



Dr. Joe Roszkowski, PsyD, Clinical Director is a licensed clinical psychologist who has been working in the human services field for over twenty years. He provides individual, family, and couples therapy, and psychological testing to children and adults. He

designed the curriculum and has been running the Activity Social Skills Groups for Boys program for over ten years.



Zach Meers, MS LCPC has a diverse range of experience working with children, adolescents and families in a variety of areas including ADHD, ASD, ODD, and PTSD. Zach previously has worked as a therapist and supervisor at a psychiatric

residential treatment facility for 6 years. Zach is an effective therapist with a wealth of experience in helping families and individuals with emotional and behavioral challenges.

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Activity Social Skills Groups for Boys



- ◆ 3rd - 5th Grade Boys
- ◆ 6th - 8th Grade Boys
- ◆ High School Boys
- ◆ Mindfulness & Skill-Based Program



Group Approach

The Activity Counseling for Boys program focuses on building skills to help boys excel socially, emotionally, and academically. Activity Counseling Groups offered at Pathways Psychology Services use activities, games, and problem-solving initiatives to aid boys in developing resources to overcome various social and coping difficulties. The groups are educational, provide guidance in effective behaviors, and offer an opportunity for boys to get positive feedback from group leaders and members. The groups provide an outlet where boys can try new behaviors and have successful experiences in a safe environment where criticism is discouraged, and positive feedback is provided.

Age Range

Elementary through high school age groups are offered.

Outdoor/Indoor Settings

Groups are run outdoors during the spring, summer, and fall at the Pathways Winfield location. During rain or cold weather, groups move to the indoor gym area located within the Pathways facility.



“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgementally”
- Jon Kabat-Zinn

Group Format

- ∴ Social interaction activities and role-play
- ∴ Mindfulness technique practice
- ∴ Group problem-solving activities
- ∴ Leadership initiatives
- ∴ Team-building games
- ∴ Success/Self-Esteem experiences
- ∴ Active coping exercises
- ∴ Social education games
- ∴ Feedback and insight activities

Goals of the Group

- ∴ To build and develop practical and helpful social and coping skills that will allow for enhanced problem-solving abilities and interpersonal success.
- ∴ To provide exposure and learning opportunities that will carry over into real life experiences.
- ∴ To impart skills, education, and corrective experiences in an active, engaging, and fun environment.
- ∴ To address unique problems including issues associated with diagnoses of ADHD, Autism Spectrum, social anxiety, social skills deficits, frustration management, and coping with stress.
- ∴ Improve positive strength-based life skills.

Skills for Life

A lesson is provided each week tailored to individual and group goals. Skill modules are designed to add to the child/adolescent's tools for effectively and successfully functioning in the world. These lessons are sent home so that families may reinforce skills taught.

Lessons include:

Social Skills: starting conversations, making friends, resolving conflicts, coping with losing, making mistakes, and increasing interpersonal effectiveness.

Attention/Mindfulness: developing the ability to strengthen and focus attention.

Self-talk Skills: the ability to have greater control over thinking while increasing positive thinking and decreasing negative thinking.

Self-Esteem: developing a positive attitude, feeling confident about oneself, and overcoming peer pressure.

Problem-Solving: working with others, making good choices, and setting goals.

Coping: Frustration tolerance, reducing anxiety, and building self-confidence.

Alternative to Traditional Counseling

Group is designed to be an alternative or supplement to traditional counseling, engaging boys through activities while emphasizing skill-building and process oriented in-the-moment experiences and feedback. Unlike other traditional sporting activities, the Activity Groups highlight team goals and working together over individual competition.

Many insurance providers reimburse for the groups. Pathways Psychology