



FREQUENTLY ASKED QUESTIONS

IS THIS PROGRAM THERAPY?

NO. ALTHOUGH DR. SCHER SPECIALIZES IN COGNITIVE BEHAVIORAL THERAPY FOR ANXIETY/ OCD RELATED DISORDERS, THIS SINGLE-DAY EXPERIENCE DOES NOT PROVIDE DIAGNOSIS OR TREATMENT. RATHER, THIS EVENT INTENDS TO BUILD AND STRENGTHEN A WARM, FUN, GROWTH-ORIENTED COMMUNITY FOR KIDS AS WELL AS BUILD THE SKILLS-BASED FOUNDATION FOR A SCHOOL YEAR OF GROWTH. WHILE THE PROGRAM IS NOT TREATMENT, WE ARE VERY MINDFUL AND INTENTIONAL, USING COGNITIVE BEHAVIORAL THERAPY PRINCIPLES TO INFORM EVERYTHING WE DO.

WHAT WILL MY CHILD GET OUT OF THIS EVENT?

WE AIM FOR EACH CHILD TO BENEFIT FROM AND ENJOY OUR WARM, NON JUDGEMENTAL, GROWTH-ORIENTED COMMUNITY. USING FUN YET GOAL-FOCUSED ACTIVITIES AND CLINICAL PROCESSING AS OUR MEANS, OUR ONE-DAY EXPERIENCE AIMS TO HELP CREATE SELF-AWARENESS, NURTURE CHILD MOTIVATION, AND CONSIDER SPECIFIC ANXIETY CHALLENGES RELEVANT TO THE SCHOOL SETTING. WE PRACTICE APPROACHING RATHER THAN AVOIDING FEARS.

WE WILL ALSO INTRODUCE AND REINFORCE EVIDENCE-BASED SKILLS. WE AIM FOR CHILDREN TO LEARN THAT THEY DO NOT NEED TO BE HELD BACK BY OLD BEHAVIORS; THEY CAN LEARN SKILLS TO MOVE THEMSELVES OUT OF "STUCKNESS" TO LIVE THE LIVES THEY TRULY WANT TO LIVE! OUR ENVIRONMENT IS ONE IN WHICH KIDS ARE EXCITED TO BE BRAVE AND TAKE ON CHALLENGES- AND THE GROWTH FOLLOWS!

WHO IS THIS ONE-DAY EXPERIENCE FOR?

THIS SINGLE-DAY EXPERIENCE IS FOR ANYONE AGES 7 TO 15 WHO WANTS TO HAVE FUN AND BETTER THEMSELVES. MANY OF OUR PARTICIPANTS EXPERIENCE SOME TYPE OF WORRY, FEAR, OR ANXIETY (AS MANY OF US DO!).

WHO IS THIS ONE-DAY EXPERIENCE NOT FOR?

THIS EXPERIENCE IS NOT FOR SOMEONE WHO NEEDS MORE INTENSIVE CARE DUE TO SEVERE BEHAVIORAL ISSUES, SEVERE EMOTIONAL DYSREGULATION OR CRISIS STATUS, OR AGGRESSION THAT WOULD DISRUPT GROUP COHESION.

WHERE WILL OTHER KIDS BE COMING FROM?

WE EXPECT A GROUP OF AMAZING KIDS FROM ALL OVER THE TRISTATE AREA & PHILADELPHIA, PERHAPS EVEN FURTHER. IN THE PAST, KIDS HAVE FLOWN IN TO ATTEND OUR EVENTS.



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MORE FREQUENTLY ASKED QUESTIONS

DOES MY CHILD NEED TO HAVE A SPECIFIC MENTAL HEALTH PROBLEM TO JOIN? DOES MY CHILD NEED TO BE IN THERAPY TO JOIN?

NO. THIS PROGRAM IS OPEN TO ALL CHILDREN WHO COULD BENEFIT, PROVIDED WE FEEL THEY WOULD BE A GOOD FIT FOR THE PROGRAM. YOUR CHILD DOES NOT NEED TO HAVE A THERAPIST IN ORDER TO JOIN OUR EVENT. IF YOUR CHILD IS IN THERAPY, WE CAN COLLABORATE WITH THEIR MENTAL HEALTH PROFESSIONALS TO BETTER INDIVIDUALIZE YOUR CHILD'S GOALS. THIS WOULD INVOLVE AN ADDITIONAL FEE. PLEASE CONTACT US AT ADMIN@RIDINGTHEWAVES.COM FOR MORE DETAILS.

ARE PARENTS INVITED? AND CAN WE JOIN VIRTUALLY?

THIS EVENT IS AN IN-PERSON EVENT FOR KIDS ONLY! THERE WILL ALSO BE AN OPTIONAL "BACK TO SCHOOL" VIRTUAL MEETING FOR PARENTS. MORE INFORMATION TO FOLLOW.

HOW MUCH STAFF WILL BE AT THIS EVENT?

