

(cont.) Christine is an experienced and skilled family and individual therapist who works with children, adolescents, and adults. She has a specialty in providing counseling support to parents of children with disabilities and autistic spectrum disorders. Christine has a strong background in treating a variety of clients coping with a range of issues from severe mental health disorders to lesser problems related to life adjustments. She has also worked with children and families of divorce and related circumstances. She has facilitated numerous groups for young teens and for parents of teens. Christine is well qualified in providing therapy to children, adults, and families and offers a warm yet goal-oriented approach to helping her clients.

Areas of Specialization:

- ❖ Passages Group for Young Women
- ❖ Adolescent and Adult Anxiety, Depression, and Bipolar Disorder
- ❖ Self-Injury and Self-Esteem
- ❖ Body Image Issues
- ❖ Cognitive Behavioral Therapy and Mindfulness

Pathways Psychology Services is a multi-specialty practice offering a wide range of mental health and substance abuse services:

- ❖ Psychological testing
- ❖ Passages College-aged Groups Females
- ❖ Social Skills Groups
- ❖ Activity Counseling Social Skills Groups for Boys
- ❖ Individual and family counseling for children, adolescents, and adults

Pathways Psychology Services
28 W671 Garys Mill Road
Winfield, IL 60190
630-293-9860

www.pathways-psychology.com
Christine@pathways-psychology.com



STRONG GIRLS TEEN GROUPS:



- ❖ Emotional Regulation
- ❖ DBT-Informed
- ❖ Distress Tolerance Skills
- ❖ Self-Esteem and Self-Respect
- ❖ Anxiety and Mood

Coping Strategies
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The Strong Girls group counseling program at Pathways has been an ongoing source of supplemental support for high school aged girls who benefit from the addition of group counseling as part of their mental health treatment. The group offers a safe, supportive, and psycho-educational atmosphere where girls can benefit from the feedback and assistance of therapists and same-aged peers in overcoming obstacles and maintaining a healthy lifestyle.

Group Approach

- ❖ Supportive and processing elements to help girls explore and gain insight into their emotions and behaviors.
- ❖ DBT-informed educational components to assist with mindfulness skills, distress tolerance, emotional regulation, and coping skills.
- ❖ Feedback and sharing in an environment that is constructive and supportive.
- ❖ Processing of behaviors and emotions and the promotion of self-reflection and healthy decision-making.



Christine Malm, MS, LCPC Therapist and Group Leader

Christine Malm is an experienced and adept counselor and group director. She is a Licensed Clinical Professional Counselor who has been running the Strong Girls program at Pathways for several years. Christine has a strong background in multiple therapeutic models including cognitive-behavioral therapy, Dialectical Behavioral Therapy, individual, and family counseling approaches.

Christine received her Masters of Science in Clinical Psychology from Benedictine University. She received her Bachelors of Arts in Sociology and

Goals

- ❖ Increasing a teenage girl's ability to make safe and healthy choices.
- ❖ Increasing self-esteem, self-confidence, and the ability to accept oneself, be assertive, and overcome a variety of difficult situations.
- ❖ Developing skills to combat peer pressure.
- ❖ Gaining a mastery of effective coping strategies to address negative feelings and to promote healthy body image.
- ❖ Improving emotional regulation and reducing and controlling depressive symptoms and anxiety.
- ❖ Addressing problems associated with low self-esteem, anxiety, depression, peer issues, and other problems.

Referral Process

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

