



How can I help my child/teenager?

As a specialist in developmental psychotherapy, my child therapy patients range from as young as 6 months (seen with parent), through latency age and on into adolescence.

Common issues we confront are developing a healthy attachment, childhood depression, anxiety, school challenges, bullying, eating disorders, friendships. We may work together in individual talk therapy, group therapy, and/or play therapy.

And I run **Teen Group LA**, a support group for young men and women struggling to grow stronger in their sense of self and more confident as they face all of the struggles of adolescence.



Teen Group LA

A Support Group for teens on the Westside

During the teen years, adolescents are faced with a multitude of choices about who they will become in adulthood. Sometimes this feels like a battle between who they are as an individual and who our society, family and friends expect them to be. Amid this internal war, it is easy to lose touch with, and confidence in, the stronger aspects of themselves. Teen Group LA is a therapist-led group where teens can come together, in a safe place, to discuss any issues that they are facing in their daily lives. They learn that they are not alone—that everyone faces this conflict in their own way. Together, they can gain confidence and pride in their own identities, wisdom, power, intelligence, skill and creativity. Among the issues we tackle are:

- Food and Body Image
- Dating, sexuality and intimacy
- Bullying
- Poor self-esteem, lack of confidence
- Shyness, loneliness and isolation
- Anxiety and Depression
- Academic Pressures
- Personal self-respect
- Or anything else they need help with...