



## WHY SYNERGY FOR KIDS

One myth that needs to be dispelled is that children don't have problems. Although, we wish this were true and they shouldn't, the real truth is that they do.

Unlike adults, children have a much harder time dealing with these problems because they have not yet developed the ability to understand, recognize, respond, or resolve the problems they face. Not without help.

This is where we come in. A child's inability to problem solve can lead to the development of anti-social and dissociative disorders that could hinder them as they grow older. At Synergy Counseling of Greenwood, we teach children how to properly recognize, face, and handle those problems appropriately; thereby, deterring any further hindrances of their cognitive and social development.

## CURRICULUM AGES

This program is specifically designed for children as young as 4, and teens up to age 17. The uniqueness of our program allows for some overlap in teaching points, but varies significantly according to the age of the child participating in the program.

## Areas of Focus for Elementary School Children

- Personal Space
- The Worry Tree  
*(Recognizing the things we can control and the things we cannot control)*
- Trauma  
*(Acknowledging sadness and happiness)*
- Working on / with Emotions
- Recognizing Feelings
- Understanding Facial Expressions through the use of pictures
- Dealing with OCD & High Anxiety

## Areas of Focus for Middle School Youth

- Problem Solving
- Different Sizes of Problems
- Appropriate Emotions and Behaviors
- Working with Calming Strategies
- CBT (Cognitive Behavior Therapy)
- Recognizing Positive / Negative Actions
- How to use Self Control



## Areas of Focus for High School Teens

- Communication Development
- Non-verbal and Active Listening
- Small Talk
- Self-Talk
- Social Skills
- Texting and Social Media
- Self Esteem
- Smart Goals
- Building Resilience
- Thoughts and Feelings
- Understanding the Size of Problems
- Accepting Responsibility
- Recognizing Consequences
- Finding and Using Support Systems
- Understanding Empathy
- Use of Eye Messages
- Understanding Emotions
- Problem Solving Techniques
- Case Scenarios "What Would You Do?"
- Understanding Positive / Negative Actions between Varying Situations
- Dealing w/ Disappointments
- Understanding Emotions
- Qualities of A Friend

