

Creative Therapeutic Social Groups™

Therapeutic Play for Social and Emotional Development

Creative Health Solutions Therapeutic Social Groups are safe, therapist-led, safety-selected interactive groups focusing on developing social and emotional skills and other child to child dynamics. The sessions are 2 hours of planned therapeutic and social activities (the children think of as fun). The sessions are usually covered by health insurance under occupational therapy.

Highlights

- Conceived, developed, and lead by experienced professional therapists
- Children selected for safety and social/emotional growth
- Addresses issues not reachable with the single client model
- Broadens and deepens social and emotional development through real-life experience
- Realistic environment
- Customized activities educate and hold interest
- Use of the *Creative sensory gym* and other attractive venues
- Parents receive daily reports
- Planned achievable therapeutic goals
- Constructive group harmony
- Frees parents time
- Often covered by health insurance

Areas of focus

- Constructive conflict resolution
- Support of others: the importance of giving and the responsibility of receiving
- Increased sensory experiences
- Increased ability to play with others
- Large and fine motor skill development and improvement
- Improved speech and language skills
- Mutual respect and tolerance
- Self reliance

Understanding and Philosophy

Creative Health Solutions Therapeutic Social Groups™ are unique. Their power and effectiveness derives both from the therapeutic methodology and the blend of participants. They are friendly, fun, and safe sessions that develop and improve social and emotional skills while providing customized therapy for the individuals. They are distinguished from most play groups in several ways:

1. The program consists of customized occupational and speech therapy activities. The activities are selected and organized to develop and promote social and emotional growth while addressing other developmental needs.
2. We select participants based on safety and clear and effective opportunity for social, emotional, and therapeutic growth.
3. The blend of participants represents “real world” social situations and on occasion includes dissimilar members. For example, we might select participants such that there are children of different ages and somewhat different developmental levels. (This often leads to very effective social and emotional growth as discussed below.)
4. Parents should anticipate a variable blend of participants in any given session. Cancellations and new participants are part of the environment. Two or more constitute a group. If only one participant is available for a session, we will contact their parent and provide the option of seeing the participant for the full scheduled time, normal session time, or canceling.
5. Emotional connection is a key element of social and emotional growth. The sessions are planned and led to improve each child's ability to connect.
6. The goal of this program is transformational improvement in the participant's development and ability to navigate through the world and to enjoy all the wonder and beauty of life. This powerful agenda requires parents' understanding and support.

There are many reasons that somewhat different individuals grouped together provide an effective environment for growth. Each sees commonalities with others in the need for improvement despite differences. The importance of learning and growth elevates from being a comparative “you’re behind others your own age” to the universal need for connection and participation. Finally, the lack of obvious or easily comparable similarity eliminates the stigma of “not being as good as” someone else.

In the end we have:

Different people working together for common purpose: the improvement of each other.

Therapeutic Social Group frequently asked questions (faq)

How does this differ from my child's individual therapy or social pairing?

The therapeutic social groups build upon individual therapy (and possibly social pairing) by adding the multi-person social dynamic and the richer environment of more than one child at play with each other. Individual, social pairing, arranged groups, and social group therapies complement each other.

Is one therapy better than the other?

Each has their own value. Individual sessions allow the therapy team (or therapist) to provide one-on-one activities that are selected and tailored for the child. Social pairings conservatively introduce the children to a matched, controlled environment. Arranged groups of selected pairs provide the comfort and control of selected peers. Group sessions safely extend and expand the activities to address the often difficult dynamics of social interactions and emotional response with potential age, emotional, and developmental differences.

Does the child have to be a client of Creative Health Solutions?

New children are welcome. They will be evaluated for comparability. The approximately one hour evaluations are usually covered by health insurance under occupational therapy.

How is the group selection achieved?

Creative has found that mixed groups provide the greatest opportunity for social and emotional growth. We may select children of different ages, functional levels, communications abilities, etc., as long as each benefits. We create a safe subset of the real world—consider family interaction and arbitrary social situations. We strictly review group participation to insure safety.

What size are the groups?

The groups will have a minimum of two and a maximum depending on the group characteristics and the number of team members required for effectiveness. All activities are supervised and each child is under continual supervision by the team.

Will there be groups for each child?

In our experience there has been sufficient subscription for most if not all applications to be placed in effective groups.

Are the group sessions covered by health insurance?

Each child's daily participation is an occupational therapy session and is covered accordingly. Copays, deductibles, annual limits, and maximum out of pocket limits apply.

What if we don't have health insurance or we've maxed out our sessions for the year?

Creative will help you to find an affordable way to pay for the sessions. The more sessions you attend, including those covered by insurance, reduce your out of pocket rate for subsequent sessions. If requested, we give you a year to pay without fees or interest.

Are there prepayment requirements or cancellation fees?

No. We only ask for a good faith commitment so we can plan the sessions. We only bill for sessions attended (and no shows without notification). We appreciate as much notice as possible if you are going to miss a session (and recognize and accept that you may not know until morning that your child is not well enough to attend).