

# *Coping Power* Group

CBCW is excited to announce that we will be starting a group designed to help members cope effectively with their emotions.

**Target Population:** Boys and girls ages 10 through 12 who are interested in improving their ability to cope with emotions, such as anger, to focus their attention, and to organize effectively.

**Time:** To be announced.

**Structure of Group:** The group will be 12 weeks long and will consist of 5 modules derived from the *Coping Power* manual. Each session will be 1 hour in length. Group members are encouraged to complete all modules and will have the option to repeat modules to reinforce skills.

**Group Fee:** \$75 for child group/ \$75 for parent group

**Group Leader:** Dr. Michelle Greenberg

**Group Description:** Many children struggle with emotional and attentional issues that interfere with their daily lives. These children may benefit from a group focusing on anger management, organization and study skills, problem solving, and social skills. Group therapy has been shown to be effective in providing children with the skills they need to complete everyday tasks and develop and sustain social relationships. Group therapy has the advantage of enabling therapists to observe children interacting with their peers in a nurturing environment, providing an ideal opportunity for learning and practicing skills. The *Coping Power* intervention has been shown to lead to improvements in children's social skills and social competence, as well as decreases in aggressive beliefs and anger related to social problems.

Additionally, there will be a companion parent training group that will complement the child group. This group will teach parents skills, such as behavior management strategies, which will reinforce effective coping strategies and decrease the frequency of problematic behaviors. The parenting group will enable caregivers to strengthen and build upon the skills that the children will be learning in the child group.

Through a highly structured set of lessons, group members will be taught skills in the following areas:

- anger management skills
- identifying and labeling feelings
- reading social cues
- problem solving
- coping with teasing

Role-playing will be used to assist group members with applying the skills that they learn in group. Group members will obtain helpful feedback from each other and from the group leader regarding their skills and behavior. In addition, prizes will be used to further reinforce appropriate social behavior and task completion, as well as to increase confidence, enhance self-esteem, and increase motivation for improving these skills. Brief homework assignments will keep parents informed of the skills their children are learning and allow the family to practice techniques learned in group.

**Please contact** Dr. Michelle Greenberg at 914-385-1150 (ext. 11) with any questions regarding eligibility or to make a referral.