

## WHAT DOES *THERAPEUTIC CONSULTANT* MEAN?

Like traditional educational consultants, I believe that having a challenging and exciting academic experience is an integral component of a healthy life; thus, each adolescent's education is a deeply important aspect of his or her treatment plan. I am intimately familiar with a vast array of academic and therapeutic schools and programs nationwide.

As a licensed psychotherapist, I bring to my practice over a decade of experience helping at-risk teens and families. Besides being held to higher clinical and ethical standards, I am also able to foster whole family healing by providing weekly support groups for parents and returning teens. As a therapeutic consultant, I combine my expertise as both therapist and educational consultant, which uniquely qualifies me to go beyond what most consultants offer by providing both solutions *and* support.

## PROFESSIONAL STANDARDS

I frequently visit special-needs and therapeutic schools and programs across the country. I attend multiple conferences annually to stay informed of new developments in adolescent treatment, and maintain relationships of integrity with my colleagues.

I accept no referral fees from the programs I work with. I follow the Principles of Good Practice as set forth by the Independent Educational Consultants Association (IECA), and the Ethical Guidelines of the California Association of Marriage and Family Therapists (CAMFT).



LOCATED IN  
THE SAN FRANCISCO  
BAY AREA, WORKING  
WITH CLIENTS  
NATIONWIDE

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MS, MFT

- California Licensed Marriage & Family Therapist #38744
- Master of Science in Marriage, Family & Child Counseling
- Extensive Experience as an Educational Consultant
- Family Reunion & Field Therapist at an adolescent wilderness program
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# Integrated Teen Services

SOLUTIONS AND SUPPORT  
FOR AT-RISK ADOLESCENTS  
AND THEIR FAMILIES



**Integrated Teen Services** is a therapeutic consultation practice that works closely with adolescents and their families when support and a new direction are needed. In today's complicated and stressful world, many teenagers veer off course, making poor choices that may profoundly affect their futures. I provide personalized guidance to help teens rediscover their healthy and purposeful paths, and families regain trust, closeness, and connection.

## solutions, support & success

### COMMON WARNING SIGNS

- Difficulty moving ahead after setbacks
- Rationalizing/blaming others
- Perfectionism, inflexibility
- Low motivation, underachievement
- Manipulation, defiance, volatile anger
- Anxiety, depression, rapid mood swings
- Sleeping or eating problems
- Social problems, negative peer group
- Substance abuse or dependence
- Promiscuity
- Legal problems

### COMPREHENSIVE ASSESSMENT

The guidance begins with a comprehensive assessment of the adolescent's situation. This often includes consultation with teachers, counselors, probation officers, clergy, and other involved professionals. In some cases, I find it helpful to do testing to fully ascertain the teen's level of cognitive, academic, or emotional functioning. I also assess the level of risk for self-harm and the expected level of cooperation with treatment.

### FAMILY SUPPORT

I am interested in understanding the impact of the teen's recent behavior on the family, as well as the influence of variables such as divorce, adoption, sibling relationships, hopes and expectations, strengths and values. **Parents are invited to join my weekly educational and emotional support groups.** I run these groups with other trained therapists who have personal experience with therapeutic programs.

### TREATMENT PLANNING

Once the evaluation is complete, I develop a multi-faceted treatment plan. A **Home Plan** includes local schools, resources, and therapeutic support. If necessary, a carefully designed **Away Plan** can involve residential programs that match the adolescent's specific needs. I make every effort to help the teenager be more successful in the home environment.

#### **A Home Plan may include:**

- Alternative school setting
- Coaching/mentoring/tutoring
- Individual therapy for teen
- Issue-specific group therapy (adoption, etc.)
- Family therapy

### SUCCESS

My goal is to engender in each adolescent a strong sense of personal integrity and accountability, respect and compassion for others, and motivation to succeed at reaching academic and personal goals. The families I work with regain a sense of joy and trust in one another, develop healthy communication and boundaries, and are well prepared to face the future together.

- Drug testing/outpatient recovery program
- Behavioral agreements
- Crisis plan
- Teen Aftercare Groups\*

*\*Teen Aftercare Groups help strengthen the gains made while away.*

If the appropriate path for an adolescent is an Away Plan, I maintain close contact with both the family and the professionals at the designated treatment program. Upon the adolescent's return home, I help the family implement an individualized aftercare plan to provide support for the reunited family.

#### **An Away Plan matches the teen's needs with specific programs:**

- Summer programs
- Outdoor therapeutic programs
- Emotional growth boarding schools
- Therapeutic boarding schools
- Residential treatment centers
- Over-18 transitional and independent living programs
- Over-18 schools and programs with a recovery emphasis