Something to Talk About

Winter-Spring 2017

!

GREAT APPS FOR STUDENTS

More Changes

Greetings from the Children's Program

We have reached the Winter Solstice when the days begin to offer more light. We hope for more brightness in your world. Thank you for being a part of the Children's Program. Onward in the New Year! A new blog section on our website launched and will include helpful articles, information and clinician profiles.
Please CLICK HERE to check it out.

We are continuing to update our client services with a new automated call reminder system that provides email, text and voice reminders of upcoming appointments. Please let us know if you have not received reminders, you may need to update your email, phone and texting information at the front desk.

Another change coming is a new billing and statement system. BillFlash will offer you the option to receive statements by email and pay bills electronically. Check your next mailed statement for instructions about selecting the electronic email and payment options.

A Few of the Best Apps of 2016

NAMOO – Wonders of Plant Life
Viewers can examine a variety of plant systems through music, sounds and artwork. A beautiful way to explore the impact of environmental conditions on plant life.
Skyscrapers by Tinybop
Alter the form and structure of buildings. Children learn the inner workings of their building designs
Timeline Battle Castles
Hours of video and images to provide details about the Middle Ages and its key figures.

CLASSES AND GROUPS FOR WINTER-SPRING 2017

PAY ATTENTION TO ATTENTION (Intensive Weekend Format)
Jeff Sosne, Ph.D.
Saturday, February 4, 2017 10:00 a.m. – 12:00 p.m. and 1:00 - 3:00 p.m.
Sunday, February 5, 2017 10:00 a.m. – 12:00 p.m. and 1:00 - 3:00 p.m.
This group is designed for parents and their 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 child's attention center and work within their attention span. Students and parents participate together on both Saturday and Sunday. $300 for registration received before 1/23/2017. $325 if registration is received after that date. This weekend group is NOT insurance billable.

BYTESIZE LABS: MECHANICS OF MINECRAFT – LEVEL 1
RJ Layton, B.S., M.F.A.
Winter Session: 4 Mondays, beginning Feb. 6 – Feb. 27, 20 4:00-5:30 p.m.
Spring Session: 4 Mondays, beginning April 3 – April 24, 2017 4:00-5:30 p.m.
Calling all aspiring programmers! Utilizing the popular game Minecraft, boys and girls age 8-12 learn how programmers think and develop robots. Participants will learn skills and concepts that allow them to move on to more complex programming opportunities, as well as learn responsible digital citizenship. Participants should be curious, sociable and enthusiastic. This class is not appropriate for students with self-control/behavioral problems. New applicants and their parents need to schedule a free pre-enrollment interview to determine appropriate placement in the program for the child. $200.

SEEING MY TIME
Jennifer Simon-Thomas, Ph.D.
7 Parent and Student Sessions
Tuesdays beginning February 7 - March 21, 2017
5:00 – 6:00 p.m.
This is a hands-on class for parents and their **middle school students** who struggle with getting their work turned in on time, organizing their things, getting work done before play, etc. We will use a workbook to teach skills that kids can use right away. There is a focus on visual supports to make time tangible. We will also talk about brain development, the connection between the brain and behavior, and offer tools to help those of us who struggle with time management. The ultimate goal is to help kids get done what needs to be done, so that they can do the things that they enjoy. This is a seven-week class that builds upon itself. Parents and students participate together. Group size is limited to 8 students and a parent(s). An initial consultation ($150) is required for families who are not current patients.
$350 + $20 for workbook. Sessions may be billable to insurance.
Pre-registration with a specialized registration packet is required, please CLICK HERE.**

THE INCREDIBLE YEARS
Rose Eagle, Ph.D. and Nichole Sage, Psy.D.
12 Sessions
Mondays beginning February 20 – May 15, 2017 (No group 3/27/17)
4:00 – 5:15 p.m.
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 ($150, billable to insurance) is required. Group size is limited. A discounted rate is available for families without health insurance coverage. Both parent and child sessions may be billable to health insurance. Participating families will receive a specialized registration packet to be completed prior to the first session, please CLICK HERE.**

MIND TARGET: LEARN HOW TO TARGET YOUR ATTENTION
Sandra MacPhail, Ph.D.
1 Parent Meeting, Wednesday February 22, 2017 5:00 – 6:00 p.m.
4 Student/Parent Sessions, Wednesdays, March 1 – March 22, 2017
5:00 – 6:00 p.m.
Children ages 7-11 years and their parents work together to learn specific ways of paying attention to breath, body, thoughts and feelings through mindfulness practices (including yoga). Through learning to target attention, children will discover that they can *choose* what they say and how they act. Use of mindfulness practices have been shown to be effective in improving attention when used alone or in conjunction with behavior therapy and medication. Interested families should call (503) 548-4844 to schedule a REQUIRED 30-minute parent/child meeting (at no charge) with a group co-leader**.** Class is limited to 8 students.
$250, Student sessions only ($200) are health insurance billable. Pre-registration with a specialized registration packet is required, CLICK HERE.**

Q&A: What Are My Kids Doing On The Computer?
RJ Layton, B.S., M.F.A.
Wednesday, February 22, 2017
6:00-8:00 p.m.
Get answers to your burning computer and tech questions! Learn about the positives and negatives of the online world, from games to social media, and what you can do to monitor and manage your child's activity. $50.

