



Therapeutic Groups Now Forming for Children

Two therapeutic groups for children ages 5 through 13 years are now forming for the Fall of 2015. The two after school programs are offered to children who struggle with social skills deficits and anxiety. These weekly groups generally maintain a small group size of 3 - 6 members. To learn more, please read below

Social Skills:

Mastering social situations and learning to work with others is often a difficult skill for many children to learn. By gaining increased awareness of others, children are taught to compromise, negotiate and problem solve as they engage in activities that emphasize cooperation. Parent sessions are included to reinforce your child's learning.

Anxiety:

Coping with Anxiety and Stress: This is a 4 month group which teaches children ages 4-18 relaxation, helpful coping thinking, and problem solving skills to reduce anxiety. Children in this group develop 'Coping Plans' to use these skills to manage/reduce anxiety in the real life situations that trigger their



The Center for Psychology & Counseling, LLC was co-founded in 1994 by Dr. Harvey Ziff and Julie Ziff, LCSW. We are a private practice group that has served the Doylestown area for over 20 years with an exceptional reputation in the community. We provide comprehensive psychological services for children, adults and families and continue to uphold only the highest professional and ethical standards to ensure each individual receives only the best quality care. Our practice has continued to grow

anxiety. Parent/caregiver groups are included in this program to support the child's implementation of their new skills.

Chill Out and Max Relax: A Coping Skills Group for Anxiety: This is a 3-4 month group specifically designed for children ages 6-13 with Level 1 Autism, (formerly Asperger's and PDD NOS), learning, and/or ADHD and Executive Functioning difficulties. Children are taught helpful coping thinking and problem solving skills to reduce their anxiety and develop individualized 'Coping Plans.' Parents meet separately during this program to learn strategies to assist their child manage and decrease anxiety.

All of the therapeutic groups maintain a small attendance, (3-6 children), and children are matched together by similar needs/ages and stage of development. Prior to group, an evaluation is completed to identify the needs of each child and treatment goals

over the years and now includes a small group of very dedicated and highly regarded therapists who provide exceptional services in their areas of specialization.

Please contact Julie Ziff at 21-348-3300 for more information about Therapy Groups.



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