



Therapy



safer, healthier relationships
for children and families

Individual, family, and group counseling provided
in-home and in-office.

METHODS

Just as adverse experiences negatively impact the developing brain, therapeutic activities can alter the brain creating opportunities for healing, recovery, and the development of healthier functioning. FamilyForward is site certified in the Neurosequential Model of Therapeutics (NMT) by the ChildTrauma Academy. Developed by Bruce D. Perry, MD, PhD, NMT provides the structure to best recognize the presenting behaviors and needs of each child. In order to match the appropriate therapeutic interventions with each child's needs, FamilyForward's clinical team is trained in a wide variety of evidence-based practices, including:

Alternatives for Families: A Cognitive-Behavioral Therapy (AF-CBT)

A treatment for children and families struggling with aggression, violence, and harsh discipline.

Attachment, Regulation and Competency (ARC)

An intervention that promotes future resiliency for children and adolescents who have experienced complex trauma and are demonstrating attachment and emotional difficulties.

Child-Centered Play Therapy (CCPT)

A developmentally responsive, play-based intervention for children ages three to 10 who are experiencing social, emotional, behavioral, or relational disorders.

Eye Movement Desensitization and Reprocessing (EMDR)

A psychotherapy designed to reduce trauma-related stress, anxiety, and depression symptoms associated with post-traumatic stress disorder (PTSD).

Integrative Treatment of Complex Trauma (ITCT)

A developmentally appropriate, culturally adapted approach for addressing attachment and regulation difficulties in children with complex trauma histories.

Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC)

A system of therapeutic components designed to address not only anxiety, depression, trauma-related issues, or conduct problems, but also related challenges that may emerge during therapy.

Parent-Child Interaction Therapy (PCIT)

A treatment for young children with emotional and behavioral disorders that places emphasis on improving the quality of the parent-child relationship and changing interaction patterns. Children and their caregivers are seen together and most of the session time is spent coaching caregivers in the application of specific parenting skills.

Training for Adoption Competency (TAC)

Designed to increase families' and individuals' access to adoption-competent mental health professionals and to improve the wellbeing of adopted children and their families.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

A treatment for children and adolescents impacted by trauma and their parents or caregivers aimed at providing education and skills development in a safe and supportive environment.

Triple P-Positive Parenting Program

Intended to equip parents with the skills and confidence they need to manage family issues in positive and healthy ways.

LEARN MORE

Call 314.534.9350 and ask for Intake or email intake.dept@familyforwardmo.org to learn more about FamilyForward's therapeutic counseling services.



safer, healthier relationships
for children and families

3309 S Kingshighway Blvd
Saint Louis, MO 63139-1101
314.534.9350

familyforwardmo.org



OUR MISSION: FamilyForward moves vulnerable children in the direction of hope by delivering comprehensive therapeutic and educational services to support biological, foster, and adoptive families.