PARENTS LEARN TO PLAY MINECRAFT!
RJ Layton, B.S., M.F.A.
Monday, February 27, 2017
6:00-8:00 p.m.
Ever wondered how to play the game that your kids are always playing? Want to get more involved when they tell you about their fantastic creations? Now you can! Get a hands-on, beginner tutorial that will teach you how to play the game at a basic level. $50

MAKING SENSE OF GENDER AND SEXUALITY
Dan Munoz, Ph.D.
Monday February 27, 2017
6:00 – 8:00 p.m.
When a child questions their gender a parent may not know how to respond. This 2-hour parents-only workshop discusses the biological, psychological and social aspects of gender and patterns of gender development. The goal of this workshop is to provide education and information so parents can have conversations with children in an affirming, non-judgmental way. $50 per adult/family.

BYTESIZE LABS: MECHANICS OF MINECRAFT – LEVEL 2
RJ Layton, B.S., M.F.A.
Winter Session: 4 Mondays, beginning March 6 - 27, 2017
4:00-5:30 p.m.
Spring Session: TBA
Students who have "leveled up" from the Level 1 class can now access the Level 2 class! In this class, students ages 10-14 add to their coding toolkit and program their robots to solve more complex problems. This class is not appropriate for students with self-control/behavioral problems. **Prerequisite:** Mechanics of Minecraft Level 1 and approval from the professor. $200.

NOT IN THE PARENTING MANUAL: HOW TO TALK WITH TEENS ABOUT PORNOGRAPHY
Allan Cordova, Ph.D.
2 Parents' meetings, Mondays April 3 and 10th, 2017
5:30 – 7:00 p.m.
Online exposure to pornography is widespread. Whether accidental or intentional, access has never been easier. With more than 90% of teens going online daily, and nearly one quarter of teens saying they go online "almost constantly," the likelihood of kids and teens encountering porn isn't a matter of "if" but "when." This workshop will explore what is known (and what isn't) about how exposure to and consumption of pornography affects youths' development, relationship expectations and sexual behaviors. We will encourage parents to challenge some of their assumptions and grapple with the emerging science in a supportive environment. We will also discuss strategies to help parents talk with and respond to their kids as they navigate the digital landscape. $90 per family.

MINDFUL PARENTING: STRESS REDUCTION AND DEVELOPING EMOTIONALLY INTELLIGENT CHILDREN
Sandra MacPhail, Ph.D. and Jennifer Abeles, LPC
6 Tuesdays April 4 – May 9, 2017, 6:00 – 7:15 p.m. (Last class 6:30 – 7:45 p.m.)
All parents endure stress, but studies show that parents of children with behavioral and emotional problems as well as disabilities such as ADHD, autism, and learning differences experience depression and anxiety more frequently. Mindfulness practice has been shown to reduce stress as well as increase attention in both adults and in children. In this class, parents will be introduced to mindfulness practices as a way to not only manage their own stress but to be more effective parents through using mindful parenting strategies. $300 per individual/or couple.

ANXIETY MANAGEMENT GROUP FOR ADULTS
Leah Katz, Ph.D.
6 Meetings
Beginning Wednesday April 5 – May 17, 2017 (No Class 5/10/17)
6:30 – 7:30 p.m.
Learn to increase awareness and better understanding of anxiety, as well as practical skills to manage it in day-to-day situations. Based on the Cognitive Behavioral framework for managing anxiety, this 6-week skill-based class runs Mondays from 6:30 – 7:30 p.m. at the Children's Program. We will touch on the basics of mindfulness meditation and Acceptance and Commitment Therapy, and how to use these tools to manage your anxiety. Participants must schedule an initial meeting with the group leader.
$300. Sessions may be health insurance billable.

BEGINNERS AD/HD GROUP for Ages 7-12
Jeff Sosne, Ph.D.
2 Parent Meetings, Wednesdays April 5 and June 7, 2017
5:00 – 6:15 p.m.
8 Student Sessions, Wednesdays April 12 – May 31, 2017
5:00 – 6:15 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. This group requires a , pre-registration and a specialized packet. $500. Student sessions ($400) are insurance billable. Please CLICK HERE.**

TANTRUMS, MELTDOWNS AND RAGE: PARENTING STRATEGIES FOR CALMING THE STORM
Ally Burr-Harris, Ph.D.
3 Thursdays, April 6, and May 4, and June 1 2017
6:00 – 8:00 p.m.
This is a workshop for parents of school-age children and teens who are prone to emotional outbursts. We will review strategies for catching your child before the storm, calming your child if he/she has passed that "critical window," and preventing future meltdowns from occurring. We will also review strategies for parents to stay calm in the face of a child's outburst. This workshop is for parents and caregivers only. $180 individual/or family.

STRENGTHENING ATTACHMENT AND HEALING FROM EARLY TRAUMA: A WORKSHOP FOR FOSTER AND ADOPTIVE PARENTS
Ally Burr-Harris, Ph.D.
Thursday, April 13, 2017
6:00 – 8:00 p.m.
This workshop will review the impact of early trauma on brain development and the common signs of attachment problems. Parents will learn the impact of parent attachment patterns and strategies for creating a secure attachment with your child. Tools to help calm and soothe a child who is in "survival mode" will be discussed. This workshop is not appropriate for waiting parents. $60 per individual/or family.

Does your high school student need help: Organizing and preparing presentations and projects? Writing and editing papers? For more information call (503) 548-4844.

Is your child interested in developing coding or media skills? Individual sessions are available with our in-house expert RJ Layton, B.S., M.F.A. Call (503) 548-4844 for more information.

***Registration packets are available at the office and online at: http://www.thechildrensprogram.com (General Forms), or mailed upon your request by calling (503) 548-4844.**

****Groups that are billed to insurance require a deposit. Please note that copayments/coinsurance/deductibles may apply to covered sessions.**