Much like therapy for adults, therapy for children and adolescents focuses on helping children, adolescents and their families when emotional problems hinder emotional growth and development.  New Leaf is committed to an approach to therapy that deals with underlying causes of problems and that assists children and adolescents to create a strong emotional foundation for ongoing development.  Our approach is based on a combination of talk therapy and play therapy techniques that address the complex emotional life of children and adolescents.

Children:

There are many types of therapy for children, we are eclectic in our approach interweaving various evidence-based modalities to provide the unique approach each child needs to heal. We allow children to “work through” their problems through the play itself or it can serve as a catalyst for meaningful dialogue between the child and therapist.

Adolescents:

The foundation of therapy is the relationship with a trusted, specially trained therapist who can help young people deal with the causes of distress and help them acquire the skills to cope more adaptively in the future.  The goal is to create a situation in which adolescents can express themselves fully in order to develop self-understanding and new, lasting changes in emotional states and behavior. Therapy with children and adolescents is a collaborative endeavor with parents or caregivers.

Adults

Individual therapy is a collaborative process through which individuals work one-on-one with a trained therapist in a safe, caring, and confidential environment to explore their feelings, beliefs, or behaviors, identify aspects of their lives that they would like to change, better understand themselves and others, set personal goals, and work toward desired change.  The overall goal of therapy is to increase one’s sense of well-being.