

THERAPY THROUGH THE LIFESPAN

Therapy is tailored towards each individual client and may look differently among clients the same age. As therapists, we collaborate with each client and their parents (for children under 18) to identify the most effective goals for therapy. We then use our clinical expertise to take each client's lead in identifying research and evidenced based approaches + interventions that will help each client meet their goals.

*The chart below describes some common examples of how therapy looks through the lifespan. This may not be true for every client. It is our goal is to attune to what each client needs.



Children 3-5: Sessions take place in a play room. Therapists often incorporate parents into sessions + utilize Child-Centered Play Therapy (CCPT).



Children 6-9: Sessions commonly take place in a play room. Therapists often incorporate a mix of CCPT & directive therapeutic interventions. Therapists usually meet with parents every 4-6 sessions.



Children 10-13: Sessions may take place in a play room or more traditional room. Therapists incorporate directive therapeutic interventions that are creative such as movement, art, sandtray, music, & more. Therapists meet with parents every 4-6 sessions, or longer depending on session frequency.



Teens 13+: Sessions usually take place in a traditional therapy room filled with art supplies, a sandtray, and other mindfulness based tools. Therapists incorporate directive therapeutic interventions + talk therapy based on a therapeutic framework such as Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Solution Focused Counseling, or Acceptance and Commitment Therapy. Therapists meet with parents as needed to review goals and progress.



Adults: Sessions take place in a traditional therapy room filled with additional tools that each clinician may utilize in treatment. Therapists incorporate directive therapeutic interventions + talk therapy based on a therapeutic framework such as Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Eye Movement Desensitization and Reprocessing (EMDR), and more.



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