



**Dr. Joe Roszkowski, PHD, 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.

**Areas of Specialization and Experience Include:**

- Psychological and Neuropsychological Assessment
- Anxiety and OCD in Children and Adults
- ADHD and ADD in Children and Adults
- Social Skills with Boys: Activity Counseling Groups
- Autism Spectrum Disorder
- Behavioral Problems, Oppositional Defiant Disorder, Disruptive Mood Dysregulation Disorder
- Family and Couples Counseling
- EMDR Treatment for PTSD

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# Transitions Young Adult Counseling Group



- ◆ **DBT-Informed**
- ◆ **Skill Building & Supportive format**
- ◆ **Executive Functioning**
- ◆ **Social and Interpersonal Skills**
- ◆ **Coping/Self-regulation**



## Group Approach

The transition out of high school to college or work while also gaining independence is a challenging and stressful time for most young adults. This is even more true for young adults with depression, anxiety, ADHD, or Autism Spectrum Disorder.

The Transitions Young Adult Counseling Group is a skill-based and supportive co-ed group format that focuses on increasing effective coping, interpersonal functioning, and life skills necessary to succeed in school, work, and independent living. The group format allows group members to learn new strategies and skills in an accepting and supportive environment with other peers.



## Members

Group members are post-high school adults who want to gain more independence and have a goal to live on their own..

Becoming an adult means leaving the world of your parents and starting to make your way toward the future that you will share with your peers

- Alison Gopnik

## Group Format

- ^ Peer accountability, sharing, and support around personally identified goals and objectives
- ^ Instruction in the use of DBT and other mindfulness-based coping and behavioral self-regulation skills
- ^ Discussion centered around interpersonal skills, strategies for overcoming social anxiety, and relationship building techniques
- ^ Education on executive functioning, organization, and task management strategies that can be used to increase productivity and efficiency
- ^ Group motivational strategies and assistance with identifying obstacles and more effective problem-solving approaches
- ^ Focus on developing healthy living habits, routines, and accountability.



## Goals of the Group

- ^ Increased independence in work, school, social situations, and home life
- ^ Improvement in strategies to cope with and regulate stress
- ^ Enhance tolerance to stress and agitation
- ^ Expand social awareness and insight into social situations
- ^ Increased ability to manage tasks, navigate schedules and prioritize
- ^ Build confidence in self

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