



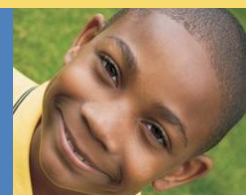
## Practice Philosophy



## Child Counseling Practice



## Is your child...



## Mission

We exist to provide outpatient treatment for children, adolescents, and families that is developmentally appropriate, relationally based, and clinically excellent.

## Philosophy

Safe Harbor counselors operate with sensitivity and compassionate understanding regarding the vulnerability of your child. We diligently aim to gain the trust of children through creative relationship building.

## Child Focus

Our counselors are trained to specifically focus on the unique needs of children and adolescents in order to help them grow emotionally, socially, mentally, and spiritually.

## Our Clinicians offer:

- Developmentally appropriate interventions
- Solution focused treatment
- Clinically sound assessments
- Collaborative treatment planning
- Relevant goal setting
- Relationally based therapy
- Interventions which are strategically chosen
- Play Therapy

## Providing treatment for:

- ADHD
- Social Skills/ Peer Relations
  - School Based Problems
    - Conduct Disorder
- Oppositional Defiant Disorder
  - Eating Disorders
- Developmental Issues
  - Mood Disorders
  - Anxiety/ Stress
  - Bipolar Disorder
- Self Esteem Issues
  - Divorce
  - Grief and Loss
- Anxiety (general)
  - Anger issues
  - Parenting
- Blended Family Issues
- Conflict Resolution
  - Families in Crisis
    - Test Anxiety
- Character Building (anti bullying)
  - Depression

- Experiencing difficulty assimilating into their school setting?
- Having trouble “getting along” with other children?
- Getting angry too often and too easily?
- Acting disrespectful or defiant?
- Struggling with a short attention span or diagnoses with ADHD?
- In distress due to divorce or other family problems?
- Experiencing grief from a death or other loss?
- Lacking in self-confidence or having low self esteem?
- Excessively clingy or shy?
- Having nightmares or wetting the bed?
- Suffering from the effects of something traumatic that happened to them?
- A topic of stress, anxiety, or anger for you?

## Our Counselors

Jessica Ives, LCPC, RPT  
Stephanie Plitt, LCSW-C  
Ann Marie Smith, LCSW-C

# We can help.

