

Pat Kirchner MSW RSW

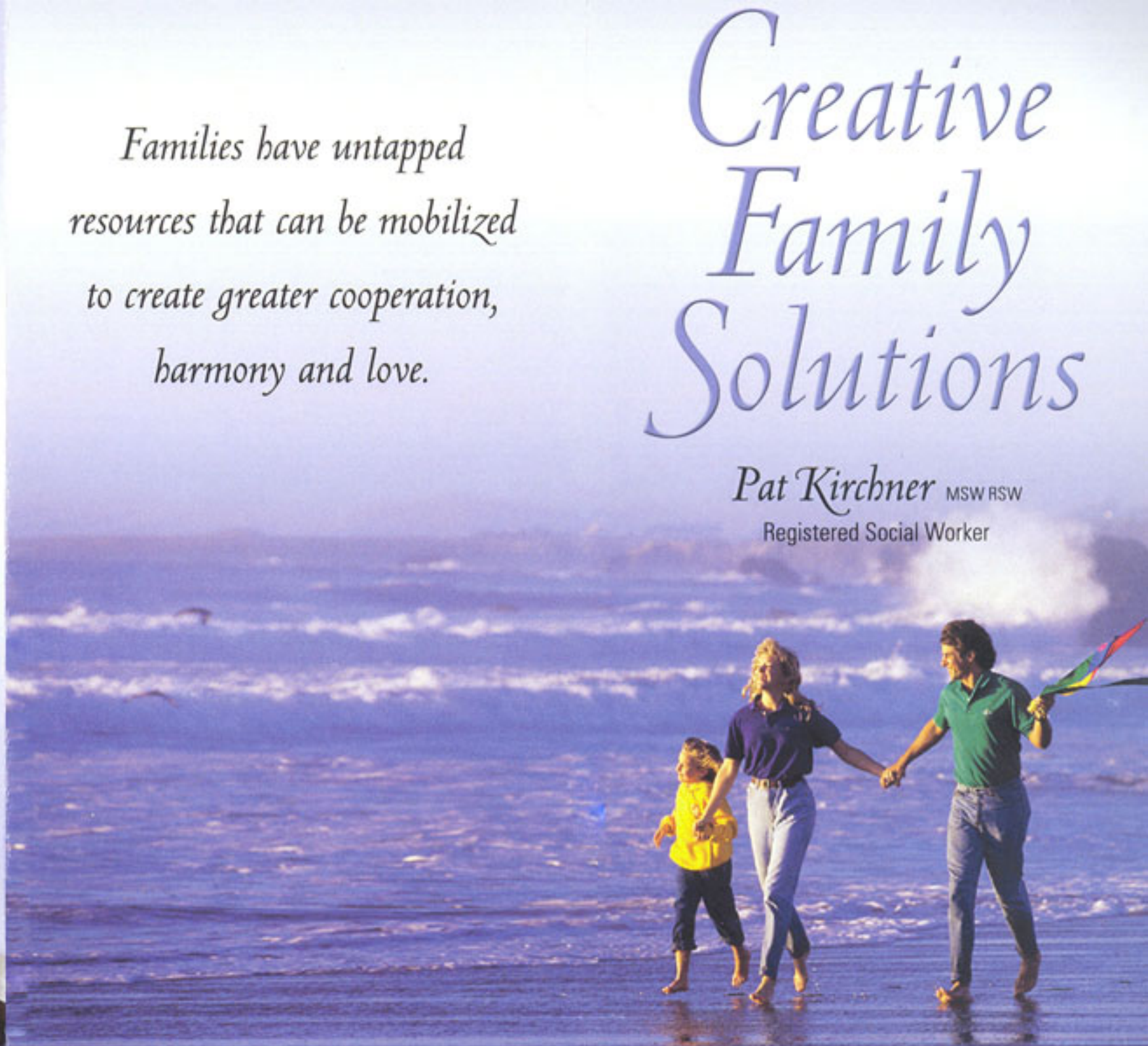
Do you want to lower stress in your family or child's life? With Pat Kirchner's expertise you can learn new ways to reduce stress in your family relationships and increase cooperation, effectiveness and quality of your family's life.

Pat has a broad range of practical clinical social work experience with parents, families, children, adolescents, couples, and groups in both Ontario and British Columbia.

*Families have untapped
resources that can be mobilized
to create greater cooperation,
harmony and love.*

Creative Family Solutions

Pat Kirchner MSW RSW
Registered Social Worker



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*Learn ways to increase
family cooperation and harmony,
and decrease tension in your life.*

Empowering Program

The Empowering Program for families and children –
Helps children and young adolescents:

- reduce anxiety
- control their temper
- increase concentration
- learn to cooperate

Assists parents to:

- live in greater harmony and connectedness
- find ways to resolve family issues
- learn more effective parenting skills and behaviour management
- use their authority with wisdom

Couple Therapy Program

Couples will learn how to:

- learn problem solving strategies
- develop specialized communication skills for listening, understanding and responding to each other
- build deeper mutual support and intimacy



Specialized Assistance

Specialized help in the Empowering Program and the Focus on Recovery Program includes:

- Attention Deficit Disorder, Attention Deficit with Hyperactivity Disorder and temper problems
- Anxiety, self-esteem and mood issues
- Education and support with respect to medication
- Collaboration with other professionals (child psychiatrists, pediatricians and psychologists) as needed
- Mediation for separated parents to enhance cooperation

Did you know...

that if parents' stress is helped by 25%, it causes a 65% drop in children's stress.

Things to know

- A comprehensive child and family assessment is a prerequisite to any program
- Referrals from physicians and other professionals are welcome
- Self-referrals are also accepted

'Focus on Recovery' Program

The 'Focus on Recovery' Program for children and separated parents –

Before taking the program:

- the child is insecure, confused, irritable
- the child often worries about loyalty to each parent
- the child is more withdrawn socially

After taking the program:

- the child is more secure and free
- the child is more comfortable and less worried
- the child learns to balance loyalties and live constructively in both homes.

Blended Family Counselling

Blended family counselling will help:

- reduce stress and create family harmony
- increase cooperation between family members
- strengthen parental leadership

