

We offer professional support,
*counseling and therapy services
for children, adults, families,
couples and individuals.*

We are focused on your needs
*and consider interaction an integral
part of our therapeutic process.*

*“Emotional and social skills are better
predictors of success and well-being
than academic intelligence.”*

Daniel Goleman
Emotional Intelligence:
Why it can matter more than IQ

Our services have helped others.

“My energetic nine-year-old son often has trouble with his peers. He doesn’t understand body language and often misinterprets the intentions of others. Then, we brought him to Janneta for social skills training. Wow! What a difference it has made at home and in social situations outside.”

Mother of a nine-year-old boy with ADHD

“Janneta helps you to learn how to be a better friend.”

Emma, age eight, adopted from China

“Our six-year-old is an explosive child. As parents, we felt we had tried all we could to alter her behavior and were unsuccessful so much of the time. Janneta was able to help Rachel identify her feelings and teach her how to cope with them, plus Janneta gave us language with which to communicate during these challenging episodes.”

Karen & Michael, parents dealing with an explosive child

“With Janneta’s help, I have learned to admit the truths in life and to stop hiding from them through excuses. I now see things in a more positive way, am less anxious and more appreciative as well.”

Jackie, 16-year-old teen experiencing anxiety and an eating disorder

“Our son is challenged by severe (life threatening) food allergies. As he turned nine, he realized that a reaction could mean death. We could see him losing confidence, becoming depressed and anxious. Through Janneta’s careful guidance and assurance she helped all of us understand what was going on and why. Today, he’s back to being a self-confident, happy, food-loving kid.”

Nancy, mother of 9-year-old boy with obsessive-compulsive disorder (OCD) and life-threatening allergies

“Janneta keeps me grounded.”

Maureen, 40-year-old woman experiencing anxiety and anger issues

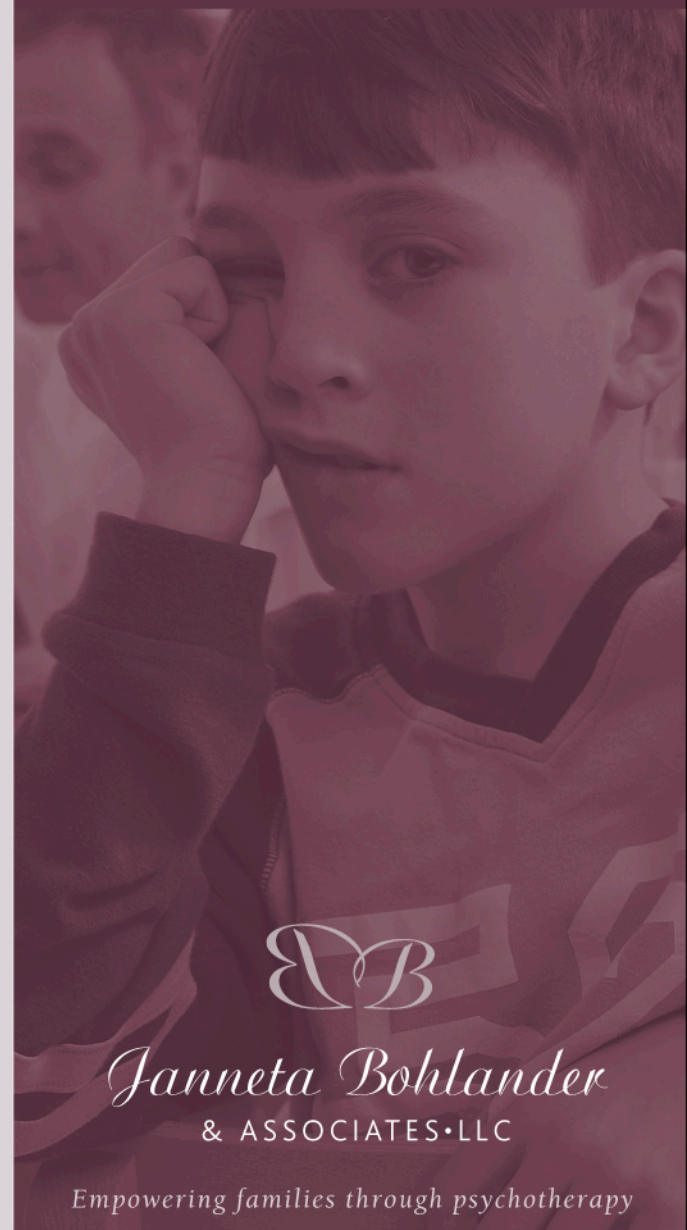


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Empowering families through psychotherapy