WE PRIDE OURSELVES ON OUR LOW COUNSELOR TO CHILD RATIO, WHICH ALLOWS EACH CHILD TO RECEIVE AMPLE INDIVIDUALIZED ATTENTION AND TO MAXIMIZE THEIR GAINS. MOST OF OUR COUNSELORS ARE DOCTORAL-LEVEL GRADUATE SCHOOL CANDIDATES WITH TRAINING IN COGNITIVE BEHAVIORAL THERAPY. IN ADDITION TO OUR TRAINED COUNSELORS, WE CAREFULLY SELECT AN OUTSTANDING GROUP OF RELATABLE PANELISTS TO SERVE ON OUR ONE-DAY-EXPERIENCE PANEL. THIS INSPIRING PANEL HAS BEEN A HIGHLIGHT IN THE PAST.

WILL THIS EVENT "CURE" MY CHILD?

WE CERTAINLY DON'T PROMISE TO "CURE" YOUR CHILD IN SIX HOURS! EVEN IF THIS PROGRAM WERE TREATMENT, TRUE GROWTH IS TYPICALLY NOT ACCOMPLISHED AS A ONE-TIME INTERVENTION. HOWEVER, YOU CAN EXPECT THIS TO BE A VALUABLE AND MEMORABLE EXPERIENCE THAT YOUR CHILD WILL TAKE WITH THEM INTO THE YEAR.

IS IT FUN?

WE STRIVE TO CREATE A CAMP-LIKE FUN AND EXCITING PROGRAM. FOR EXAMPLE, PREVIOUS ACTIVITIES HAVE INCLUDED PERFORMANCES, TIE DYING, PAINTING, A TALKING PARROT, AND OTHER ACTIVITIES. WE CAN'T GIVE AWAY ALL OUR SECRETS- BUT WE HAVE A LOT IN STORE!



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MORE FREQUENTLY ASKED QUESTIONS

WILL MY CHILD "CATCH" OTHER PEOPLE'S WORRIES?

YOU'RE NOT ALONE IN WONDERING THIS! THIS QUESTION COMES UP OFTEN WHEN CONDUCTING INTAKE EVALUATIONS AS WELL AS IN GROUP THERAPY. OUR EVENTS ARE THOUGHTFULLY DESIGNED TO HELP CHILDREN BUILD CONFIDENCE, LEARN SKILLS THAT WORK, AND FACE FEARS IN A SUPPORTIVE, GUIDED WAY. THE PANELISTS SHARING THEIR EXPERIENCES HIGHLIGHT THEIR EFFECTIVE USE OF SKILLS, NOT SPECIFICS ABOUT THEIR FEARS. ALSO, AS AN IMPORTANT ASIDE, THERE'S NO EVIDENCE TO SUGGEST THAT A PERSON'S ANXIETY IS EXACERBATED BY HEARING ABOUT OTHER PEOPLE'S WORRIES.

THIS EVENT SOUNDS GREAT, BUT THEN WHAT?

WE AIM FOR THE GAINS TO STICK AND CARRY THROUGH TO THE YEAR AND TAKE INTENTIONAL STEPS TO CREATE ACCOUNTABILITY AND FACILITATE THIS. WE ALSO HOST OTHER SINGLE-DAY EVENTS THROUGHOUT THE YEAR TO REINFORCE AND FURTHER THE GAINS.

HOW CAN I "SELL" THIS TO MY CHILD?

THIS IS A FUN EVENT WITH A JAM-PACKED SCHEDULE FULL OF ACTIVITIES! YOUR CHILD WILL GET TO CONNECT WITH KIDS FROM ALL OVER, LEARN FROM OTHERS AND LET OTHERS LEARN FROM THEM, AND SET GOALS THAT THEY PERSONALLY WANT TO ACCOMPLISH, ALL THROUGH AN EXCITING PROGRAM. NO ONE WILL FORCE THEM TO DO ANYTHING THEY DON'T CHOOSE TO DO!

HOW MUCH DOES THIS EVENT COST?

THE COST OF THE ONE-DAY EVENT IS \$185 PER CHILD, WITH A SIBLING DISCOUNT OF \$155 PER CHILD. FOR THOSE WITH AETNA INSURANCE, SOME OF THE PROGRAM MAY BE COVERED. WE ALSO OFFER A REFERRAL DISCOUNT. IF A FRIEND LISTS YOU AS THEIR REFERRAL SOURCE, YOU WILL BE GRANTED THE \$155 DISCOUNTED RATE. WE ARE PLEASED TO OFFER LIMITED SCHOLARSHIPS AS WELL. PLEASE CONTACT ADMIN@RIDINGTHEWAVES.COM FOR MORE INFORMATION.

WE'D LOVE TO ALLOW AS MANY CHILDREN AS POSSIBLE TO BENEFIT FROM THIS UNIQUE OPPORTUNITY. YOU CAN CHOOSE TO BE A PART OF THIS MISSION BY SPONSORING ANOTHER CHILD TO ATTEND THE ONE-DAY EVENT. NO AMOUNT IS TOO LITTLE OR INSIGNIFICANT. PLEASE CONTACT ADMIN@RIDINGTHEWAVES.COM IF YOU'D LIKE TO BE INVOLVED IN THIS OPPORTUNITY.