

### Play therapy helps children:

Become more responsible for behaviors and develop more successful strategies.

Develop new and creative solutions to problems.

Develop respect and acceptance of self and others.

Learn to experience and express emotion.

Cultivate empathy and respect for thoughts and feelings of others.

Learn new social skills and relational skills with family.

Develop self-efficacy and thus a better assuredness about their abilities.

### Clinical Areas and Problems

Anxiety Disorders

Anger Management

Asperber Syndrome

Attachment

Attention Deficit Hyperactivity Disorder

Autism

Divorce and Stepfamily Adjustment

Dissociative Disorders

Grief and Loss

Mood Disorders

Parent-Child Conflicts

Personality Disorders

Self-Injury

Stress

Trauma and Abuse

### Approach to Counseling

I believe all persons have strengths, resources and resiliencies to help one overcome obstacles and life problems.

We will work together to develop strategies to solve current and future problems in a thorough and focused manner.

Children use play to best resolve their problems. A variety of directive and non-directive play therapy techniques are used to cope with their behaviors, feelings and thoughts.

Family counseling can help you be more effective as a parent, understand how each family member affects the others, how to communicate effectively and find ways to enjoy time together.

Trauma therapies include stabilization and resolution of trauma. Counseling will allow you to resolve trauma issues, have a more functional personal and professional life and live an optimal life.

### Eye Movement Desensitization and Reprocessing (EMDR)

EMDR is an information processing therapy used with adults and children with problems that cause the brain to be over focused on past or present bothersome experiences.

### Dialectical Behavioral Therapy (DBT)

DBT is an effective treatment for adolescents and adults with self-injury, chronic suicidal thoughts, persons who experience difficulty in regulating their emotions and handling stress.

### Types of Counseling

Individual

Family

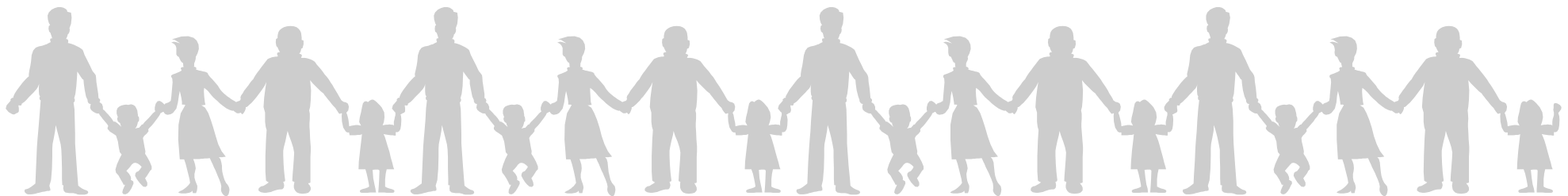
Groups

Parenting, Children and divorce adjustment, Young adults with Asperger's, ADHD parents and children, DBT for adolescents, parents of oppositional/defiant children.

### How to Schedule an Appointment?

Visit my website at [www.yourkycounselor.com](http://www.yourkycounselor.com) "CLICK" on icon "Click Here to Schedule Appointment"

Evening Appointments Available



Janet Vessels, M.S. LPCC RPT-S  
Professional Bio

A licensed professional clinical counselor, registered play therapy supervisor and certified EMDR therapist with over fifteen years experience in mental health. Counseling experience gained with a culturally diverse individuals, couples, groups and families in a variety of public and private mental health settings.

A workshop/training presenter of over 1000 trainings in parenting, family issues, child development, suicide assessment, counseling ethics, play/games with children, workplace issues, and mental health assessments.

Play therapy supervisor, professional counseling supervisor and EMDR consultant in training for mental health professionals seeking licensure and specialized credentials.

A professional member of the Association for Play Therapy (APT), American Counseling Association (ACA), the Eye Movement Desensitization and Reprocessing International Association (EMDRIA), and International Society for Study of Trauma and Dissociation (ISSTD),

### Insurance Accepted

**Anthem  
Humana  
Corphealth  
Cigna**

**United Behavioral Health  
Horizon Health  
Managed Health Network  
Magellan Behavioral Health  
Multiplan  
FEI Behavioral  
Aetna EAP**

**\*\* fee-based services available  
for persons without insurance**

**CASH, CHECK, CREDIT CARDS,  
FLEX SPENDING ACCOUNTS  
ACCEPTED FOR PAYMENT OF  
SERVICES**

What Clients have stated about  
counseling services:

"After living years with the fear, you saved my life.... now I can leave the house and not be afraid."

"It's like talking to a good friend."

"My child acts differently after just a few sessions."

"The way you explain things, it seems like common sense."

"I didn't think of it that way before now."

# Center for Child and Family Counseling

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