

GLOSSARY OF TERMS

Addressing Defiance

As our children begin to recognize his/her autonomy through exercising the power of “no”, parents are challenged to maintain firm boundaries while demonstrating empathic flexibility. Our work will support learning how to teach and demonstrate flexible problem solving skills to improve your children’s ability to work through conflict in a way that respects others as well as their own sense of self.

Assertiveness Skills

Children and adolescents who learn healthy assertiveness are more likely to develop healthy relationships, perform better at school, and are at less risk for developing a mental health problem. In our work, your child will learn how to better communicate feelings and wishes so others are better able to understand and problem solve in a more constructive way.

Behavioral Outbursts

Children quickly learn the effectiveness of strong emotional and physical reactions as a way to communicate. Probably one of the biggest challenges in responding to such intense behaviors is tempering our own emotions and choices in the moment. Our work explores understanding healthy ways to handle explosive outbursts and, more importantly, how to prevent them.

Building Friendships

Our happiness is very much predicted by the quality, not quantity, of the relationships we have. While creating healthy friendships is a life long endeavor, the importance of learning relational skills at an early age offsets risks for developing mental health problems. Among other skills, our work focuses on improving (empathic) perspective taking, assertiveness skills, and relational healthy boundaries.

(Healthy) Child Adjustment

Developmentally, it is not until after the age of 18 when individuals begin to gain any significant footing in the arena of self-awareness, or insight. This is why during times of significant change our children often think and do, but rarely understand how their emotions are actually in the driver’s seat. Our work focuses on helping your child learn how to better adjust to changes in a way that reduces worrying.

Child-Centered Parenting

More and more, researchers are appreciating the importance of parenting from the vantage of meeting a child’s emotional and developmental needs rather than the more traditional enforcement of a parent’s will. In our work, parents learn how to best support healthy emotional and social adjustment in a way that disrupts frustrating patterns of conflict so a more meaningful and productive parent-child relationship can develop.

Co-Parenting

With the exception of an abusive parent, our children benefit from their parent’s ability to work together in instilling qualities which predict for a happy and well-adjusted life. Our work toward developing a healthy relationship in co-parenting includes appreciating differences in opinions, recognizing each other’s the unique strengths, and re-inspiring the potential of your blended influences in your role as parents.

Coping Skills

Coping involves managing emotions and thinking through situations to act toward achieving a goal. However, some coping strategies are healthy (e.g., avoidance, aggression, substance abuse, etc.) Our work involves understanding which coping skills are helpful and how to incorporate in your life moving forward.

Communication Skills

Language abilities and communication skills are two very different areas of competency. This is why the proverb, "It's not what you say, but how you say it" often governs how we interact with others. In our work, we learn better ways to convey ourselves to others both in nurturing our relationships with others as well as how to manage difficult and sometimes confrontational situations.

Expressing Feelings

As everyone knows, children experience *very* strong feelings. However, unlike adults, they are still learning how to identify those strong feelings and lack the appreciation of how those feelings are driving thoughts and behaviors. In working with your child, I help them improve his/her insight so they are better able to manage their emotional reactions in a way that is constructive and not destructive.

Flexible Problem Solving

It is common for individuals to become more polarized during conflicts. It takes purposeful effort to let go of rigid, sometimes alienating, expectations so a more collaborative, mutually-beneficial resolution can occur. I help my clients learn how to better understand other's perspectives in a way that facilitates the generation of alternative solutions that strengthens relationships.

Fostering Independence

As parents, we invest in our children today with the hope our work and love will better prepare them for the road ahead. And yet, it can be incredibly difficult to see our children struggle toward self-reliance. Whether learning to tie shoelaces, navigating relationship complexities, or trying to find his/her sense of self, each challenge brings feelings of discomfort, uncertainty, and apprehension that can drive giving up. Our work helps individuals master coping skills necessary to hurdle (life's) stumbling blocks.

Healthy Relationships

Aspects such as trust, establishing and respecting boundaries, and compassion. The quality of new friendships and maintaining healthy relationships is very much tied in with one's ability to communicate effectively and with respect. In our work, we learn how to better approach and respond to others in a way that helps transform relationships.

Increase Understanding

Insight (knowing oneself) and Perspective Taking (understanding others) are integral skills in developing and maintaining healthy relationships. As we better appreciate what feeds decision making, the damaging influences of misunderstandings and miscommunications are able to be worked past. Together, we explore how to better appreciate oneself and broaden our understanding of others to develop more authentic relationships.

Life Transitions

Developmentally, humans grow and learn along a progressive continuum. Along this trajectory are critical periods during which we need to make bold leaps (e.g., entering grade school, graduation, living independently, and entering the work place.) Inevitably, there are

also leaps in learning at these junctures. Our work together logistically establishes necessary planning and organization required to successfully make major transitions.

