



General Description

CEPS offers innovative group counseling programs for children ages 3-18. Programs emphasize the development of children's self-esteem, self-management and interpersonal relationships. Activities and experiences are provided in a safe, supportive environment in which children learn skills to help them better cope with the many challenges they face on a daily basis. Through fun, interactive activities, children are better able to understand themselves and others which leads to greater success and personal happiness.

Group programs are highly structured, including activities and experiences that support mastery of program goals and objectives. Individual needs are always taken into consideration with program modifications introduced as necessary.

Most groups have 4 to 6 children of similar age with average to above average intelligence. Friendship Club and Jr. PALS programs are limited to 4 children each. Programs are not designed for or appropriate for children with severe emotional and/or developmental disorders.

Methods of Instruction

Skills are introduced and reinforced through:

- Home Activities
- Video Vignettes and Performance Feedback
- Role Play and Modeling
- Structured Activities and Interactive Discussions

These instructional strategies have proven to enhance the likelihood that newly acquired skills will generalize to real-life situations.

Parent Education Classes

Most programs include a parent education class which helps parents to better understand their child's social and emotional development as well as offer strategies to help build & reinforce the skills introduced in the programs.

Home & Teacher Support

Programs include weekly home activities, designed to reinforce the mastery of newly introduced skills. Parent reinforcement of new skills in day-to-day, natural setting situations is paramount to the success of each program and ultimate growth of each child. Strategies to help reinforce skills introduced in a child's group counseling program are made available to each child's teacher upon request.

Progress Reports

A written evaluation of a child's progress toward program objectives is provided at the conclusion of most programs.

Additional Services

- Learning Disabilities, ADHD
- Social-Emotional Assessments
- Academic & Intellectual Evaluations
- Academic Therapy (Reading Intervention Program)
- Educational Consultation
- Parent Education for parents of ADHD children
- Staff Training
- Individual Psychotherapy
- Child Management Counseling

Professional Staff

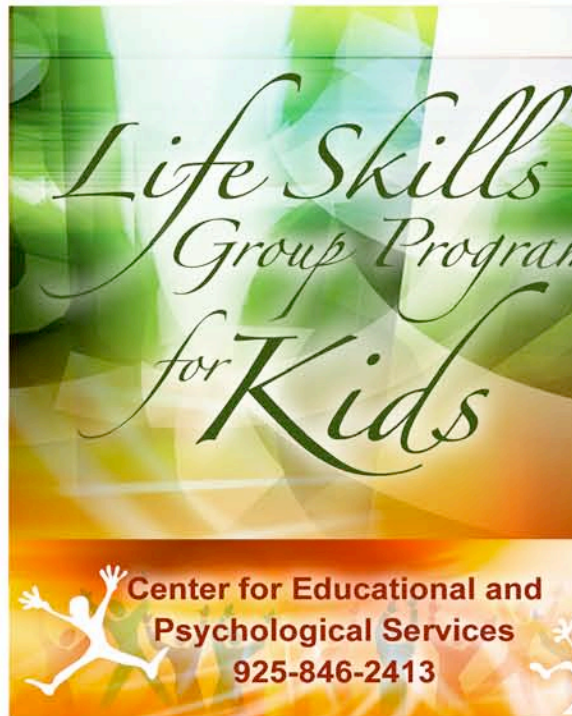
Sandie Frawley, Ed.D.,LEP, Director is well recognized in her field and community for her work with Learning Disabled, ADHD, socially & behaviorally-challenged children to include Asperger's Syndrome and Non-Verbal Learning Disability. Dr. Frawley is a Licensed Educational Psychologist, practicing School Psychologist, Parent Educator, Staff Trainer, University Instructor & Educational Consultant who has 30+ years experience working with children, parents, educators & the medical community.

All staff members are highly experienced, qualified professionals who hold a variety of degrees, credentials or licenses in psychology, special education, curriculum development, or counseling.

**Michelle Nutter, PhD • Janine Laux-Trautwein, MFT
Carol Ghinazzi, B.S. • Karen Schulz, MA**

Sandie Frawley
Center for Educational & Psychological Services
1742 Equestrian Drive
Pleasanton, CA 94588

NAME
STREET ADDRESS
CITY, STATE 00000



- Social Skills Training
- Anger Management
- Conflict and Cooperation
- Self-Esteem Groups
- ADHD Coaching
- Asperger's and NLD Groups
- Preschool Groups
- Reading Intervention

Director: Sandie Frawley, EdD
www.sandiefrawley.com
Pleasanton * San Ramon Offices
(925) 846-2413



PALS Social Skills Training Programs

Learning positive, social behaviors not only builds self confidence but also helps a child to resolve and/or prevent social problems which in turn increases a child’s chance for social success and personal happiness. Social Skills training groups provide children the opportunity to learn and practice pro-social interaction skills in a safe, supportive environment. PALS was designed to support children’s social development, most especially those children having difficulty making and keeping friends.

