



## What Do They Do?

### *Psychological Evaluation*

- Gather information about IQ, personality styles, and symptoms related to anxiety, depression, social interaction, behavioral patterns, etc.
- Utilize various rating scales, standardized measures, and behavioral observations.
- Provide insight into potential causes of behavioral and emotional concerns as well as recommendations for increasing healthier functioning.

### *Achievement Testing*

- Gather information about cognitive capabilities (through IQ measure) and performance abilities (through achievement measure).
- Compare cognitive capabilities with present performance to show areas of academic strength or needed growth.
- Aid in the creation of curriculum and pacing that best meet the student's needs and support learning success.

**Genesis Counseling Center** has offices in Hampton, Williamsburg, Chesapeake, and Yorktown, as well as service offerings with Genesis Online. We are a dynamic Christian community of mental health professionals inviting others to explore and develop the insight and changes needed to live an inspired and healthy life. Our counselors have collectively served the Hampton Roads community for many years. We work together to provide professional Christian counseling to our community and “to bind up the broken-hearted and set the captives free” (Isaiah 61:1).

### **Contact Us:**

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# SUPPORTING STUDENT SUCCESS

*Psychological Evaluation*

*Achievement Testing*

*Counseling*



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## What Are Benefits of Counseling?

### Children:

- Become more responsible for behaviors and develop more successful strategies to manage negative reactions and increase healthier responses to triggers for anxiety, depression, or anger.
- Increase social and relational skills in order to gain more positive experiences with family and others.
- Increase confidence, performance, and self-efficacy in academics, general problem solving, making friends, trying new activities, etc.
- Develop new and creative solutions to problems.
- Develop respect and acceptance of self and others.
- Learn to experience and express emotions in positively effective ways.
- Cultivate empathy and respect for thoughts and feelings of others.

## How Often Would We Go?

The frequency of appointments typically begins weekly; however, this would depend on the needs of your child as well as your and the counselors' availability for scheduling.

## What Happens In Counseling?

This depends on the type of counseling your child is receiving, as well as the needs of your child and family. Options include:

### *Individual Therapy*

For teens (12-18), traditional talk-therapy approaches are typically used; however, some therapists are trained in various expressive modalities such as sand tray, music, and art therapy. Play therapy is most effective with children between the ages of 3 and 11. Genesis has several clinicians who work with teens and children, including a Registered Play Therapist.

### *Family Therapy*

Family sessions provide opportunities for each member of the family to safely and constructively identify goals, practice new skills and strategies together, and negotiate any grievances or dynamics that may be exacerbating personal or academic struggles.

### *Group Therapy*

Helps to provide a structured “real-life” situation to practice new strategies related to social skills, emotional regulation, and self-confidence. Genesis offers Kids Clubs.

### *Educational Therapy*

Offered through our community partner, The Discovery Program (757-597-7700), the focus of the individualized intervention is to strengthen the underlying causes of learning difficulties rather than simply treating the symptoms. NILD educational therapy is a true therapy in that it aims the intervention just above the student's current level of functioning and raises expectations for performance which creates the framework to foster that growth.

[www.discoveryprogram-inc.com](http://www.discoveryprogram-inc.com)

## When Is Testing Appropriate?

### *Did someone refer for an evaluation?*

- Children or teens may be referred to understand behavior concerns, attention or hyperactivity symptoms, or academic difficulties. If this is the case, then testing is a good first step to identify the concern and get some ideas on what may be helpful.
- Sometimes a primary care physician recommends psychological testing prior to prescribing medications for depression, anxiety or ADHD. If so, then testing is best to help your doctor identify specific symptoms and severity to help them determine if medication is needed.

### *Has there been a recent change?*

- Does your child seem sad, withdrawn or angry? Have her/his sleeping, eating or socializing patterns changed? If so, then testing may be the right step to help identify what is going on and identify what to do about it.
- If there is a concern about *suicidal* thoughts, then therapy is a better first step to help address these concerns right away.

### *Are you interested in learning about some struggles that your child has been having for some time, but just never quite understood?*

- Your child may have been struggling with sadness, anxiety, or anger for years and never really considered it a problem until now.
- There may be a pattern of academic or sensory struggles that you wonder about. If so, then testing would be helpful in identifying some longer term things that may be going on and what steps to take to make some changes if needed.

Adapted from Cynthia Kokoris, Psy.D., LCP