

ESSENTIAL CTS COUNSELING AND THERAPEUTIC SERVICES, PLLC.

D & D Group



Mondays 5-6p

Ages: 12-15 year olds

Ongoing group

Tuesdays 6-7p

Ages: 15-18 year olds

Ongoing group

No previous experience with D&D is necessary. Game skills will be taught by current members and the group leader(s). You only need a willingness to learn. These D&D therapy sessions have been shown to help with cognitive flexibility, perspective taking and social inferencing as players must consider each other's strategies and role play in a way that helps the outcome of the entire group (not just themselves). Participants can also expect to learn about how to use their own often latent skills of wisdom, perception, investigation, constitution and charisma.

**Schedule Intake for this group:
email@essentialcts.com**

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Tabletop Gaming



Fridays

Ages: 15-18 year olds

Ongoing group

MAGIC

The Gathering®

This group is currently playing Magic the Gathering, but also will likely continue to play D&D. No previous experience is necessary. Game skills will be taught by current members and the group leader(s). You only need a willingness to learn. These game therapy sessions have been shown to help with cognitive flexibility, perspective taking and social inferencing as players must consider each other's strategies and role play in a way that helps the outcome of the entire group (not just themselves). Participants can also expect to learn about how to use their own often latent skills of wisdom, perception, investigation, constitution and charisma.

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Card & Board Game Group

Mondays 6p
Ages: 10-12
Ongoing

Participants can expect to learn many of the same skills as the D&D group as well as other skills related to social and emotional well-being, including brief, but effective mindfulness skills shown to improve the regulation of emotions and toleration of individual differences in peers. At Essential CTS, we have over thirty-five different new, popular and obscure board games.

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This group will meet over a 12 week period beginning in mid-September and ending just before the School Winter Break. The group will be guided through skills-based strategies to build and increase social confidence and self-empowerment. The groups are designed to allow participants to process the week's hurdles and successes as well as troubleshoot areas which may require more guidance. Take home assignments with strategies for parents will be given weekly. \$45 is required to reserve a space in this group. \$495 will be due by the start of the first session. The group will culminate with a final session in mid-December that will include a social outing planned by the participants.



**Social Confidence &
Self-Empowerment for
Adolescents
and Pre-Teens**

**Saturdays
Ages 8-11 and
Ages 12-14**

**Schedule Intake
for this group:
email@essentialcts.com**