

Interpersonal Therapy Groups

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Groups are a great way for youths to learn and practice new skills while in a small group setting under supervision. Group members encourage and support each other to develop and maintain healthy relationships with others via therapeutic, cooperative activities and social interaction experiences that require group members to learn and use a variety of social and interpersonal skills.

- Ages 4-18, in developmentally and age-appropriate groupings
- Initial, separate evaluation to identify needs and establish goals for group
- Weekly, one hour groups year round in 8-12 week blocks
- If indicated, consultation and collaboration with school staff, or with any other professionals, is also provided

YOUR CHILD WILL LEARN SKILLS IN ANY OF THE FOLLOWING AREAS, ACCORDING TO YOUR CHILD'S NEEDS:

- Problem Solving Skills
- Negotiation and compromise skills
- Assertion Skills
- Greeting/Introduction skills, conversation skills, skills to interact with peers
- Communication techniques and effective expression of feelings
- Anger Management and Frustration Tolerance Skills

PARENTS WILL LEARN:

- About the skills their child is learning via 15-20 minute meetings midway through, and at the end of, group. If indicated, full, separate sessions to work on skills are available.
- How to help their child use these skills

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