



Skills for Kids, Parents and Schools (SKIPS) Information for Parents

SKIPS is a South Bay agency which offers in-school counseling services performed by doctoral and master students in psychology or family therapy. These volunteers have previous experience with children, and are accruing the many hours of supervised clinical experience required for their degree and licensure. They all share a love of children and a deep commitment to improving young people's well-being. They are trained to use cutting edge research on the best ways to foster learning and development.

SKIPS offers a unique approach which combines positive psychology, brain research and narrative therapy. The intent is to support children's development of skills as they navigate the normal challenges of life such as experiencing intense emotions, peer conflicts, frustrations, sadness, fears, losses, performance issues, etc. For that reason, our intent is not to diagnose a mental disorder but rather to optimize the growth of socio-emotional skills, to reduce the frequency and intensity of problem behaviors, enhance coping skills, and help children become the best person they can be in the unique contexts of their lives.

At SKIPS, we also understand that parents want the best for their children and strive to support them in many different ways. We are available for conversations with parents to collaboratively figure out the most helpful responses to children's behaviors. This takes place through a thoughtful exploration process of what parents have tried and the effects they've noticed. Parents know more about their child's life than anyone else so we respect and value parents' perspectives. Our intent is to work as a team with the significant people involved in a child's life, so that we can all contribute to the peaceful resolution of struggles and enhance a child's likelihood of academic success.

If you wish to know more about the SKIPS approach, feel free to look at the book, *The Skillionaire in Every Child: Boosting Children's Socio-Emotional Skills Using the Latest in Brain Research* by M.N. Beaudoin, Ph.D, or to watch the brief YouTube video representing this book at <https://www.youtube.com/watch?v=aNzs3Acu0&t=37s> . You can also request a copy of an article published in Family Therapy magazine that describes how this work incorporates new advances in brain research and positive psychology.