Help Your Child at Home with the Same Tools as a Professional Child Therapist

Introducing a new 10-week filial therapy group designed to teach you how to be an in-home therapeutic agent for your child.

What is Filial Therapy? Led by the parent or other caregiver of the child, weekly home sessions focus on non-directed play therapy techniques to enhance the parent-caregiver relationship and help improve whatever issues your child and you may be experiencing.

Unlike traditional therapy where a child is brought to a therapist’s office, filial therapy is done in the home. Weekly home sessions are led by the parent or other caregiver of the child and include structured play therapy as well as other specialized therapeutic techniques designed to help improve whatever issues your child and you may be experiencing.

Filial therapy is highly effective due to the trusting relationship already developed between you and your child.

GROUP THERAPY:
FILIAL THERAPY FOR PARENTS

When: Beginning February 22, 2017
WEDNESDAYS 6:00PM-8:00PM

Duration: 10 Weeks

Who: Parents of children ages 3 to 12

Description: Using instruction, demonstrations and role-play, parents and other caregivers will be taught how to become the therapeutic agents for their children in a supportive group atmosphere. Skills taught include basic play therapy principles, reflective listening, setting limits, acknowledging children’s feelings, and improving your child’s self-esteem. You’ll also learn how to interact without judgement, using understanding and acceptance to enhance your family dynamics. You’ll then apply these skills at home with your child, using specially selected toys in structured weekly play sessions.

Cost: $50 per weekly session

Space limited to 10 individuals

IS FILIAL THERAPY RIGHT FOR MY FAMILY?

Filial therapy is well-suited for mild issues and behaviors, or a need to enhance family dynamics. Here are just some of the issues filial therapy can be helpful with:

- DEPRESSION
- ANXIETY
- BEHAVIORAL ISSUES
- PARENT/TEEN RELATIONSHIPS
- SOCIAL SKILLS & COMMUNICATION
- DIVORCE
- LOW SELF-ESTEEM
- DIFFICULTY AT SCHOOL
- STRESS

If you don’t see the issues you’re facing with your child, call us for a complimentary phone consultation to discuss your situation and see if filial therapy might be right for you.
About Your Instructor
Carol Wegmann, MS, LPCC, is an adult, couples, adolescent & child therapist with a focus on play therapy and mindfulness. She received her Masters of Science in Human Services with a specialization in Mental Health Counseling and a graduate degree in Play Therapy from Capella University. Carol loves helping individuals of all ages learn and grow in an environment of safety and acceptance.

About Ballen Medical & Wellness
Ballen Medical & Wellness offers the Denver, Colorado area an integrative approach to mental health and emotional well-being. We offer individual, couples, and family therapy, treating children, adolescents and adults alike. In addition to therapy, we offer traditional psychiatry and medication management as well as more holistic alternatives such as IV infusion therapy, massage therapy and reiki.

Guided by our founder, integrative psychiatrist Beth Ballen, MD, we specialize in treating a range of disorders including depression, anxiety, PTSD, ADHD, bipolar mood disorder, addiction, phobias, and OCD among others. Most importantly, we offer a warm and nurturing environment where true healing can take place. Whether you and your loved ones are in crisis, dealing with adjustment and stress, divorce or separation, grief and loss, or parenting issues, we are here for you.

Ballen Medical & Wellness

Sessions for this group will be held in our office, just south of Denver at:

6081 S. Quebec St. #100, Centennial, CO 80111

To reserve your space or learn more, call our office at (720)222-0550 to schedule a complimentary phone consultation. We look forward to answering your questions and seeing if this unique therapy is right for you.