

Group Leaders:



Dr. Jaime Maurella, PsyD, LCP

Dr. Maurella is a Licensed Clinical Psychologist. Dr. Maurella completed her Master's and Doctoral degrees at The Chicago School of Professional Psychology. Dr. Maurella works with children as young as three, adolescents, and adults. She has advanced clinical training in play therapy, adoption issues, and parenting strategies for difficult children. Her ability to effectively engage children and teens in the counseling process and clinical expertise on unique issues ranging from ADHD to developmental disorders to mood and anxiety disorders makes her a well-qualified therapist with children, adolescents, and families. She has prior experience in working with children in the school setting and is knowledgeable regarding 'peer culture' dynamics.



Shannon Larkin, LCSW, CADC

Shannon is a seasoned clinician and Certified Alcohol and Drug Counselor who has previously worked at Rosecrance Inpatient Adolescent Center. Shannon earned her Master's Degree with a focus on mental

health and substance abuse issues from the University of Wisconsin, Madison. She has extensive experience working with children, adolescents, and adults. Shannon is a well qualified clinician with strong abilities to connect and gain trust of young clients. She has received specialized training in Structural Family Therapy and group counseling.

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

Contact:

Contact Dr. Jaime Maurella or Shannon Larkin
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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 College Age Groups for Females
- ◆ Social Skills Groups for Boys and Girls
- ◆ Behavioral Analysis Services
- ◆ Parent Coaching and Education



Social Skills Groups

K - 2nd Boys and Girls
3rd - 5th Girls
6th - 8th Girls



Pathways Psychology Services

28W671 Garys Mill Road
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K-2nd Boys and Girls 3rd-5th Girls 6th-8th Girls

Group Approach

The ability to understand and use age-appropriate social skills is vital to social and academic success. Social behavior and academic behavior are highly correlated. Though we learn academics in a highly structured, goal-oriented format, social skills are frequently not systematically taught. Consequently, some children don't develop social competency at the same pace as their peers. This can be especially true for children with ADHD/ADD, anxiety issues, Asperger's Disorder, Learning Disabilities, and other problems. Challenges with peer socialization can lead to bullying, low self-esteem, and depression. Pathways social skills groups can help map out your child's needs and provide not only a compass, but a set of effective tools for navigating their social world more effectively.



Goals of the Group:

- ◆ Making and Keeping Friends
- ◆ Dealing with Peer Pressure
- ◆ Stopping False Rumors
- ◆ Using Self-control and Following Directions
- ◆ Improving Self-image and Self-esteem
- ◆ Thinking Before Acting
- ◆ Listening
- ◆ Accepting Rules and Consequences
- ◆ Goal Setting
- ◆ Problem-Solving
- ◆ Dealing with Feelings
- ◆ Dealing with Anger
- ◆ Accepting Change
- ◆ Communicating Effectively
- ◆ Understanding Boundaries
- ◆ Empathy and Helping Behaviors

Each group includes a lesson covering developmentally specific social skills. The children in the group have a chance to learn, practice, and receive feedback regarding the skills. Group members will also be offered suggestions regarding how they can more effectively interact in and out of the group. The groups include activities and projects designed to engage the kids in a fun yet educational manner.

Modes of Learning Include:

- ◆ Activities
- ◆ Role-play
- ◆ Art
- ◆ Stories
- ◆ Poems
- ◆ Puppets
- ◆ Games
- ◆ Giving and Receiving Feedback

Curriculum Overview

The Social Skills Curriculum is designed to teach social behaviors in a safe and friendly environment. Each lesson provides a model for children to imitate and activities to practice the skills. The approach is based on Structured Learning, a holistic teaching method that provides a framework for systematic teaching of a skill in a way that is similar to academics. The emphasis is to provide alternative behavioral options to increase effective social interactions.

The curriculum is based on "Think Social: A Social Thinking Curriculum for School-Age Students" by Michelle Garcia Winner and includes structured activities to address real life socialization issues.

Structured Learning consists of four basic components:

- ◆ Modeling & Role Playing
- ◆ Discussion of Performance
- ◆ Practice in Real-life Situations

The group format, length of time spent on each topic, and the order in which skills are introduced will depend largely on the needs of the group members.

