



Counseling Services

Services for Children And Adolescents



Services For Children and Adolescents

We provide the following services tailored to your needs:

- ❖ Individual Therapy
- ❖ Family Therapy
- ❖ Play Therapy
- ❖ Group Therapy

Therapy can help with many issues troubling children and adolescents:

- ❖ Depression
- ❖ Anxiety
- ❖ Fear
- ❖ ADHD
- ❖ Peers
- ❖ Family
- ❖ Divorce
- ❖ Anger
- ❖ Self Esteem
- ❖ Death
- ❖ Abuse
- ❖ Aggression

The purpose and goals of therapy are decided upon for each situation, but often focus on being able to:

- ❖ Identify and express feelings
- ❖ Develop new solutions
- ❖ Replace negative behaviors with positive ones
- ❖ Achieve better self esteem

Play Therapy:

Play is a child's natural language for communication and feeling expression. They are not skilled yet at using words. Through different types of play experiences, the therapist uses a child's fantasies and symbolic themes to help them clarify and master their problems. Parental support and education are scheduled in conjunction with the child's play therapy.

Family Therapy:

Working together on an issue that affects the whole family can be very productive. The therapist facilitates increased understanding of feelings, clear communication, mutual support, and positive problem solving.

Group Therapy:

Group Therapy is done with individuals who have all gone through a similar experience, such as divorce or death. Education group therapy can be provided on different topics, such as:

- ❖ Peer relationships
- ❖ Stress management
- ❖ Drug & alcohol awareness and prevention
- ❖ Anger management



Susan Frey
Licensed Professional Counselor

Susan completed her Masters degree in Counseling Psychology at Seton Hall University in 2004. Over the past several years, she has worked with a variety of clientele. Some of her clinical interests lie in group therapy, drug and alcohol, anger management, depression, and anxiety. She lives in Abbottstown area with her husband and her dog Neil.



Everyone needs help from time to time.



We strive to provide confidential, caring and respectful service to each person we serve....

We participate with most major insurance carriers, such as Blue Cross, Blue Shield and South Central Preferred. Please contact us for help in determining your insurance coverage.



Other office locations may be available.



112 Clover Lane
Hanover, PA 17331
Phone # 717-637-7812
[Like](#) us on Facebook at:
www.facebook.com/HanoverFamilyPractice

OR

Contact Provider Directly at:
Sue Frey, LPC
717-688-0443

