

At ICF, we are dedicated to providing the highest quality services to you and your family in a caring and nurturing environment.

AREAS OF EXPERTISE

Each member of our staff is highly trained in several areas of specialized work including:

- Reactive Attachment Disorder and Attachment Difficulties
- Post-Traumatic Stress Disorder
- International/Domestic Adoption
- Childhood Anxiety and Depression
- Child Trauma, including: loss of primary care giver; serious injury or chronic illness; physical and emotional abuse; witnessing or exposure to violence; institutionalization; multiple placements/losses
- Attention-Deficit/Hyperactivity Disorder (AD/HD)

At ICF, we provide a comprehensive evaluation, diagnostic review, and recommendations, along with a customized treatment plan.

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Contact us to order a copy of Dr. Eshleman's book ***Becoming a Family: Promoting Healthy Attachments with your Adopted Child*** and our video ***Attachment Disorder: Solving the Puzzle.***

OTHER ICF SERVICES

- Psychological Evaluation & Diagnosing
 - Trauma Therapy
 - Attachment Therapy
- Individual and Family Psychotherapy
- Synergistic Trauma and Attachment Therapy (STAT) is provided using a variety of advanced techniques including:
 - Neurofeedback (EEG Biofeedback)
 - Eye Movement Desensitization and Reprocessing (EMDR)
 - Cognitive Behavioral Therapy
 - Theraplay
 - Structured Play Therapy
 - Art Therapy
 - Body Work

ICF ALSO OFFERS

- Keynote Speaking
- Professional Training
- Parent/Guardian Education & Support
 - School Services



Institute for Children And Families

A 501c(3) mental health agency

Help and Hope for Children and Families



Providing State-of-the-Art Mental Health Services for Children, Adolescents, and Adults

www.instituteforchildren.org

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Mental Health Services for Children, Adolescents, & Adults

The Institute for Children and Families, (ICF) is a nationally renowned center for the treatment of Reactive Attachment Disorder (RAD) and emotional trauma, such as Post-Traumatic Stress Disorder (PTSD), and is also noted for its treatment of clients with ADHD, *often without medication*. Using a carefully woven combination of therapies, including neurofeedback (EEG biofeedback*) we have helped clients dramatically improve their quality of life. We provide a comprehensive personalized treatment program geared to our clients & their families, focusing on attaining success.

Synergistic Trauma and Attachment Therapy (STAT)

Using on-site therapies and off-site affiliated service providers for therapeutic interventions, optimal nutrition, environmental efficacy, and family support, combined with our commitment to community education and professional cross training, we strive to find the optimal interplay of services, current research, circumstances, and support for each of our clients.

Synergy is the combination of factors and interventions that together equals a greater positive effect than the sum of all parts. Because needs change during the course of therapy, (due to the client's healing and changes in his or her environment), the modalities that yield optimal synergy will necessarily change to meet the client's needs.

STAT recognizes that many factors contribute to healing, that these multiple factors can be optimized, and the optimal combination will undoubtedly change over time.

* Please visit www.eegspectrum.com

About Our Staff

Lark Eshleman, Ph.D.

Dr. Eshleman, the founder & director of ICF, has over 25 years experience working with children. Internationally known, she has established a therapeutic clinic in Croatia for children suffering from the traumatic effects of war. Dr. Eshleman is a PA certified School Psychologist and a specialist in the treatment of child trauma & attachment. She is a keynote speaker at regional & national ATTACH (Association for a Treatment & Training in the Attachment of Children) conferences. Her 2003 book, ***Becoming a Family: Promoting Healthy Attachments with your Adopted Child*** (Taylor Press) is the basis for both parent and professional trainings.

Each of ICF's therapists have been hand-picked by Dr. Eshleman, enabling ICF to provide onsite comprehensive, state-of-the-art services. Under the direction of Dr. Eshleman, the staff at ICF seek to enhance the quality of life for each child and family who take advantage of ICF's practice model.

To learn more information regarding specific therapists and other staff, please see our website.

Payment for Services

Fees are payable at the time services are provided. Visa & Mastercard are gladly accepted.

Concerning Insurance

Because we are an out-of-network, non-participating provider, we do not bill insurance companies. However, we will provide you with the information you need to request reimbursement.

Privacy

Our Notice of Privacy Practices is available on our website: www.instituteforchildren.org. This notice explains how ICF abides by all laws & regulations to safeguard your healthcare information.

More On Reactive Attachment Disorder (RAD)

Some of the symptoms of RAD include:

- Superficially engaging and charming
- Lack of eye contact on parental terms
- Indiscriminately affectionate with strangers
- Not affectionate on parent's terms (not cuddly)
- Destructive to self, others, and material things (accident prone)
- Cruel to animals
- Lying about the obvious (crazy lying)
- Stealing
- No impulse control (frequently acts hyperactive)
- Lack of cause and effect thinking
- Lack of empathy and conscience
- Abnormal eating patterns
- Poor peer relationships
- Preoccupation with blood and gore
- Persistent nonsense questions and incessant chatter
- Inappropriately demanding and clingy

RAD can be the result of disruptions, abnormalities and/or trauma during the first few years of life, including:

- Abuse/Neglect
- Multiple primary caregivers and/or placements (including institutions)
- Separation from birthmother due to hospitalization, incubator, etc.
- Chronic, unresolved pain - ear infections, colic, etc.
- In-utero or post-natal maternal alcohol/drug use