



Frequently Asked Questions about Child & Teen Social Skills Groups at Wynns Family Psychology

Thank you for considering social skills group services with Wynns Family Psychology. We understand contacting a psychologist can be an intimidating but important step towards getting help for your child. We developed these FAQs to answer some of your initial questions and provide reassurance that you're in expert hands and on the right path to a fresh and positive start. After reviewing this material, if you would like to sign up for a group or have any further questions, call **919-467-7777** or **919-805-0182**, or email us at Info@WynnsFamilyPsychology.com. We're always happy to help!

Q: How is a Social Skills Group Helpful for My Child? What Distinguishes Your Groups from Other Therapy-Based Services?

A: Our social skills groups teach many important life skills such as being more aware of social cues, making and keeping friends, handling conflict, and dealing with difficult emotions like anger and worry. These groups provide a unique format that distinguishes them from others services. Unlike individual therapy, a social skills group allows your child to practice and learn new skills with peers, while being coached in "real time" by a trained, doctoral-level psychologist. Groups are an easy (and often less intimidating) way to ease your child into getting the behavioral help he needs.

Q: What Do I Tell My Child About Why He is Going to a Social Skills Group?

A: We recommend parents connect the reason for the group with your child's specific concerns. You can ease into the explanation by asking a question—"You know how frustrating it is when kids pick on you? Are you still feeling lonely at school? You know how sometimes kids seem annoyed with you even when you don't mean to do anything?" Then transition into how the group can help. "We've found a class that will teach you how to deal with this. It will be a fun time for you to play games, earn prizes, meet new kids, and learn new ways to make and maintain friendships."

Q: What if My Child is the Only Boy or Girl in a Group? Will There Definitely be Children His or Her Age?

A: While some parents are concerned about matching their child up with other similar kids (which usually happens), we find that the most important predictor of a successful group isn't



an even ratio of boys to girls or a group comprised of kids that are exactly the same age. Instead, an effective group is typically one with a balance of personalities, energy levels, identified problems, and attention skills. Our groups and camps successfully teach social skills, even if the participants have different disorders, difficulties, or functioning skills. One aspect that makes our groups successful is that children and teens with strengths in a particular area can be good role models and provide a positive example for kids who might be struggling with a particular skill.

Q: How Will I Know if My Child is the Right Fit for the Group?

A: Not only do we include background questions in our registration form, we also conduct a parent interview to learn more about your child's needs and goals. If for some reason it's concluded that your child isn't a good fit with the group (through the parent interview process, if your child struggling with the expectations of the group, if your child's behavior is chronically disruptive, etc.), we'll work with you on a plan that better suits your family's needs (i.e. moving the child to individual sessions for awhile, developing a specific incentive or behavior plan, etc.).

Q: How Do I Know the Group is Working?

A: Although it's not always easy to see skills generalize immediately outside of the group setting, as children get more and more practice, you and your child's teacher(s) should start noticing improvement in behavior, self-control, and social skills in general. And even though different kids will make progress at different rates, by the end of our groups, we typically get overwhelmingly positive feedback about the results.

Q: What is the Format of the Group? Will My Child be Stuck in a Chair, Listening to Boring Lectures the Whole Time?

A: No. Your child's social skills group is designed to be both educational and fun. Core strategies for teaching skills will be (1) modeling, (2) practicing, and (3) feedback. These social skills will also be taught through a variety of games, crafts, videos, music, and role-play activities. Each session will focus on a new and different social skill, and your child will be given weekly assignments that encourage him to continue utilizing learned skills from previous weeks. In addition, a rewards system will be established to reinforce your child's learning successes and to encourage practicing new skills.



**Q: Why is Social Skills Homework Important?
How Can I Help My Child Further Develop His Social Skills at Home?**

A: Research shows that social skills generalize best with lots of practice and positive reinforcement. Therefore, we strongly encourage you and your child to complete the homework assignments. Homework is also a helpful way for you, your child, and your group's leader to track progress.

**Q: Do We Get Private or Personalized Services and Feedback?
What if I Want Additional Information About My Child's Progress?**

A: We keep groups small so your child can receive frequent personalized feedback "in the moment" from her group leader. General feedback is given at the end of each group, and brief, written summaries are provided at the mid-way point (typically 4 sessions) and conclusion (typically 8 sessions) of the group. This custom feedback will review your child's individual strengths and areas that could use further improvement. Beyond your initial 30-minute consultation, you will need to schedule a separate appointment if you desire additional time with your psychologist. (Additional fees apply).

