



FAMILY GUIDANCE CENTER
for behavioral healthcare

Contact Us (816) 364 - 1501
We complete
assessments on a
walk-in basis.

Monday - Friday 8:00-5:00
**St. Joseph
Maryville
Cameron**

FAMILY GUIDANCE CENTER

SPECIALTY THERAPIES AND PROVIDERS

Evidence Based Therapy- aims to track the efficacy of treatment plans so that consumers only undergo treatment which have been proven to work to resolve problematic behaviors, beliefs, feelings, somatic responses, socialization issues and trauma.

Counseling Care Center offers the following:

Eye Movement Desensitization and Reprocessing

(EMDR) – EMDR is based around stabilization and resource skills to learn to more effectively deal with day to day issues in order to work towards dealing with trauma. Typically, resourcing occurs for multiple weeks before any trauma work can begin. It is best if the consumer is a good set of coping skills they can utilize independently before beginning EMDR. If they do not, the stabilization period tends to take longer. As they progress through EMDR, they begin to process past traumas and work on their life schemas that create issues in their day to day functioning. Overtime they produce more effective responses to their past traumas and decrease the issues that had in the past created issues in their functioning. EMDR can be used across all ages and a variety of diagnoses.

Parent Child Interactive Therapy

PCIT is based around working with kids ages 2-7 who struggles with being able to listen and following direction in a variety of setting including home, school and daycare. Consumer tends to struggle in getting along with peers, family members, and authorities. During the PCIT process parents will learn effective skills in order to engage and improve their listening skills with their child during phase one. During phase two they will learn effective skills in providing discipline in the home to increase their child's ability to listen and mind. Sessions occur on a weekly basis for at least 16 weeks, two of these session are independent sessions with just the parents and the PCIT coach to education on skills used during each phase.

Play Therapy

Play therapy is a systematic approach using the therapeutic power of play in order to help a client express experiences and feelings through a natural, self-guided approach. Play therapy utilizes sensory stimulation and one's natural language of play to provide self-healing. Generally, play therapy is used for individuals ages 3 to 11 years of age.

Sand Tray Therapy

Sand Tray therapy is a form of play therapy that also utilizes sensory stimulation, allowing a client to use miniature objects and sand to create a reflection of one's own life. This process allows the individual the opportunity to resolve conflicts, remove obstacles as well as gain acceptance of self. Sand Tray therapy can be used with both children and adults.

Trauma Focused Cognitive Behavioral Therapy

TF-CBT is a specific structured trauma therapy intervention for children ages 3-18 with a known trauma history, which typically involves caregiver participation in at least some sessions. There are 9 components with this model and treatment usually averages 16 sessions.

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Counseling Care Center offers the following continued:

Acceptance Commitment Treatment

ACT- For ages 14 and older. It is a form of mindfulness based therapy, with a focus on improving well-being by overcoming negative thoughts and feelings. Therapy focuses on three paradigms: Accept your reactions and be present; Choose a valued direction; Take action. The ACT experience of reworking the verbal connections we have to thoughts and feelings, can be extremely helpful in the treatment of depression, anxiety, anger management, chronic pain, and substance use.

Integrative Treatment of Complex Trauma for Adolescents

(ITCT)- is a component-based, assessment-driven, multi-modal treatment for traumatized adolescents (aged 12 to 21 years) and their families. The ITCT model is based on developmentally appropriate, culturally adapted approaches that can be applied in multiple settings (outpatient clinic, school, hospital, inpatient, residential) and involves collaboration with multiple community agencies. ITCT-A addresses challenges specifically associated with complex trauma and includes separate treatment manuals addressing substance use as well as "acting out" or self-injurious behaviors.

Cognitive Behavioral Therapy

(CBT) is a structured, present-oriented psychotherapy that helps individuals identify goals that are most important to them and overcome obstacles that get in the way. Consumers learn skills to change thinking and behavior to achieve lasting improvement in mood and functioning and sense of well-being. Treatment involves all ages.

Neurosequential Model of Therapeutics

(NMT) - ages 6 to 21. NMT is not a specific therapeutic technique or intervention; it is a way to organize a child's history and current functioning. The goal of this approach is to structure assessment of a child, the articulation of the primary problems, identification of key strengths and the application of interventions (educational, enrichment and therapeutic) in a way that will help family, educators, therapists and related professionals best meet the needs of the child.

Structured Psychotherapy for Adolescents Responding to Chronic Stress

(SPARC)- is a strengths-based group model for youth ages 12-21 who have been exposed to chronic trauma and/or stress. Treatment consists of 16 one-hour sessions. SPARCS is appropriate for youth who experience functional impairments including difficulties with regulating emotions, behaviors, and impulses; maintaining healthy relationships; paying attention and processing information; managing physical complaints and other symptoms of chronic trauma and stress.



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Mindfulness

Mindfulness (all ages) is an evidence-based model focusing on attention to the present moment that has been shown to impact neuroplasticity to allow for increased emotional regulation and sleep patterns, as well as decreases in depression, anxiety, trauma symptoms, chronic pain, and physical health symptoms. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress for kids helps to improve social skills and communications.

Dialectic Behavioral Therapy

DBT is a highly effective approach for use across clinical settings for a variety of problems including mood swings, impulsivity, self-harm, relationship conflicts, and difficulties with managing stress. DBT emphasizes the acquisition of skills to replace behaviors that are ineffective and interfering with individuals' daily functioning. "Standard" DBT consists of 4 modules: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness. Other DBT models incorporate training on dialectics, cognitive modification, problem-solving, addictions, building a satisfying life, and social media. DBT emphasizes the balance of change and acceptance strategies and offers an accepting, nonjudgmental, and validating approach when working with clients. Training is modified to meet the needs of each unique individual and most DBT skills can be modified for all ages.

Exposure and Response Prevention

ERP is a type of behavioral therapy that exposes people to situations that provoke their obsessions and the resulting distress while helping them prevent their compulsive responses. The ultimate goal of ERP is to free people from the cycle of obsessions and compulsion so they can live better. Response prevention is key, because anything that gets rid of distress makes it impossible for us to get used to it. When people don't turn to compulsions, they learn how to accept their obsessions instead of acting desperately to neutralize them. The thoughts are still difficult sometimes, but they no longer seem like a huge problem.

Extra Experiences

Eating Disorder Concerns, LGBTQ+, and Grief

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