

## ADULT PSYCHOTHERAPY

Psychotherapy can help restore a sense of purpose and direction to those who find themselves challenged by major life transitions, loss, trauma, illness, substance abuse or difficult relationships.

My style blends solution-focused and depth work. Talk therapy used with a solution-focused approach helps reveal conscious attitudes and patterns of behavior that may limit us while also uncovering practical solutions to identified problems. On the other hand, depth work (dream work, sandplay or other avenues of creative self-expression) offers a pathway to our inner life that can lead towards unrecognized options and resources. Often innovative solutions to life's dilemmas emerge from this mixture of the practical and the creative.



## COUPLES COUNSELING

Whether a new relationship or a relationship of long standing, couples may reach an impasse where a neutral third party can help facilitate change. I work with couples in the areas of communication, trust, parenting, intimacy, anger and conflict resolution. I also provide premarital counseling, counseling to cross-cultural couples, couples with infertility issues, and couples considering separation or divorce.

## SERVICES FOR CHILDREN AND ADOLESCENTS

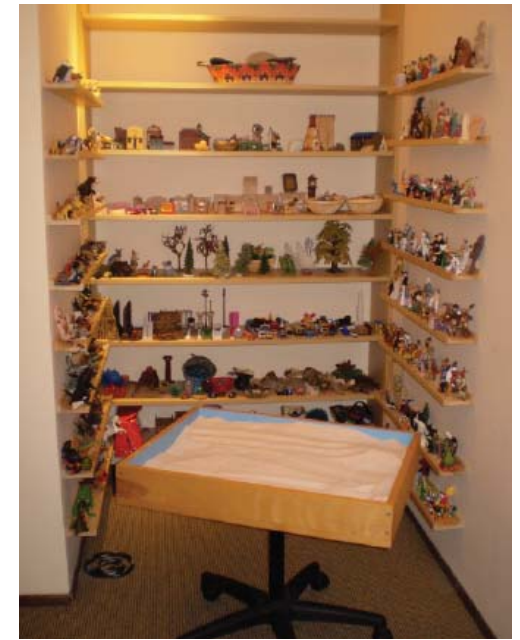
I commit a portion of my time to working with children and adolescents. Some children internalize stress and seek to contain their emotions resulting in social withdrawal or physical complaints, other children externalize their feelings and act them out. Both coping styles can be a sign of depression, anxiety, or low self-esteem and may be a result of changes at home, trauma or developmental challenges. I also treat children who experience attachment disruptions with parents or primary caregivers as a result of separation, divorce, illness or other difficult situations. I use play therapy, sandplay, filial therapy and cognitive behavioral treatment approaches (some of which are described below).



## ABOUT SOME OF MY TREATMENT APPROACHES

### ABOUT SANDPLAY THERAPY

A variety of figurines, a small box of sand and the willingness to engage in a creative process are the basic components to sandplay therapy. Sandplay engages the depths of the psyche through symbol, metaphor and archetype in the process of change, and has been used therapeutically since the early 1900's for individuals



of all ages. Many children enjoy the imaginative aspects of sandplay; adults too can find relief as they relax and let the process unfold. When words are not enough, too much or unavailable sandplay can be a safe and nurturing place to do one's work.

### FILIAL PLAY THERAPY

Filial therapy (parent and child play sessions) is based on the idea that parents can be a powerful agent of change when they become a partner in the therapeutic process. Over the last 40 years, numerous studies have shown that this treatment approach has long term positive re-

sults for a range of presenting problems, for example, oppositional behavior, depression, loss and trauma. Filial therapy is generally a short-term psychoeducational treatment approach (16-20 sessions) that includes assessment sessions, parent training, therapist supervised parent-child play sessions and parent-therapist review sessions for discussion, problem solving and supportive feedback.

#### ABOUT PLAY THERAPY

When circumstances make it difficult for parents to be involved in the therapeutic process (i.e. filial therapy) I use directive and non-directive play therapy to treat children ranging in age 3 thru 12. Play therapy utilizes the child's language of play to help them express feelings and work through problems. Play used in a therapeutic setting helps children express what they may be unable to say with words. Play therapy can successfully help children learn new ways of behaving, interacting with others and solving problems.



#### KATE WARWICK-SMITH, MA, MFT



I have worked since 1998 in various clinical settings including private practice, non-profit agencies and schools. I have enjoyed a diverse clinical experience with a wide variety of people. I hold a Masters degree in Counseling Psychology from

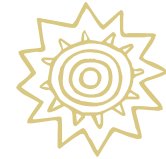
the California Institute of Integral Studies in San Francisco, and a Bachelors of Arts degree in Political Science from the University of California at Berkeley. I also have extensive additional training in various areas including Jungian sandplay therapy, child therapy and filial therapy, and am a certified Critical Incident Stress Debriefing (CISD).

#### ABOUT THE INITIAL SESSION

The initial session is a time for us to become acquainted, explore your goals and reasons you are seeking help. If you haven't been in therapy before, it is also a time to learn about the process of psychotherapy.

#### FEES

My fee is \$90/hr (50 minute hour). Sliding fee scale available on request. I am also on a number of insurance and EAP (Employee Assistance Program) panels. Call for more information.



#### KATE WARWICK-SMITH, MA MFT

Marriage and Family Therapist

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