

Treatment Program Menu of Services

A.N.C.H.O.R. (Addressing Needs, Creating Hope, Optimizing Relationships):

- 10-week program serving school-aged children who have experienced trauma or negative life events.
- Participants meet during the school day among peers to develop coping skills, identify and understand feelings, determine effective ways to plan for safe and healthy futures, and increase self-esteem.
- The group setting, led by one of Family Nurturing Center's therapists, promotes empowerment, inclusion, connection, and optimism for the future.

Combined Parent Child Cognitive Behavioral Therapy:

- Individual and family counseling to help families who have experienced physical abuse or have a rigid parenting style.
- Attend weekly sessions that are 90 minutes in length.
- A counselor will meet with the parent individually and the child individually and work up to joint parent and child sessions.



Parent-Child Interaction Therapy:

- Family counseling for children between the ages of 2 and 7 who have experienced abuse or trauma and display challenging behaviors.
- Attend weekly sessions that are 60 minutes in length.
- A counselor will coach parents on specific strategies to help manage and decrease the child's challenging behaviors while also strengthening the parent-child relationship.

S.O.A.R. (Survivors of Abuse Recovery):

- A 12-week program serving adults who are victims of sexual abuse.
- Participants follow a guided curriculum that is designed to help identify feelings, learn healthy coping skills and have a safe place to share their story.
- The program provides a solid foundation for healing and creates a safe and strong support system for all participants involved to increase overall functioning.

S.P.A.R.K. (Sparking Power And Resiliency in Kids):

- 12-week program serving children ages 4-18 who have experienced trauma, their siblings, and parents/caregivers.
- Participants meet in a group setting among peers to understand how trauma has impacted them, to develop coping strategies to build resiliency, and empower one another to have healthy and safe futures.

- The sibling and parent/caregiver groups work simultaneously using a trauma-focused model to process the traumatic experience, learn effective family communication skills, and better understand the disruption that traumatic experiences can have on daily life.
- The program provides a solid foundation for healing and creates a safe and strong support system for all participants involved. Childcare may be available for children under the age of 4.

TIC-TOC:

- Tic Toc is a 12-week psycho educational program based on a TF-CBT model serving sexual abuse victims ages 4-18, their siblings, non-offending parents and caregivers.
- Participants meet separately in a group setting to identify and better understand the impact of trauma on themselves and their loved ones while also learning healthy coping strategies and effective family communication skills.
- The program provides a safe place for sharing so that children and families impacted by child sexual abuse can heal and reduce the impact of that abuse on overall functioning.



Trauma Focused Cognitive Behavioral Therapy:

- Individual and Family Counseling to help children ages 3 through 17 with a history of abuse or trauma.
- Attend weekly sessions that are 60 minutes in length.
- A counselor will meet with the child individually each week to process and cope with the trauma.
- TF-CBT includes parent sessions in which the counselor can meet with the parent individually and/or with the child to ensure the parent/caregiver is part of the healing process as well.

REFERRAL PROCESS			
<p>Family Nurturing Center takes great pride in helping children and families move past difficult situations. To refer a client to one of our services, please complete a referral sheet and submit to:</p>			
Sarah Johnston	CATS Case Manager	859-538-1616	Sarah.Johnston@familynurture.org

www.familynurture.org