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SKILLS TAUGHT DURING THERAPY WITH PATTI AGES 12+

- **Assessment of strengths and roadblocks to success**
- **Skill building around independence.**
 - Money management and budgeting
 - Maintaining a living space
 - Being a good neighbor / roommate
- **Skill building for personal growth.**
 - Developing healthy patterns of living and learning
 - Academic or employment planning
 - Goal planning and attainment
- **Skill building toward creating a sustainable and enjoyable life.**
 - Expanding a positive sense of self
 - Developing coping strategies for everyday struggles
 - Enhancing social interactions
 - Giving back as a way of giving to self
 - Improving relationships with friends and family
 - Pursuing spiritual interests
 - Choosing health and fitness

Even **parents** who are confident in their child rearing skills may feel they have entered uncharted territory when relating to the struggles facing a young person transitioning to adulthood. Received with little or no credibility, helplessness and frustration may set in. To create changes that support positive parent/young adult interactions the following areas are addressed:

- **Skill building around parenting a young adult vs. a child.**
 - Communication with the Young Adult
 - Expectations vs. suggestions
 - Avoiding the “double binds”
 - Team approach between parents
 - Bringing the expectations of the outside world into the home
 - Understanding how Young Adults learn
- **Parent self-care and relationship building**
 - Keeping healthy
 - You are not your child’s choices.
 - Spouses working together to recognize common goals.
 - Prioritizing the spousal relationship