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Neuropsychological Testing | Psychotherapy | Parent Coaching

Welcome to my practice! I want to share with you my theoretical orientation and what is expected from you as parents in supporting your child. We will need to work together as a team to facilitate growth and change, and you may be learning right alongside your child during this process.

I use both Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT). These therapeutic approaches are research based and skills focused. This means there are learning components and practice components. This is more than traditional “talk therapy” and is predicated on the belief that if *we adjust our thinking and adjust some behaviors, we will feel better*. For children with Autism Spectrum Disorder, these approaches are adjusted for their unique thinking patterns.

Therapy and psychological services are collaborative processes. My job is to assist you and your child in achieving your goals in the areas of mental and behavioral health. To that end, you will need to do your part too! Most weeks, your child will have daily practices to complete. This could be practicing skills, monitoring thoughts, trying new things/activities etc.... As parents, you may be asked to do some things differently as well. *Success is directly tied to you and your child's efficacy in engaging with these activities and sharing about them in session.* Progress is made by what you *do outside the sessions* to build on what we *do in the sessions*.

For children with disabilities such as Autism and ADHD, parent education is associated with improved outcomes over therapy alone. We will schedule regular meetings to review progress and inform the process. Learning about your child's unique struggles and approaching them with empathy is an important first step in improving the parent-child relationship and increasing positive outcomes.

When considering the challenges your child is experiencing, we need to assess all environments (e.g. school and home) to identify any helpful supports (what's working) and barriers (what's not working). When thinking about environments, we consider physical locations (e.g. school, home) and the people in those environments (e.g. parents, siblings, friends, teachers). As parents, you have the responsibility to consider the environment and facilitate (and make!) the necessary changes to encourage success. With school-based difficulties, we work with the school to increase their understanding of your child and create supportive plans.

I look forward to supporting you and your family in this process!