Q: What if My Child Says She Refuses to Come to the Group?

A: Because our social skills groups encourage your child to confront her social fears, the idea of attending may provoke anxiety. A socially awkward, anxious, or defiant child may insist on NOT coming (or returning). But it's important to push past this common, initial reaction and commit to bringing your child to all of the sessions so she can conquer these fears and maximize her overall success. We strongly recommend making attendance "mandatory," while explaining to your child that this group can help improve her quality of life, especially if she comes into it with an open mind.

**Q: I Just Found Out About the Group, but We've Missed the First Session.
Can My Child Still Join the Group?**

A: Whether or not you can sign up late for a group is based on a variety of factors, but is ultimately left to the discretion of the group leader. Typically, you can still join if you've missed the first two sessions. But once the group has reached its midway point, you should wait and sign up for the next group.



Q: How Much Does a Social Skills Group and Summer Camp Cost?

A: Social Skills Groups typically meet for 8 sessions, each of which costs \$80. There is also a \$80 fee for your 30-minute parent consultation, in which we obtain more detailed background information and discuss your child’s concerns and goals. (We prefer you bring your child to this consult if possible.) A \$160 deposit, which covers the cost of the consult and your child’s first class, is required to reserve a spot. If you choose to pay the entirety of the group’s fees upfront, we offer a discount (reducing your total cost from \$720 to \$660). Our Social Skills Summer Camp fee is \$450 (\$250 deposit). Though not required for camps, an \$80 30-minute parent consultation is still strongly recommended.

Q: Will Insurance Pay for Social Skills Groups? When Will I Receive Receipts?

A: Parents receive a receipt for all sessions at the end of their child’s group (typically 8 weeks) or camp (typically 1 week). Most insurance plans reimburse for social skills groups under the group therapy code 90853. We can provide an insurance “cheat sheet” that guides you through how to determine your specific benefits. Also, we accept Flexible Spending Account (FSA) Cards and Health Savings Account (HSA) Cards in our office. (Most FSA’s and HSA’s cover therapy, testing, groups, and custody services.)

Q: Do You Offer Refunds for Deposits or Missed Classes?

A: Because our groups are popular and we limit the number of children (to maintain a manageable and effective class size), there is often a waiting list of interested parents. In order to make space available to parents who want to get the most out of our services and are committed to bringing their children to each session, payments and deposits for groups and camps are non-refundable.

Q: My Child Already Attended a Wynns Family Psychology Group. We Would Love to Do Another One, but We Don’t Want to Repeat the Same Material.

A: Great! Neither do we. We change the curriculum and activities with each new group to keep it “fresh” and engaging for repeat attendees. We often get returning members who want to continue fine-tuning and learning more advanced applications of their social skills. And it’s always a bonus when class participants find new friends with whom they can socialize outside of the group.



Additional Points to Note:

- Cell phones and electronic devices are not allowed in groups. If you have a teen who is dropped off and has to have her phone, please ask her to keep it in her pocket or purse during the course of the group.
- If the waiting room is crowded, feel free to sit in the lobby outside the office. Or you can spend time on the terrace overlooking the golf course (at the end of the hallway).
- Food and drinks are not allowed in the waiting room. Again, the terrace is a good place to take a snack or meal during group time.

If you have any further questions or would like to sign up for a group, call 919-467-7777 or email Info@WynnsFamilyPsychology.com. Visit WynnsFamilyPsychology.com to learn more about our [therapy services](#), [testing services](#), [children's social skills groups](#), [custody services](#), [psychiatry services](#), and [team of doctors](#).

Testimonial

"I just wanted to say how amazed I've been with your social skills summer camp, and the immediate results I've seen in E. I wasn't sure what to expect since we'd never done this type of class/camp before, but she's been super excited after each session. I've seen a real improvement in her manners, her ability to handle frustrating situations without losing her cool, and with accepting 'no' for an answer. With the dramatic improvement I've seen in her coping skills, I will do whatever it takes to keep her in social skills classes this fall. This is truly an investment that is showing immediate and drastic results!"

~ parent of a 10-year-old