



## Envision Counseling - #YouGlowGirl

#YouGlowGirl is for girls ages 5 to 18 who are struggling with social isolation, anxiety, and self confidence during this pandemic and ever-changing world. The focus of the various age girl groups is to work on “*how to glow through what you go through.*” This group is focused on girls supporting each other with kindness, positivity, and empowerment. Whether it’s discussing how to build effective relationships, improve communication, manage anxiety, stress, depression, or simply self-reflecting this group is available for talking, processing, and supporting girls’ everyday experiences.

### Program Components

- Children and adolescent females ages 5-18.
- Three separate groups: Elementary, Middle and High School.
- Open group format using telehealth platform, with 6-8 youth based on dynamics.
- Each youth has access to the virtual platform
- 6-week Cognitive Behavioral Therapy group
- Gender-specific program, focused on girls supporting girls with kindness, positivity, and empowerment
- Each group facilitated by one LMHP
- Screening questionnaire by the parent and youth.
- Development of an Individual service plan (also included in the telehealth platform)
- Ongoing surveys to measure efficacy and satisfaction.

### Intervention Strategies

- CBT techniques and interventions to provide time-limited virtual group therapy services
- Open group format can be helpful when these girls need an immediate intervention and closed groups are not beginning a new one.
- Therapeutic Interventions can set realistic goals and assist exploring how to solve problems.
- Interventions will assist in skills practice outside of therapy.
- Several different methods will be presented in each group, to accommodate different learning styles; this includes the following modalities:
  - Visual handouts
  - Reading and writing
  - Music and sounds
  - Interactive exercises
  - Homework to practice and apply skills
- Review surveys for ongoing feedback to meet needs of each participant

### Targets

- Focus on understanding others’ feelings, appropriately expressing their own feelings, sharing, and resolving conflict.
- Mental, emotional, and behavioral disorders
- Address responsivity barriers to include social isolation, anxiety, and self-confidence during this pandemic.
- **Decrease risk and increase protective factors related to:**
  - Develop impulse-control skills
  - Pro-social community ties
  - Problem solving skills
  - Tolerance for frustration
  - Develop skills to address conflict
  - Develop consequential thinking skills
  - Increase goal setting and problem-solving skills
  - Interpersonal skills
  - Positive physical development
  - Academic achievement/ intellectual development
  - High self-esteem
  - Emotional self-regulation

### Immediate Outcomes

- Develop/ enhance communication skills to express feelings appropriately.
- Connect with like-minded youth and form cohesion with others in social isolation.
- Facilitate behavioral change.
- Improve the ability to establish and maintain healthy relationships
- Participants will be able to demonstrate improvement in connection with others and improved overall self-esteem.
- Develop coping skills to promote positive self-esteem and self-image.

### Long Term Outcomes

- To empower girls to be leaders in their own lives
- Improved overall functioning in life satisfaction, relationships, academics, etc.
- Engagement and connections in two or more of the following contexts: school, with peers.
- To improve relationships with peers, siblings, family members
- To improve relationships with peers, siblings, family members
- To increase self-esteem, and self-image.
- Sustained overall functioning in life satisfaction, relationships, academics, etc.



National  
Counseling  
Group

# Envision Counseling

## #YouGlowGirl



Each girl, no matter the age, should have the opportunity to “glow” and “shine” in today’s world by simply being who they are. The focus of the various age girl groups is to work on *“how to glow through what you go through.”*

This group is focused on girls supporting each other with kindness, positivity, and empowerment. Whether it is discussing how to build effective relationships, improve communication, manage anxiety, stress, depression, or simply self-reflecting; this group is available for talking, processing, and supporting girls’ everyday experiences.

The ability to understand and use age-appropriate social-skills is vital to social and academic success as social behavior and academic behavior are highly correlated. Consequently, some children and teens don’t develop social competence at the same pace as their peers. Challenges with peer socialization can lead to bullying, low self-esteem, and depression. This group will teach and coach girls of all ages how to have effective tools for navigating their social world more effectively.

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