within their child’s attention span. The weekend begins with a Thursday night class for parents-only. Parents from the Beginners’ Group and Paying Attention to Attention Group will meet together Thursday. Students and parents will then meet on both Saturday, November 3 (1:00 – 4:00 p.m.) and Sunday, November 4 (1:00-4:00 p.m.) for the group activities. This group requires a specialized registration packet available at the office, online at www.childrensprogram.com (General Forms page) or mailed upon request. The cost is \$280. This weekend group is NOT insurance billable. There will be a new opportunity for parents whose children are too young/old to attend the group. These parents may attend the evening informational meetings and observe the group sessions for a reduced cost of \$150. Call (503) 548-4844.

REGISTER HERE – Group (\$280) and complete packet

REGISTER HERE – Parent Observation (\$150)

SKILLS FOR MIDDLE SCHOOL SUCCESS Allan Cordova, Ph.D.

3 parent and student meetings, Thursdays, November 8, 15 and 29, 2018

5:30 – 7:00 p.m. (No class 11/22 Thanksgiving Holiday)

Students and parents attend this class together to improve academic motivation, goal setting, attention, memory, organization and other executive functions that are central to academic achievement. Consider the changing role of parents during the transition to middle school and then into high school. This is a positive skill-building class and will not address behavioral issues.

\$240 (non-insurance billable). [Click here to register.](#)