



Kids In The Middle
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PROGRAMS AND SERVICES

INITIAL INTERVIEW / INTAKE:

The first step to accessing Kids In The Middle (KITM) services is through the Initial Interview. This first appointment is for parents and takes approximately two (2) hours. This is an opportunity for each parent to talk to a therapist during separate appointments about the issues involved. We encourage both parents participation as treatment is most effective when supported by both parents. A separate appointment is then scheduled for the therapist to meet with the child(ren). Once the initial sessions are completed, group, individual, family, or co-parenting counseling is recommended for the children and the family as needed.

CHILDREN'S SERVICES:

This includes group or individual counseling. Whether meeting one-on-one or in a group setting, KITM provides children a supportive and safe place to share their thoughts and feelings about the changes taking place in their families. Therapists utilize discussion, art, play therapy, sand tray therapy, books, and therapeutic games to help children express their feelings and develop strategies for coping.

Group Therapy:

The issue of separation and divorce is so uncomfortable for children, that they oftentimes do not talk about it with anyone outside the family; not even their friends who are also from divorced families. At KITM we have created a safe environment to allow kids to share their feelings, learn coping skills and build resilience that will help them through this traumatic time in their lives and into the future. KITM offers several different ongoing counseling groups each week. These groups allow children to meet with peers their same age. The maximum number of children per group is 7. One Masters level staff therapist, and at times they may be accompanied by an intern graduate student therapist-in-training. Sessions take place for 60 minutes and continue until the child is ready to "graduate".

Preschool Group:

This 12-session program provides preschool children with a basic understanding of the changes in their family and emphasizes appropriate ways to express feelings. Sessions take place weekly and last 60 minutes.

Individual Counseling for Children:

For children who are not ready for a group experience, or who need additional support, we provide weekly individual counseling with a therapist. Sessions take place for 50 minutes.

TREATMENT REVIEWS:

When children are in our Group or Individual Therapy programs, we encourage parents to work with us as a team to help their children cope with the family transition and review treatment goals as part of the therapeutic process. Treatment review sessions are scheduled every 6 to 8 weeks with the child's therapist. The treatment review sessions can include one or both parents as well as the children.



PARENT SERVICES:

Parent Services are available to parents who have gone through or are currently going through separation or divorce. Parents can benefit from having a safe and supportive place to discuss their concerns and feelings about transitions in the family. All parent services are facilitated by a staff therapist.

Individual Counseling for Parents:

KITM offers parents the opportunity to participate in individual counseling as they experience the many transitions associated with separation, divorce and remarriage. These sessions address issues such as managing conflicts between the children and the other parent, grieving the marriage, working through anger and understanding the new role of a single parent.

Joint Co-Parenting Counseling (CPC):

For separated and divorced parents who experience a great deal of conflict and have difficulty communicating with each other, Co-Parenting Counseling may be appropriate. In CPC, parents may participate in a group of other parents or in joint sessions with their co-parent. A therapist will assist parents to learn how to create a cordial co-parenting relationship. When parents communicate and co-parent effectively, their children are better able to cope with the family transition.

The goal of CPC is not to mend the relationship, or even to convince parents to like each other. It is for them to learn how to co-parent without conflict and hostility. Sometimes, children are invited to participate as the conflict diminishes and the focus changes to family sessions.

Group Co-Parenting Counseling: The parent has an individual session with an expert therapist, then meets with a Group to learn new strategies and approaches to co-parenting. Group Co-parenting counseling helps parents who have a moderate to high level of conflict learn ways to stay focused on the children, manage their emotions, and add new skills to their co-parenting efforts. It provides parents with input and advice from parents in similar situations.

FAMILY SERVICES:

Family counseling can help create better relationships and communication within the family. Different family members are included in the sessions depending on the needs of the family. KITM also helps with blended-family issues as parents form new homes with "his, hers and ours".

CONSULTATIONS:

A consultation is a "parent(s) only" one-time meeting with a therapist to receive assistance with a specific issue. Consultation appointments are often helpful for parents who are getting ready to separate and would like to consult with a therapist about the best way to tell the children. Another reason a consultation appointment would be helpful is for parents who are getting remarried and would like to talk about ways to prepare for their new, blended family.