Three different sections of PALS are offered to children 6-17 years of age (PALS-1 in Fall and Summer, PALS-2 in Winter, PALS-3 in Spring). Each section introduces 8 different social skills. There is no specific order that these groups must be taken. Some of Social Skills being introduced are:

- Recognition of behaviors that encourage and interfere with friendship development
- Steps to joining into a group
- Initiation and maintenance of a conversation
- Understanding how body language, tone of voice and personal space influence social interactions
- Turn-taking, Cooperation and Listening
- Play Dates/Hanging Out
- “I” Messages and Interrupting
- Tattling/Telling/Gossiping
- Complimenting/Put-Downs
- Accepting Consequences
- Social Problem Solving

*** Please Note: Skills vary for Teen Groups*

Junior Pals Social Skills training Programs

This play-based program is designed to enhance the social development of 3-6 year-old children. As in PALS, there are 3 different sections, each of which introduces 8 different social skills. Some of the Social Skill topics introduced are: Greetings, Listening, Taking Turns, Sharing, Cooperation, Interrupting, Tattling, Using Polite Words, Manners, etc. Jr. PALS is not appropriate for children with significant language, social and/or cognitive delays.

Take Charge Anger Management Groups

Children’s anger can be a confusing, draining experience for parents and children alike. Children use anger as a defense against painful or vulnerable feelings, such as failure, poor self-esteem or anxiety. It is normal for children to express anger—it’s what they do with it that differentiates between “well-adjusted” and emotionally “at-risk” children.

The Anger Management program introduces children to a variety of developmentally appropriate anger control techniques. Through various activities and experiences children learn to take charge of their anger as well as to constructively express it. They learn to use “self-talk” to inhibit aggressive behavior and language. Strategies to diffuse other’s anger and to respond to teasing are also introduced.

Succeeding with ADHD Group Program for Parents and Child

This unique 10-week program offers support to both ADHD children and their parents. Dr. Frawley will meet with parents and children on alternate weeks. In this way, parents can learn strategies that will help them to better serve as their child’s ADHD Coach - supporting them academically, emotionally and medically. The purpose of this program is to teach children and parents how they can succeed with ADHD.

The Succeeding With ADHD program is limited to 6 families. Each participant will receive Dr. John Taylor’s book: *The Survival Guide for Kids with ADD or ADHD*.

ADHD will be explained in terms that children can understand and accept. Treatment options, medications and their possible side-effects will be discussed as appropriate. Children will be introduced to strategies/tools to help them learn time-management, memory, organization and study skills. Home-based challenges will be identified along with ideas for overcoming them.

Parents will be introduced to the various challenges facing their ADHD child as well as themselves. Discussions will include the etiology, diagnosis and various treatment options available as related to ADHD. Helpful tips on behavior management along with strategies to overcome the “Homework Wars” will be offered.

Follow-up Coaching sessions with Dr. Frawley will be available to parents and/or their ADHD child in order to address more individual or specific challenges not addressed during the group therapy program.

Friendship Club for HFA, Asperger’s and NLD Children

Friendship Club is designed specifically for children with social cognitive deficits, including Asperper’s Syndrome, HFA and NonVerbal Learning Disability

Please call for further information and/or a brochure describing this program.

Girls’ Club/Boys’ Club Self Enhancement Groups

These year-round counseling groups include activities and experiences focusing on the enhancement of self-esteem, social self-confidence and social skills development. Self-esteem refers to the value or worth one has of themselves. Group activities and dialogue provide opportunities for boys and girls to develop positive internal thoughts which will enhance self-worth.

Children learn to respond to mistakes, failures, bullying and put-downs in a manner which maintains their self-esteem. Activities help children identify and utilize their personal strengths and to use self-statements to motivate and coach themselves through difficult experiences. Guided self-discovery of social insecurities help group members to feel good about themselves and to better enjoy life.

Membership is open throughout the year as space permits. Enrollment interviews are required prior to placement for all children who are new to the Life Skills Programs.

Just PALS

Just PALS is for children 7 and older who demonstrate adequate social knowledge, but need opportunities to apply these skills. Children are provided supportive feedback in a semi-structured environment as they build and refine their social skills and relationships. Activities focusing on Cooperative Play, Friendship Management, Self Regulation and Empathy are introduced to further enhance their social development.

Tuition & Schedule

	A	B
PALS (1, 2, 3)	\$ 375	\$ 340
Jr. PALS (1,2,3)	\$ 470	\$ 470
Just PALS	\$ 375	\$ 340
Jr. Just PALS	\$ 470	\$ 470
Boys/Girls Club	\$ 375	\$ 340
Take Charge	\$ 375	\$ 340
ADHD Program	\$ 375	\$ 340
ADHD Coaching	\$ 100/hour	
Friendship Club	\$ 470	\$ 470

A = Tuition paid in full with cash or by check

B = Continuing Students

** There is a \$50 service fee for insurance claims requiring more than a regular billing statement*

FALL	Session begins September
WINTER	Session begins January
SPRING	Session begins April
SUMMER	Session begins June
***	<i>See registration form for specific dates</i>

Children are grouped by age: (3-4; 5-6; 6-8; 9-11; 12-14; 15+). Age groupings may vary slightly depending on enrollment

Location of Groups & Services

All Group programs are offered at the San Ramon

Office: 125 Ryan Industrial Ct. Suite 209.