



# CONVENTIONS

## PSYCHIATRY & COUNSELING

CONVENTIONS QUARTERLY: Fall 2021

### OFFICE RELOCATION

NEW ADDRESS: 4300 Weaver Parkway, Suite 100-A, Warrenville, IL 60555

We are excited to announce that we relocated our office in October 2021! Because you've trusted us to care for your mental health needs, or referred someone you care about, our practice has steadily grown over the past 20 years. We are so grateful to be able to offer you a new facility where you'll find the same exceptional treatment, new group therapies, an outdoor sanctuary, and more. We ask for your patience and flexibility during the move and we will continue to offer telehealth as we get settled in so there is no lapse in your treatment. Phone, fax, and emails remain the same. Please reach out to our front desk staff if you have any questions or concerns, and be sure to check the website for important updates.



### PROVIDER SPOTLIGHT

This quarter we are thrilled to introduce you to Anna Phillips, PA-C. Anna is a new edition to Conventions Psychiatry & Counseling, specializing in the mental health treatment of adults, adolescents, and children. Anna's professional interests include integrative medicine, chronic pain, and substance abuse. For more information, visit <https://www.conventionspc.com/provider-s/anna-phillips-pa-c/> or call 630-416-8289 to schedule an appointment today.

### BACK TO SCHOOL

This year, our children may need a little extra support as they begin the new school



## LAST FLING SPONSORSHIP

Conventions Psychiatry & Counseling had the opportunity to sponsor one of Naperville's premier events this year, *The Naperville Jaycees Last Fling*. Hopefully, you were able to attend and enjoy the festivities! And you may have seen one of our banners.

year. Many of them have been remote learning for the past 18 months. Their routines, socialization, and study habits may all be changing this fall. Help them with the transition using the following tips:

- Review safety precautions they'll like need to adhere to;
- Name their concerns and normalize the difficulty they may be having with change (don't tell them not to worry);
- Help them identify the positive things about returning to school;
- Slip a surprise note in their lunch or a picture of a pet, etc.;
- Give them choices - what to wear, what to have for breakfast;
- Keep the household as stable and consistent as possible;
- Check in with their mental health regularly.

Have a low threshold for seeking mental health treatment. If you see signs of low mood, irritability, sleep disturbance, or concentration, please contact your child's pediatrician or contact us directly at 630-416-8289 to schedule an evaluation.



## MINDFUL MOMENT

Back to school mornings can be chaotic and challenging .... for adults and kids. Take a mindful moment with your child to start the day off more gently.

Waking up - With your child, pause before leaving the house. Take a brief moment to explore the morning through your senses. Take turns naming what you see, hear, smell, touch and taste. Try noticing things that you would normally tune out - like the distant buzz of a neighbor's lawn mower, the softness of a pillow, the smell of coffee brewing, etc.



## DBT SKILLS

DBT Skills Training Groups are held Thursday evenings from 6pm-7pm. Cost: \$25/session; self-pay only. Hybrid model of in-person (with masks) and virtual settings available. Groups are open to everyone, ages 16+! One of the following skills will be covered each week so you can join anytime or attend them all!

### SKILLS:

- Mindfulness
- Emotion Regulation
- Distress Tolerance
- Interpersonal Effectiveness

Please contact Jill at [jgillies@conventionspc.com](mailto:jgillies@conventionspc.com) or Erin Duffy at [erin@conventionspc.com](mailto:erin@conventionspc.com) for additional information. Register by calling the office at 630.416.8289

## A LOOK INTO: A CHILD'S ANXIETY



Experiencing some “back to school” anxiety for the first week or two of school is typical for children. Eventually, for most children, the anxiety diminishes and they are able to successfully participate with their peers and in classroom activities. But for some, the anxiety continues. Signs that your child may be suffering from an anxiety disorder include ongoing sleep disturbance, nightmares, stomach aches or headaches, “throwing tantrums” and avoidance of anxiety-producing activities. If these symptoms continue and are significantly interfering with your child’s academic performance, they may benefit from a psychiatric evaluation. There are a number of different anxiety disorders, and a trained professional can help diagnose these and develop a plan to help your child manage their symptoms.

### **What are my options for treatment?**

Different types of Anxiety Disorders include Separation Anxiety Disorder, Panic Disorder, Generalized Anxiety Disorder, Obsessive Compulsive Disorder, and others. After completing a comprehensive evaluation, a mental health professional can make appropriate recommendations for treatment.

There are a number of different techniques and strategies for helping children manage anxiety, including Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Dialectical Behavioral Therapy.

Another type is parent training in behavior management. The therapist works with parents to learn or improve skills to manage their child’s behavior. Parents are encouraged to practice the skills with their child, either during the therapy session or at home. Teachers can also be

trained in behavior management to help the child at their childcare center or school. With older children or adolescents, the therapist usually works directly with the child to teach them how to choose positive behaviors. Parents can be involved to support and strengthen the skills their child is learning.

For a complete listing of treatment options, please check out:  
<https://www.conventionspc.com/therapy-methods/>

### WE VALUE YOUR OPINION!

Our goal is to provide you with excellent care and are continually striving to do better. Would you please take a moment to evaluate your experience with us by completing our confidential Patient Satisfaction Survey? Click here to access the survey.

<https://docs.google.com/forms/d/e/1FAIpQLSciCeOCIKm3PCINcloOfuplCwFx7H4SPMPwCp4NkSXtfvd1JA/viewform>

### CLOSED FOR THE HOLIDAY

In observance of the Thanksgiving holiday, the office will be closed Thursday, November 25 and Friday, November 26, 2021.

Conventions Psychiatry & Counseling is now offering NeuroStar TMS treatment for depression. TMS is a non-drug, non-invasive treatment option.

For more information or to see if TMS is an option for you, ask your provider, call 630.642.1801 x225 or visit [www.ConventionsTMS.com](http://www.ConventionsTMS.com) to see if TMS is an option for you.



#### Conventions Psychiatry & Counseling

Did you have a positive experience with us? Leave a review on Google & Vitals/WebMD

Phone: 630.416.8289 • Fax: 630.416.8306 • [contact@conventionspc.com](mailto:contact@conventionspc.com)

[www.ConventionsPC.com](http://www.ConventionsPC.com)

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