

## *Play Therapy*



Play therapy gives children the opportunity to create a world they can master, practice social skills, overcome frightening feelings and symbolically triumph over the traumas that affect their well being. In the play therapy setting, a therapist understands the metaphorical content of a child's play, helps the child express his or her needs, and facilitates discovery of solutions in a safe, therapeutic environment. The result is children use their own imagination and creativity to heal and grow.

The Center has a special room designated for play therapy which includes a sand tray, doll house, puppets, white board, art materials, games, toys and other materials children use to create the dramatic scenes they direct with their therapist.

## *Marriage and Family Services*

The Center offers a pre-marriage program several times a year that is designed to prepare couples for marriage (either those about to be married or those who are newly married). The day-long workshop is led by the Center's professional staff and includes various topics that couples explore together including balancing career and family, God's design for marriage, the impact of family on a marriage, and personality profiles. Special sessions for blended families can also be incorporated.

Other opportunities for couples include Couple Communication workshops that are offered every spring and fall, and individual sessions with our therapists.



See [Upcoming Events!](#) for the specific dates and times the Pre-Marriage and Couple Communication workshops are offered.

## *Clinical Hypnosis*

There are many practical uses for clinical hypnosis including pain management, stress reduction, depression, traumatic stress reactions, phobias, "being stuck," irritable bowel syndrome, and performance enhancement.

Clinical hypnosis is also an effective tool for habit control with such issues as smoking cessation and weight reduction, especially when combined with other therapies such as medication, cognitive therapy, and reinforcement and replacement strategies. With regard to smoking cessation, hypnosis is typically about 40 percent effective, which is almost twice the rate of formal, structured programs that tend to be about 20-25 percent effective. With weight loss, hypnosis is useful in enhancing self-control and exploring the issues related to eating.

If you are interested in supplementing your medical care with clinical hypnosis, please contact Dr. James A. Natter or Dr. Patricia R. Francis, O.P. at the Center.



## *Group Counseling*

Therapy groups are designed to be a safe place for resolving issues in a community with others. With the aid of a trained facilitator, participants share mutual experiences and help one another. The cost of group therapy is often less than individual or family counseling.

Currently the Central DuPage Pastoral Counseling Center is offering one therapy group:

***Women's Issues Group*** - Dr. Patricia Francis, O.P., facilitates an on-going group for women that meets every other Tuesday afternoon at 4 p.m. Topics are surfaced by the participants and have included themes of self care, spirituality, anger management, assertiveness without blame and shame, recognizing co-dependent behaviors, and communication. The group is accepting new members. Please contact Dr. Francis at 630-752-9750, ext. 17 for consideration.

## *Adolescent Services*

We recognize that the experiences of youth are often unique. Our staff includes counselors who specialize in working with young people. Adolescent Services at the Center is focused on helping teens make sense of themselves, their world, and/or their experiences. Other services, such as group therapy provide a safe place for young people to explore specific issues or areas of struggle.



# *ADD/ADHD Assessments & Counseling Services*



The Central DuPage Pastoral Counseling Center has developed a comprehensive program for the assessment of Attention Deficit Hyperactivity Disorder and support of individuals who face the challenges of ADHD.

***What is Attention Deficit Hyperactivity Disorder?*** We may all have the occasional difficulty of sitting still, paying attention or controlling impulsive behavior. For some people however, the problem is so pervasive and significant that it interferes with daily life. Family and social relationships, academics and job performance are all affected.

ADHD has three main components: inattention, impulsivity and hyperactivity. These components can be configured in three ways: (1) inattention only; (2) hyperactivity and impulsivity only; or (3) inattention, impulsivity and hyperactivity. ADHD affects approximately three to five percent of school age children and two to four percent of adults. Although individuals affected by ADHD can be very successful in life, without identification and treatment, the disorder can have serious consequences.

***The Assessment Process.*** Because there is no single test that can be used to diagnose this condition, determining whether a child or an adult has ADHD is a multifaceted process. A comprehensive, systematic evaluation is essential. The Center uses several kinds of assessments to determine a diagnosis of ADHD. These include a clinical interview, behavior rating scales, visual and auditory attention tests, and psycho-educational testing.

After the assessment process is completed, a comprehensive report is written. The client will then meet with the therapist to discuss the results and a treatment plan is developed. A medical consultation also may be recommended.

## ***EMDR ((Eye Movement Desensitization Reprocessing)***

When used as part of a treatment plan by a trained therapist, EMDR may be useful in treating complaints such as sexual abuse, domestic violence, post traumatic stress disorder, panic attacks, addiction, dissociative disorders and disturbing memories.

Scientists believe that painful or traumatic experiences are stored in a different place in the brain than our pleasant or neutral ones. Typically, we can work through negative experiences by talking about them, dreaming about them, or journaling about them and in the process, put them behind us. However, many traumatic events or experiences seem to get stuck in the brain despite therapeutic intervention. The emotional pain may remain unchanged years later. EMDR triggers a physiological mechanism that activates the information processing system. This activation seems to impact the understanding that accompanies the event. Instead of being forever locked in the conclusions and understanding that were made during the traumatic event, a new, more adaptive conclusion is spontaneously achieved.

Several of the Center's therapists are trained to practice EMDR.