



CORE VALUES

Voice: To assess the ways children express themselves. To examine children's: problems, struggles, thinking, attitude and opinions. Ways to express can be through play, art, dance, writing, actions, words, achievement abilities, IQ, what they wear, hobbies, and/or interests etc.

Voice: To teach children how to express their thoughts and feelings through words. To teach children to communicate to others what they need and/or want and be understood. When a child is able to have a voice they have stronger self confidence and self esteem. To allow the child to project their personality through their voice.

Voice: To be a child advocate. To make sure a child's life happenings are in their best interest. To build a safe and trusting relationship so I can be their voice when they feel they don't have one. Children need help to navigate life after experiencing: trauma, stereotypes, bullying, biological concerns, family dynamics, depression, anxiety, suicide ideation, etc.

Children: Children believe in a better tomorrow, they have hope in mankind. The emotional, social, and development of young children has a direct impact on the adult they will become. Children need our love, our trust, and our belief that tomorrow can be magic.

Therapy: Treatment intended to relieve or heal emotions, beliefs, relationship issues, somatic responses and/or behavioral issues by working together with a trained person.

A Child At Heart Therapy

MY PERSONAL MISSION STATEMENT

To give a child their voice to open their heart one session at a time.

STRATEGY

Teach - Using different modalities to explain/demonstrate feelings and how to regulate them. Build a foundation of emotional knowledge and coping skills.

Counsel - provide early intervention, gather information formal and informally, observe, listen, reflect, monitor, diagnose, assess

Advocate - To work in the best interest of the child. Family can carry out what is taught in therapy.

DESIRED RESULTS - What does it look like when a child opens their heart and uses their voice?

- Parent/Caregiver/Teacher reports improvement in behavior/interactions
- Express needs and wants in an appropriate way.
- The child's interests become priority.
- Trust is built with the child, family
- Use their voice to find their path in life.
- The child can verbally get their message across and be understood by others
- The child has the ability to obtain, maintain, and change their emotions, behavior, attention, and activity level appropriate for a task or situation in a socially appropriate manner.
- Learn to advocate for themselves