



Traditional Counseling and Coaching for ADHD

- ✓ Initial meeting/intake meeting with parent(s) to gain background information and discuss goals

- ✓ Regular sessions with teen to work on agreed upon issues or whatever feels most problematic

- ✓ Regular communication with parent(s) about new skills teen has learned and how parent(s) can provide support at home

- ✓ Possible parenting sessions to guide you on particular issues like relationship issues, managing a teen's volatile emotions, managing a teen's impulsive behavior, and anything else that is a struggle at home or school

- ✓ Confidentiality between teen and counselor is imperative for progress. Skill building will likely be discussed openly, but please be aware that oftentimes, personal and emotional issues arise with teens which need to be kept confidential within the boundaries of my licensure.

- ✓ No additional fees unless additional assessments are recommended