

## Why Parent Coaching?

1. Parents and children should enjoy a loving and emotionally connected relationship.
2. Parents and children should be able to understand and make sense of each other's behavior.
3. Parents want to feel successful in their role.
4. Children want their parents to be proud of them for who they are, as well as, their accomplishments.
5. Parents and children should be able to support and maintain healthy connections and attachments which remain even when angry or hurt.

## Facilitating change from the inside

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## JOURNEY'S END COUNSELING

PARENTING WITH PURPOSE

PARENT ENRICHMENT

PARENT COACHING

ATTACHMENT THERAPY

## Parenting With Purpose

Parent Enrichment and Skill Building

Parenting with Purpose (PwP) is an 8-12 week interactive parenting program.

PwP is designed to help participants:

- Identify challenges to the parenting relationship,
- Explore attachment style
- Understand and make meaning of their child's behavior
- Explore, recognize and identify emotional triggers
- Develop an individualized parenting plan.
- Develop an individualized co-parenting plan.
- Improve communication and behavior management.
- Increase parental support and accountability.

## Parent Coaching

Journey's End Counseling provides Parent Coaching using a unique process which includes observation of the child and the parent during natural interaction or play. Parents and children participate in therapeutic activities and role play to assess the type of conflict style that exists. Our goal is to provide focused and goal directed skills and strategies to the parent and the child to effectively and safely manage high conflict communication.

A great deal of emphasis is placed on recognizing and managing strong emotions and non-verbal cues.

Parent Coaching is a hands on, interactive, behavioral approach to build resilient and connected families.

This approach is ideal for adoptive

## Parent Coaching in Action

families and families in crisis.

Parent Coaching is individualized and services are driven by the unique needs of the child and the family.

Services include:

- Assessment
- Weekly in session participation with the child/parents separately and together
- Between sessions follow up and support with parental reactivity or setbacks.
- Email and phone contact
- Individualized practice plans
- Modeling and Reinforcement
- Attachment therapy
- Couples counseling
- Prepare-Enrich
- Mindfulness training
- Booster sessions

Services may range 6-12 months