



## **FREE TO FEEL THERAPEUTIC SERVICES, PLLC**

If you are confused about which service might be best for you and your family, you are not alone. Feel free to contact me directly with any questions or if you'd like additional support in determining where to start.

### **INDIVIDUAL THERAPY**

Most appropriate for:

- Kids or adults who are hoping to get individual support to better understand behaviors, reactions, learn coping effective coping techniques, and make changes that support functioning.
- Support children and adolescents with understanding and managing anxiety, depression, trauma, or behavioral concerns.
- Support children and adolescents with understanding the way in which neurodivergence such as ASD or ADHD impact the way they approach the world and develop ways to cope with impacts and self-advocate.

Ages and considerations:

- This service can be done with kids and adults of any age.
  - The younger the child the more crucial the parent/caregiver is.
  - For younger children family therapy may be more appropriate OR a mixture of family and individual therapy may be recommended.
  - For older children and adolescents, parent involvement is still recommended but individual therapy can be more central and make up the bulk of the service.
- Requires diagnostic assessment prior to beginning.
- Follows an individual treatment plan to set and assess ongoing progress.
- Medical/healthcare service and can be billed through health insurance (if accepted) or healthcare funds (i.e. HSA) can be used as payment.

NOT designed to:

- Fix a child or completely resolve concerns.
- Cure, solve, or get rid of underlying causes of difficulty, neurodivergence, or individual temperament.

Most effective when:

- Combined with strong parental/caregiver support either within individual therapy or through additional/complimentary family therapy.
- Delivered regularly (typically bi-weekly or weekly) and attended consistently.

## **FAMILY THERAPY**

Most appropriate for:

- Family or family system concerns.
- Parents/caregivers who want to support their child/adolescent within individual therapy.
- Younger children who require more support to fully utilize or are unable to fully utilize individual therapy.

Ages and considerations:

- This service can be done with kids and adults of any age.
  - The younger the child the more family therapy is likely to be central to the intervention.
- Can look like a lot of different things including:
  - Parent only sessions
  - Parent-child sessions
  - Whole family sessions
  - Sibling sessions
- Requires diagnostic assessment for one family member prior to beginning.
- Follows a treatment plan to set and assess ongoing progress.
- Medical/healthcare service and can be billed through health insurance (if accepted) or healthcare funds (i.e. HSA) can be used as payment.

NOT designed to:

- Provide a space for parents/caregivers or children/adolescents to blame the other for problems.
- Cure, solve, or get rid of underlying causes of difficulty, neurodivergence, or individual temperament.
- Mediate parental conflicts among separated or divorced parents, make recommendations regarding parenting time, or intercede in child custody concerns.

Most effective when:

- All caregivers are involved, participate, and show interest (even if not able to attend every time).
- Parent/caregivers are open to exploring and potentially changing their own ideas, practices, and responses.
- Delivered as recommended by the clinician.

## **PARENT COACHING AND CONSULTATION**

Most appropriate for:

- Parents/caregivers who are seeking to better understand how their child's developmental period, stressors, or temperament impacts their behaviors and are seeking:
  - Information about development, trauma, or other general parenting issue.
  - To discuss parenting best practices and which might be a good fit for their family.
  - A space to explore how their parenting responses are impacting their child's behaviors and/or family dynamics.
  - Support/resources for understanding their child's and their own behaviors and reactions.

Ages and considerations:

- This service can be done with parents and caregivers of any age.
- Involves only the parent/caregiver(s).
- Time-limited service capped at 3 hours of service total.
  - After this time, therapeutic services (individual or family therapy) are likely more appropriate/effective.
- Does not provide diagnostic assertions or treatment for mental health conditions.
- Must be delivered via private-pay and is not insurance eligible.
- Only speaks to general parenting concerns and best practice.

NOT designed to:

- Diagnose or treat a mental health condition for any family member.
- Provide tailored or person-specific information or intervention.
- Be a medical or therapeutic service.
- Be billed through insurance or paid for with medical funds (i.e. HSA dollars).

Most effective when:

- Caregivers are open to different ideas and methods.
- Seeking to better understand their child's behaviors.
- Concerns are relatively minor and do not pose a significant risk to overall functioning. (Note: therapy services are more appropriate for significant concerns)

## FREQUENTLY ASKED QUESTIONS

**Q: I don't know where to start? Which service is right for me and my family?**

A: Feel free to contact me for a free 15-minute consultation to determine the best place to start.

**Q: Are there things that you CANNOT diagnose and treat?**

A: It is best practice for certain diagnoses to come from different professionals. For example, I recommend Autism and ADHD are diagnosed via psychological evaluation. There are different providers who are trained to diagnose FASD and sensory integration/processing disorders are best diagnosed via occupational therapist. However, I can certainly work with you to make a referral to the appropriate person who can diagnose. I can also work with individuals with these concerns to promote understanding, coping, self-advocacy, etc. While I cannot diagnose these things, I can certainly work with individuals with these presentations or concerns.

**Q: Will my child be able to benefit from telehealth services?**

A: It depends. Some children do very well with telehealth services and others do not. I can work with you and your family to determine a plan that best meet your needs. This includes transitioning services to in-person services when able or making appropriate referrals.

**Q: How long will be child be in therapy?**

A: It depends. Some children progress relatively quickly in therapy while others require more time to build trust and feel safe. Progress in therapy depends on many things including level of parent-involvement, regularity of appointments, presenting concerns, and absence/presence of trauma or additional stressors. If you are feeling unsure or feel like your child is not making progress as expected, please feel free to talk with me!

**Q: Do you work with adults outside of family therapy?**

A: Yes! While my expertise and the bulk of my practice is devoted to children, families, and parents, I also welcome the opportunity to work with adults. I am able and competent to provide services to adults with a variety of presenting concerns including depression, anxiety, and trauma.

**Q: Will you work with multiple family members from the same family (i.e. siblings or parents)?**

A: Potentially. I always weight how my individual treatment of family members may impact one another. If I believe that providing treatment to one family member would compromise the treatment of another, I will make referrals to other providers.