

COMMON REASONS TO SEEK COUNSELING

- Anxiety
- Lack of self-regulation
- Aggressive or destructive behaviors
- Suicidal thoughts or attempts
- Anger management
- Depression
- Trauma
- Sexual Assault
- Unusual Fears
- Alcohol/Drug Issues
- Family relationships
- Grief & Loss

Working with parents and families, skilled counselors use evidenced-based treatment approaches to help children overcome difficulties they may face.



CHILDREN'S THERAPY PLACE LOCATIONS

101 S. Allumbaugh Way
Boise, ID 83709

2273 E Gala St., Suite 120
Meridian, ID 83642

5640 E. Franklin Rd, Suite 180
Nampa, ID 83687

1399 Fillmore St., #502
Twin Falls, ID 83301

MORE INFORMATION

Treasure Valley: (208) 323-8888

Twin Falls: (208) 423-8957

childrenstherapyplace.com

info@childrenstherapyplace.com



Mental Health Counseling





POSITIVE SOLUTIONS

At Children's Therapy Place our team of professionals will provide your child and family with individually tailored therapy to support you and your child's needs. Our counselors will work together with your child and family to:

- Improve positive behaviors at home or in school
- Develop self-control and anger management
- Strengthen social skills and self-esteem
- Re-stabilize after psychiatric crisis
- Succeed in school
- Decrease conflict
- Recover from emotional distress

SKILLED THERAPISTS

Our licensed counselors can diagnose and counsel children ages 3.5 & older. The evidence-based treatment approaches used may include:

- Individual Counseling
- Group Counseling
- Family Counseling
- School-Based Counseling
- Play Therapy
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Mindfulness

For more information about treatment approaches visit childrenstherapyplace.com/mental-health-counseling



THE FIRST VISIT

During the first visit, the counselor will meet with both the child and the parent/guardian – this meeting will last approximately one to two hours. During this time, the counselor will:

- Gather information related to client's history
- Address initially expressed concerns
- Provide information about what to expect in the therapeutic process
- Develop a plan for treatment

Each individual and family therapeutic treatment plan varies and is specifically designed to help meet the expressed needs of the client and/or family.