

## What is FocusWeek?

FocusWeek is an intensive, group therapy approach to helping children and teenagers deal with issues relating to executive functioning. This intensive, five-day setting provides the equivalent of (10) one-hour group therapy sessions.

## Focusing On

- Organization
- Time Management
- Emotional Regulation
- Social Skills
- Behavior
- Other issues common to poor school performance

## The Group Approach

Children and teens typically learn best through interaction with peers. A group setting allows them to learn developmentally appropriate ways to meet challenges while providing opportunities to practice what they are learning.

## Parent Session

Parents play an important role in helping kids take what they have learned during FocusWeek into the real world. Because of this, a key component of our program includes a joint student-parent meeting at the end of FocusWeek. Parents are given hands-on tools to help their children bring skills into the home, school, and social world. Individual parenting sessions are also available for an additional fee.

## FocusWeek Leader

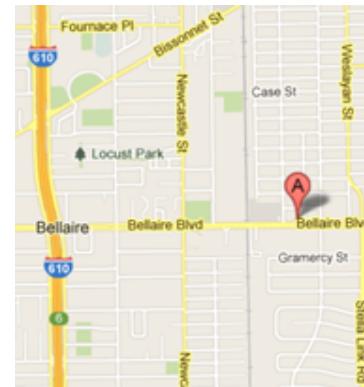
Kimberly Harrison, Ph.D. leads the sessions along with her team. Dr. Harrison is a clinical psychologist who works extensively with children, adolescents, and adults with ADHD and learning and/or executive functioning issues.

## Cost

Pricing is available by calling 713.993.7030. Receipts will be provided for you to submit to your insurance company. Please note that insurance reimbursement varies based on your policy.

## 2019 FocusWeek Schedule August 5 - 9

The 2-hour group session time will vary based on age of child.



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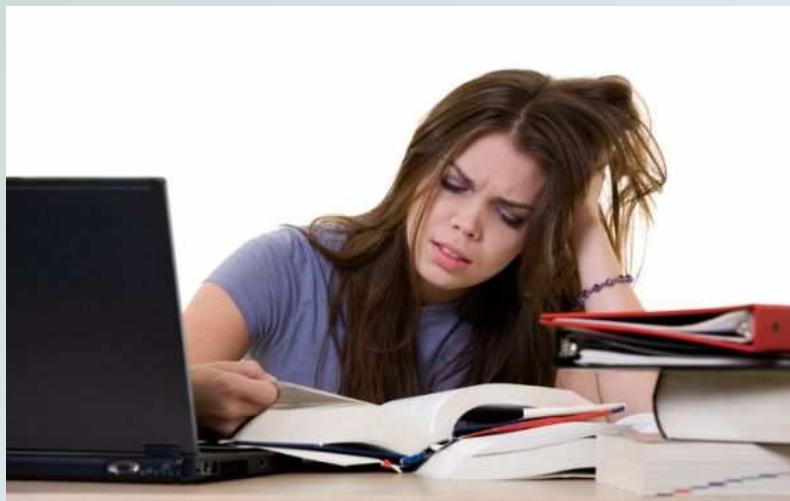


# FocusWeek 2019

INTENSIVE GROUP THERAPY  
FOR CHILDREN & TEENAGERS  
WITH  
ADHD  
&  
Executive  
Functioning  
Issues



# Taking a closer look at FocusWeek...



**High school students** can be stressed out and overwhelmed with academic workloads, activities, and social schedules. Attention and behavior problems magnify this stress. Often teenagers turn to unhealthy coping mechanisms, and it is not unusual for emotional difficulties to emerge such as low self-esteem, depression and anxiety. Through discussion and practicing strategies, FocusWeek for teenagers concentrates on improving planning and organization skills, as well as how to successfully navigate the extreme social and emotional demands they face in every aspect of their lives. Understanding how to develop healthy coping skills and avoid common pitfalls is also highlighted in this session designed especially for teenagers.

## Younger elementary children

Younger elementary children often struggle with balancing their emotions and understanding appropriate behavior in the classroom and at home. Their behavior is typically unpredictable because they haven't learned basic self-regulation skills. At this age, children are just beginning to learn how to navigate the social world and understand their thoughts and feelings. Through games, music, art, and stories, FocusWeek provides an opportunity for younger elementary children to explore their emotions and behavior so they can be happier and more successful both at home and at school.

**Middle school students** often hit a brick wall with planning, organizing and time management. The highly structured environment of elementary school fades away in middle school, and students are suddenly expected to independently manage their schedules and workloads. Sometimes students who earned good grades in elementary school start to perform poorly in middle school. Often self-esteem issues develop, sometimes accompanied by anxiety and/or depression. For these reasons and many more, tweens with attention and behavior problems often find this time in their lives overwhelming. Through discussion and hands-on practice, FocusWeek for middle-schoolers emphasizes planning and organizing, identifying differences in learning styles, as well as coping with emotional changes that occur during this stage of development.

## Older elementary children

Older elementary children have difficulty with emotional regulation, too, but planning and organizing become more important skills as schoolwork becomes more complex. Physical changes at this age also create opportunities for increased behavioral problems. As children get older, the socialization process moves to the next level, and children with these problems often struggle to behave appropriately. FocusWeek for older elementary students includes games, stories, and interactive discussion to help them learn about and practice effective skills to use at home and at school.



**"Challenges are what make life interesting; overcoming them is what makes life meaningful."**

- Joshua J. Marine