

OUR MISSION



WE STRIVE TO PROVIDE THE HIGHEST QUALITY OF CARE TO HELP PATIENTS MAKE POSITIVE CHANGES IN THEIR LIVES. WE VALUE, RESPECT AND EMBRACE THE UNIQUENESS AND DIVERSITY OF ALL INDIVIDUALS.

OUR GOAL IS TO MERGE DIFFERENT TREATMENT PLANS, AND CUSTOMIZE INDIVIDUAL APPROACHES ACCORDING TO EACH PATIENT'S NEED.

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Adolescent Skills and Process Groups



Advanced Psychiatry of Elgin



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ABOUT OUR THERAPIST

CLAUDIA IS A LICENSED CLINICAL PROFESSIONAL COUNSELOR WHO HAS ALSO ATTAINED HER CADC CERTIFICATION. SHE GRADUATED SUMMA CUM LAUDE FROM ILLINOIS STATE UNIVERSITY EARNING HER MASTER'S DEGREE IN CLINICAL-COUNSELING PSYCHOLOGY. SHE HAS TRAINED, MENTORED, AND SUPERVISED YOUNGER CLINICIANS AND ENJOYS TEACHING.

CLAUDIA HAS EXTENSIVE EXPERIENCE CONDUCTING COGNITIVE-BEHAVIORAL, DIALECTICAL-BEHAVIORAL, AND MOTIVATIONAL INTERVIEWING THERAPIES. YET, HER THERAPEUTIC APPROACH IS ECLECTIC, MEETING THE NEEDS OF HER CLIENTS. "A CERTAIN APPROACH THAT WORKS WITH ONE INDIVIDUAL MAY NOT RESONATE WITH ANOTHER; IT'S MY ROLE AS A THERAPIST TO MEET EACH CLIENT WHERE THEY ARE IN TREATMENT AND ADAPT THE MOST APPROPRIATE THERAPEUTIC INTERVENTIONS."



ADOLESCENT PROCESS GROUPS

RESEARCH SUGGESTS THAT DURING ADOLESCENCE, THE NUMBER ONE INFLUENCE ON TEENS IS PEERS AND THEIR SOCIAL CIRCLE. AS SUCH, PROCESS GROUPS, ALSO CALLED SELF-EXPLORATION GROUPS, ARE CONSIDERED TO BE HIGHLY BENEFICIAL FOR ADOLESCENTS.

CLIENTS ARE ENCOURAGED TO DISCUSS TREATMENT ISSUES AND PROVIDE FEEDBACK TO OTHER MEMBERS IN THE GROUP. PROCESS GROUPS SERVE AS EXCELLENT MODELS FOR PRACTICING HEALTHY COMMUNICATION AND DEVELOPING SOCIAL SKILLS. THEY ALSO ALLOW MEMBERS TO DISCERN HOW INDIVIDUALS INTERACT AND REACT TO THEM. IN ADDITION TO PROBLEM-SOLVING, SELF-SUPPORT AND SELF-ACCEPTANCE ARE ALSO BENEFITS OF PROCESS GROUPS. AS MEMBERS PROGRESS IN THE GROUP, THEY WILL DEVELOP NEW WAYS OF RELATING TO THEIR PEERS AND LEARN ADAPTIVE BEHAVIORS GROWING TOWARD SELF-AWARENESS AND SELF-ACTUALIZATION

THIS GROUP WILL BE HELD
MONDAY NIGHTS FROM 7:00-8:15PM

PROCESS GROUPS ARE CURRENTLY SELF-PAY; PLEASE CALL THE OFFICE REGARDING PRICING

ADOLESCENT SKILLS GROUPS

PSYCHOEDUCATIONAL SKILLS GROUPS ARE LECTURE/TEACHING BASED. EACH WEEK, CLIENTS ARE TAUGHT A DIFFERENT SKILL OR ARE EDUCATED ON A SPECIFIC TOPIC. THESE GROUPS FOLLOW A 5 WEEK CURRICULUM:

WEEK 1: CBT AND TRANSFORMING COGNITIVE DISTORTIONS

WEEK 2: HEALTHY COMMUNICATION

WEEK 3: MINDFULNESS/DBT

WEEK 4: SELF-ESTEEM/POSITIVE AFFIRMATIONS

WEEK 5: EXPOSURE/RELAXATION AND GUIDED IMAGERY

*INDIVIDUALS ARE HIGHLY ENCOURAGED TO REGISTER FOR ALL 5 COURSES FOR MAXIMUM BENEFIT AS SOME GROUPS BUILD OFF ONE ANOTHER. HOWEVER, INDIVIDUALS ARE ALSO ABLE TO PICK AND CHOOSE SPECIFIC GROUPS THEY WOULD LIKE TO ATTEND

THIS GROUP WILL BE HELD
TUESDAY NIGHTS FROM 7:00-8:00PM

SKILLS GROUPS ARE CURRENTLY SELF-PAY; PLEASE CALL THE OFFICE REGARDING PRICING

