



DK Counseling, LLC

Individual & Family Counseling

678-852-4224

www.dkconline.com



If Your Child Has Anxiety, We Want to Help!

Announcing a New Group: “The Parents’ Journey with Anxiety”

A step-by-step, evidenced-based parent group for parenting a child with social anxiety, OCD, phobias, separation anxiety, school refusal, and generalized anxiety

When: Thursdays 8/22/19-9/26/19

6 sessions

Time: To be determined

Place: DK Counseling

Fee: \$400

Plus \$100 consultation for new clients

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Alpharetta, GA 30009

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Has your child’s anxiety taken over your life and family? Are you feeling frustrated, angry, fearful or alone in your struggles to help your child with anxiety? Has your family life become disruptive and chaotic and you don’t know what to do?

We Can Help! Parents have a unique and essential role in helping their children get better. How you respond to your child’s anxiety can make a difference in whether or not it improves, worsens or takes over the family. In this group, we will teach you compassionate field-tested strategies based on CBT principles to get you out of the hole you may feel stuck in and guide you into a more constructive, loving parent child relationship and home environment.

Certified anxiety specialists, Debbie Kolbrener & Lisa Dale will teach parents to respond to specific symptoms while incorporating evidence-based parenting treatment modalities. Parents will be led through a variety of topics including how to:

- Identify and tackle target problems causing the greatest distress or limiting your child’s life.
- Recognize the accommodations you are making for your child, reduce them and learn how to avoid falling into the accommodation trap moving forward.
- Teach your child anxiety regulation strategies.
- Understand the treatment for anxiety - Exposure Response Prevention to learn how you can help your child by working with a trained ERP specialist.
- Learn how to deal with extreme disruptive behavior caused by OCD and concerns of self-harm & suicidal threats when attempting to respond to the child’s avoidance.
- Maximize collaboration between parents.



Debbie Kolbrener, MA, LPC. Debbie is a Licensed Professional Counselor (LPC) and owner of DK Counseling. She is a long-standing member of the International OCD Foundation, the American Counseling Association (ACA), and the Anxiety and Depression Association of America. She holds certification in Advanced Adult and Pediatric Behavior Therapy by the International OCD Institute.



Lisa Dale, LCSW. Lisa has been a clinician for over 20 years and in addition to being a Licensed Clinical Social Worker (LCSW), Lisa holds a certification from the BTTI (Behavior Therapy Training Institute) in Exposure Response Prevention. Lisa is also a member of the International OCD Foundation.