Online Learning Help

In an effort to prevent the spread of COVID-19, students across the country are being required to develop the skills necessary for online learning. Depending on a child's (developmental) age, coping skills, and learning needs the demands associated with distance learning can simply be overwhelming for students and parents alike. In our work, we identify problematic lagging skills interfering with learning and subsequently develop a plan on how to bolster skills needed for a happier, more productive school year.

Parent-Child Interaction

As children develop, so too does the interaction style between child and parent. As part of this, children challenge boundaries in an effort to establish more autonomy and influence in their own personal circumstance. This difficult but developmentally appropriate shift can produce some very frustrating and repetitive patterns in conflict. In our work, children and their parents learn to better appreciate the perspective of the other to facilitate more productive and meaningful interactions that deepens family connections.

Parenting at a Distance

For individuals (remotely) parenting children who either do not live in his/her home continuously. Our work focuses on developing both a logistical and relationally sound way to sustain a meaningful influence as a parent.

Personal Identity

Aspects of identity including individual preferences, sexual/gender establishment, faith beliefs, and a myriad of other characteristics all come together to shape "you." We often try to dampen or extinguish perceived negative traits without appreciating the strength of acceptance. Our work looks at the damaging effects of shame and how to accept the self as "perfectly imperfect."

Perspective Taking

Perspective taking challenges our ability to disentangle ourselves from our own personal experience to incorporate and respect the experiences of others. Our work focuses on how to better understand others to create new, healthy relationships as well as strengthen the ones we already value.

Planning and Organization

Essential in the management of short and long term goals is our ability to break down our responsibilities into manageable steps. Effective planning and organizational skills are integral every significant domain in life. Our work together will help to better manage time, reaching out to others for help, and how to cope with pressure.

Power Struggles

In parenting, misunderstandings, heightened emotions, and rigid thinking can feed into fairly polarized power struggles. Diffusing those power struggles requires understanding better, managing anxiety, and collaboration. Our work addresses each of these skills so both parents and children feel heard and respected.

Practicing Courage

Our ability to make bold choices in the presence of fear defines our courage. Often, we find the actual dangers associated with some of our biggest fears have been exaggerated by our imaginations and insecurities. Our work looks at how being lead by fear often robs our joy as well as ways to cope, and eventually overcome, some of the more intrusive worries.

Reducing Aggression

Under stress children and individuals with lagging communication skills often resort to aggression as way to “be heard” as a last ditch effort. Our work focuses on helping parents and their child(ren) find better ways to communicate as well as how to respond to aggression when it does occur.

Responding to Rigidity

One of the strongest predictors for happiness is our ability to adapt to new situations, or our cognitive flexibility. This is not an easy thing to do. However, once we learn how to both hear and respect the experiences of others and at the same time honor our own values, the stage is set for alternative solutions to problems.

School Advocacy

For students with significant learning differences (e.g., Autism, ADHD, Learning Disabilities, Intellectual Differences, OCD) the Individuals with Disabilities Education Act provides for rights to individualized educational supports. However, knowing how and what to advocate for can be incredibly tricky. My work is to help you traverse the complexities of securing effective education for your child and speak on behalf of your child in the school setting.

Self-Advocacy

Asserting oneself in a direct and respectful manner predicts for establishing healthy boundaries and self-reliance. Often, in trying to advocate during times of heightened emotions we commonly default to either Passive or Aggressive approaches. Our work will illuminate the pitfalls of these interaction styles and strengthens necessary skills to assertively communicate with others.

Self-Esteem

Having confidence in one own's worth and/or abilities predicts for a myriad of important choices essential well-being. Our work is geared toward discovering common causes for an underdeveloped sense of self and, more importantly, work toward learning how to more compassionately appreciate who you are.

Skills of Adjustment

Whether anticipated or unexpected, sudden or a result of a slow progression, how individuals cope with and eventually adjust to change is important. Learning how to successfully adapt to new situations and increased expectations (e.g., school, friendships, independence) during children helps prepare them for a well-adjusted future. Our works focuses on helping your child learn to cope better, lean in to rather than avoid challenges, and build a stronger sense of self.

Skills of Independence

The ability to independently care for oneself is strongly predictive for an individual's quality of life. Obstacles to learning skills for independence include physical and cognitive difficulties as well as lagging coping skills. Our work is based off the principle that every individual is able to learn and do better and with that comes a sense of pride and belonging.

Talking with Your Child

The relationships we have with our family will inevitably be challenged over time as its members “grow” over time. Our work will focus on helping family members understand each other more compassionately and work toward celebrating individual differences.

Working Thru Worries

Coping involves managing emotions and thinking through situations to act toward achieving a goal. However, some coping strategies are unhealthy (e.g., avoidance, aggression, substance abuse, etc.) Our work involves understanding which coping skills are helpful and how to incorporate in your life moving forward.