



Darlene Denis-Friske...

**The practice of
Child and Youth
Counselling is:**

**The assessment of maladaptive
behavior patterns and social-
emotional functioning in children,
adolescents, and young adults and
the prevention and treatment of
conditions in the individual, family,
and community, in order to develop,
maintain, and promote emotional,
social, behavioral, and
interpersonal well-being within the
context of daily living.**

**The Ontario Association
of Child and Youth
Counsellors,
2004**



... *Sunshine, Rainbow and Stars*

... is a Child & Youth Counsellor certified by the *Ontario Association of Child and Youth Counsellors*. Darlene has completed an honours degree in psychology, focused in the area of personality development (Carleton University), and has completed three years of study and supervision in child & youth work (Cambrian College). Currently, Darlene is studying with the Centre for Psychological Studies at Nova Southeastern University, *Master of Science in Counselling* with specialization in mental health counselling.

Darlene has been refining her approach within an attachment-based developmental paradigm since 2004. She has completed a two-year internship [2009] with highly regarded child development expert, seasoned therapist, seminal theorist and bestselling Canadian author, Dr. Gordon Neufeld. Darlene has accepted an appointment as Faculty with the *Neufeld Institute*, and continues to pursue on-going study with Neufeld.

Darlene has worked with children, youth and adults in a variety of challenging settings since 1988, including the Sudbury Algoma Psychiatric Hospital (Child / Adolescent Crisis & Intervention Assessment Unit), and two Renfrew County District School Boards (elementary, secondary and continuing education facilities). Darlene has been involved in private practice work since 2004, and has taken an active role in facilitating community talks, parenting education & professional development geared towards understanding the emotional, developmental and attachment needs of children.

Darlene's work has been honoured with nominations for two provincial awards; Professional Support Person of the Year: Elementary Teacher's Federation of Ontario (presented in 2003), and The Krista Sepp Memorial Award for Mentoring (2004). She has been invited to present her work in two provincial forums: The Ontario Principals' Council (2005) and The Ontario Association of Child and Youth Counsellors [2007]. Darlene has also represented Neufeld's work in a national forum [Family Resource Programs of Canada, 2007], and has organized three major Ottawa conferences for parents, teachers & mental health professionals [2009-2010-2011], bringing Dr. Neufeld to Ottawa.

Lastly, Darlene has co-founded and continues to facilitate an *Ottawa Neufeld Community* forum for helping professionals and educators who study and work within an attachment-based developmental approach.

...birth to 18 years.



**The Arnprior
Child and Youth
Counselling
Centre**

**Darlene Denis-Friske
BA[Psych], CYW,
CYC(Cert.)**

❖ *Child and Youth Counsellor,
certified with the Ontario
Association of Child and
Youth Counsellors*

❖ *Faculty, Neufeld Institute*

✚ **Child and Youth Work
Parent Consultation**

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Child and Youth Work

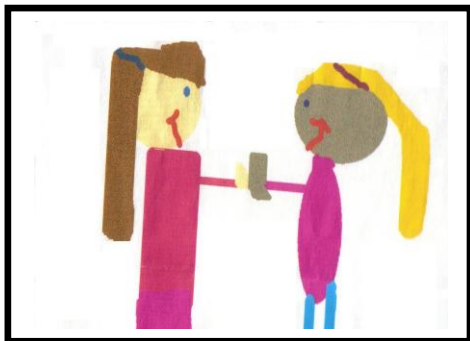
A service to assist children and youth who struggle with social / emotional issues including;

- ❖ Anxiety
- ❖ Grief
- ❖ Anger / frustration
- ❖ Sadness / depression
- ❖ Adjustment issues
- ❖ Low self-confidence
- ❖ Issues of self-esteem

This service involves working directly with the child or youth to develop a supportive and confidential relationship of trust and ultimately, to offer a place and space to work-through difficult emotions, issues and fears.

With encouragement and support, a child or youth is often able to identify, discuss and explore challenges and difficulties in their life. This can help to bring about great relief to the young person and alleviate tensions and anxiety. With a very young child, or a youth who has difficulty to verbalize what they feel inside, support may involve therapeutic creative activities within the office environment [painting, games, drawing, sculpting, art, use of story and metaphor]. These mediums encourage expression, discussion, processing and emotional outlet.

Always, Darlene's focus will be movement towards assisting the parent[s] to develop confidence in their own insight and abilities to read their child's upset and behaviors, and support their child's emotional maturation.



... Reaching out

Parent Consultation

Darlene has completed a two-year internship with Dr. Gordon Neufeld in the area of parent consultation, working within an attachment-based developmental paradigm. For more information on Dr. Neufeld's work, visit www.NeufeldInstitute.com

This service involves working directly in consultation with parent[s] to support them in developing their insight and intuitive understanding of their child's behavior. A child's parent is their best bet. No one else is in such a prime position to create lasting change inside a child's world, and to support the lifelong process of a child's healthy maturation. The focus of Parent Consultation is to help guide parents in understanding and supporting the emotional and attachment needs of their child.

Parent Consultation via Telephone: This service is also offered via telephone, for those who cannot come into the office, or who simply prefer this method of consultation. Please call for more details.



*Togetherness...
parent and
child*

The Arnprior Child and Youth Counselling Centre was first established in 2004.

Fee Details...

All *Child and Youth Work & Parent Consultation Services* are provided based on a per session rate of \$95.00 to be paid by cash or cheque following each session. Services may be covered under extended health insurance plans. Darlene will provide a receipt after each session which can then be submitted by the client / parent should they wish to pursue their own reimbursement.

Professional Development & Parenting Workshops

Darlene offers professional development and parenting workshops on a variety of topics related to supporting healthy emotional development including;

- ❖ Parenting with attachment and relationship in mind
- ❖ Making sense of adolescence
- ❖ Making sense of frustration and aggression in children and youth

Please contact Darlene if you would like to inquire further about topics, or about this service.

Partnership with the Ontario Early Years, Arnprior

The Arnprior Child and Youth Counselling Centre partners regularly with the Arnprior Ontario Early Years Centre to provide educational workshops and to facilitate book studies of important child development and parenting titles. Please call Julie or Karina @ 613-623-8224 to find out details of what is up-coming!

Mentorship & Distance Education via the Neufeld Institute, Vancouver

Darlene has been appointed to Faculty with the Neufeld Institute and as such, is able to offer mentorship via a program of *Directed Studies* with the Neufeld Institute. This program would include components of distance education. Please contact Darlene for more information, or go to www.NeufeldInstitute.com to learn more.

Child, give me your hand, that I may walk in the light of your faith in me.

...Hannah Kahn