

Kathryn Fellows provides IIC and IIH services for youth in the Children's System of Care through PerformCare. Leveraging family strengths and using a positive psychology approach, youth and families can feel accepted and even celebrated as they strive to reach therapy goals.

**IIC services include**

- Partnering with the child care team, youth and caregiver(s).

**Clinical experience includes treating:**

- Oppositional defiant disorder
- Suicidal/homicidal ideations, destruction of property
- Depression
- Anxiety

**Interventions:** youth can work toward improved self-regulation; mindfulness/coping skills; social/communication skills using a bespoke combining of:

- Cognitive Behavioral Therapy (CBT)
- narrative therapy
- Gestalt Therapy
- Infused with:
- Play therapy
- Art therapy
- Music therapy

**IIH services likewise include**

- Partnering with the child care team, youth and caregiver(s).

**Clinical experience includes empowering the youth to improve:**

- Social skills
- Communication skills
- Self-regulation
- Mindfulness skills
- Coping skills

**Clinical experience includes empowering caregiver(s) using nurtured heart approach interventions:**

- Video game parenting
- Redirecting
- Positive behavior support
- Self-soothing techniques steeped in CBT

**Additional clinical experience includes empowering caregiver (s) by providing psychoeducation around:**

1. Sensory diet
2. Some sign language
3. Adherence to a schedule crafted by the caregiver(s).

**Clinical interventions for the youth include:**

- Cognitive Behavioral Therapy (CBT)
- narrative therapy
- Gestalt Therapy
- Infused with:
- Play therapy
- Art therapy
- Music therapy

Play therapy, art therapy, music therapy and modeled behavior for the youth to improve: Most important, clinician works with youth and caregivers to enhance enjoyment of one another. Ultimate goals can include trips into the community for youth and family to celebrate and practice the new skills they have learned and the new ways they have mastered to reframe their life narrative into one of joyful empowerment.