



**Dr. Joe Roszkowski**

**Clinical Psychologist, Group Leader**

Dr. Joe has been working in the mental health field for over ten years. He is a frequent speaker on issues pertaining to boys' issues and presents training on working with boys. Dr. Joe received his Doctoral and Master's degree from Roosevelt University in Clinical Psychology and was a member of the adjunct faculty there. He received his Bachelor's degree from Florida State University in Religion. He provides individual and family therapy, as well as psychological assessment, to children and adults.



**Nicholas Fedeles, MA, LCPC**

**Licensed Clinical Professional Counselor**

Nick Fedeles is a Licensed Clinical Professional Counselor. He received his Master's degree in Clinical Psychology at Argosy University where he is also completing his doctor training. He received his Bachelor's Degree in Clinical Psychology and Communication Studies at Elmhurst College. Nick's doctoral research has primarily focused on social skills issues including symptoms related to ADHD, Autism, Asperger's Syndrome, and Pervasive Developmental Disorder.

**Referral Process and Payment:**

Many insurance providers will reimburse for the groups. Pathways Psychology also provides sliding scale fee rates.

**Contact:**

**Call Dr. Joe at (630) 293-9860, ext. 1 or**

**E-mail to:**

**[drjoe@pathways-psychology.com](mailto:drjoe@pathways-psychology.com)**



**About Pathways Psychology Services**

Pathways Psychology Services is a DCFS approved provider that works with numerous other foster care agencies, adoption programs, and private insurances: References from referral sources are available upon request. We specialize in providing services to challenging and difficult populations. Services include:

- Child, Adolescent, and Family Therapy
- Adult and Couples Therapy
- Psychological / Neuropsychological Assessment
- Consultation and Supervision
- Activity Counseling Groups for Boys
- Strong Girls: Self-Esteem and Self-Respect Groups for Girls
- Passages Collage Age Groups for Females
- Social Skills Groups for Boys and Girls
- Behavioral Analysis Services
- Parent Coaching and Education

*The experienced staff at Pathways Psychology Services focus on providing our clients with empathetic, researched, and professional support in developing inner resources, quality of life, and potential. We work with individuals, families, and organizations providing therapeutic, training, and consultation services.*

# ACTIVITY COUNSELING GROUPS FOR BOYS



## MINDFULNESS-BASED SOCIAL SKILLS PROGRAM

**3rd through 5th Grade Group**

**6th through 8th Grade Group**

**9th through 12th Grade Group**

**Pathways Psychology Services**

**Winfield Office:**

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## Activity Counseling Groups

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 offered.

### Groups Run Year Round

Groups move to a gym depending on the weather.

### Goals

The goals of Activity Counseling Groups for Boys include:

- To build and develop practical and helpful social and coping skills that will allow for enhanced problem-solving abilities and interpersonal success with others.
- To provide exposure and learning opportunities that will carry over into real life experiences.
- To impart skills, education, and corrective experiences in an environment that is active, engaging, and fun.
- To address unique problems including issues associated with diagnoses of ADHD, Asperger's spectrum, social anxiety, social skills deficits, frustration management, and coping with stress.
- Focus on positive strength-based life skills potentially useful and applicable to all.

## Outdoor/Indoor Settings

Groups are primarily held at local parks and forests opening clients to the rich and relaxing aspects of the local natural habitat.



### Initiatives and Activities

Activity Counseling Groups utilize activities, discussion, and problem-solving challenges that lead to greater participation and real-life experiences in overcoming challenges and adapting in new ways. These activities include:

- **Mindfulness techniques**
- **Group problem-solving activities**
- **Leadership initiatives**
- **Team-building games**
- **Success/Self-Esteem experiences**
- **Active coping exercises**
- **Social education games**

This experiential approach uses active teaching so that lessons can be integrated, experienced, passed on, and remembered. The games and initiatives allow boys to work together to develop cooperation, improved focus, sportsmanship, and communication skills. Dr. Joe and Co-Leader Mr. Fedeles guide and provide feedback to the group as well as individual coaching to help group members achieve personal goals.

## Skills for Life

A lesson is provided each week tailored to both individual and group goals. Skill modules are designed to add to the child/adolescent's tools for effectively and successfully functioning in the world.

Lessons include:

- **Social Skills:** starting conversations, making friends, resolving conflicts, coping with losing, making mistakes, and increasing interpersonal attraction.
- **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, anger management, reducing anxiety, and building self-confidence.

## Alternative to Traditional Counseling

The Activity Counseling Groups are an alternative to more 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.