*Are you feeling anxious,
overwhelmed or troubled
by a child’s behavior or
family situation?*



Janneta Bohlander
& ASSOCIATES • LLC

Empowering families through psychotherapy



We work together

to create a vision of how life will be without the issue.

Janneta K. Bohlander is a licensed marriage and family therapist. For over ten years, she

has worked with individuals, couples and families. Her specialty is working with children dealing with anxiety, attention, developmental, learning, attachment and emotional issues, including Non Verbal Learning Disabilities (NLD) and Asperger's syndrome. She has provided individual therapy for children as young as four years old.

For her adult clients, she has provided therapy for issues ranging from anxiety, depression and relationship issues as well as the challenges of building a family through the adoption of a child, including international or multi-cultural adoptions.

As the mother of two girls born in China, she offers special insight into the international adoption process, including the attachment, grief and identity issues that can occur in multi-cultural adoption. Also, she has completed the post-graduate Certificate Program in Adoption at Rutgers University.

Before starting Janneta Bohlander & Associates in 2005, she was partner and vice president of Associates for Children and Families in Norwalk where she provided comprehensive psychotherapy to individuals, couples and families and was responsible for social skills group creation, evaluations and coordination.

She is a Magna Cum Laude graduate from North Carolina State University; and a Summa Cum Laude graduate from Fairfield University with M.A. in Marriage and Family Therapy.

We work together to change

thoughts, feelings and behaviors necessary to make your vision a reality.

We provide:

- Individual therapy for adults and children
- Family therapy
- Couples therapy
- Pre and post adoption support
- Social Sense™ Program
- Workshops and training for schools and organizations
- Planning, placement and team (PPT) meeting support
- Support groups for adopted children and parents
- Public speaking

Therapy for adults and children suffering from anxiety disorders, obsessive compulsive disorders (OCD) and depression are treated with Cognitive Behavioral Therapy (CBT), considered the "Blue Ribbon" intervention for these illnesses.

Other issues that children may have, such as adoption identity issues, impulsivity and social skills deficits, are treated with both CBT and play therapy. We often incorporate portions of common movies to visually learn appropriate and identify inappropriate social skills. Children love the fun, interactive nature of these sessions and usually look forward to coming back.

Parents are an integral part of all therapy sessions for children and are encouraged to participate in a majority of the sessions. We also talk to parents either before or after each session, updating them on the progress of the therapy. If the child is too anxious for this to happen at the time of the therapy session, we arrange a telephone time to discuss the session.

We work together to help

you feel empowered to embrace change.

Our *Social Sense™ Program* is designed especially for children. Groups for a maximum of six children with two therapists meet weekly for a minimum of five weeks. The groups are meant to be fun and informative, utilizing a variety of videos, role-plays, games and exercises to teach and reinforce concepts outside of sessions.

The *Social Sense™ Program* has four "Social Missions."

- Friendship formation and maintenance
- Conflict resolution
- Collaboration and team work
- Self marketing—ability to maintain a good public image and "sell yourself" to others appropriately.

The *Social Sense™ Program* is especially appropriate for children with Learning Disabilities.

Professional Memberships

Janneta Bohlander is a member of the American Association of Marriage and Family Therapists (AAMFT); Association for Children and Adults with Learning Disabilities (CACLD); Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD); Connecticut Association of Marriage and Family Therapists (CAMFT); Council on Developmental and Learning Disorders (ICDL); Nonverbal Learning Disorders Association (NLDA); and PDD/Asperger's Support Group of Connecticut.