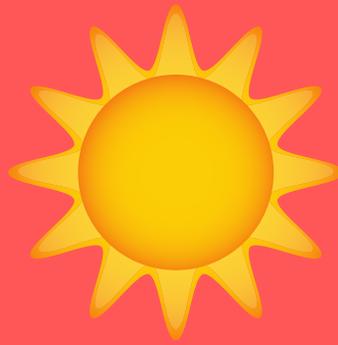


**Southeast Psych &  
Music City Peds  
present...**



# SUMMER CAMPS 2019

**PSYCHOLOGY FOR ALL**

**WWW.SOUTHEASTPSYCH.COM  
WWW.MUSICCITYPEDS.COM**

**To Register Call: 615.373.9955  
Or Email: [jjansen@southeastpsych.com](mailto:jjansen@southeastpsych.com)**

**CONQUER: AN ADHD CAMP-CAITLIN RISSLER, NP  
AGES 8 - 12 YEARS OLD  
JUNE 3 - 7 FROM 9:00AM - 12:00PM  
EARLY BIRD RATE \$375**

*Kids will learn more about ADHD and gain self-awareness during their time in Conquer. Participants will work on respecting limits, regulating their emotions, bettering their self-esteem, and advocating for themselves. Campers will learn how to effectively plan, problem-solve, and mobilize self-control.*

**MINDFUL SPORT PERFORMANCE ENHANCEMENT  
A.J. HERITAGE, PHD  
HIGH SCHOOL AND COLLEGE ATHLETES  
MONDAYS FROM 1:00 - 2:30PM JUNE 17 - JULY 22  
EARLY BIRD RATE: \$425**

*This is a group for high school and college athletes who want to improve their sport performance by increasing their ability to be "in the moment," learning to recover more quickly from mistakes, improving the consistency of their performance, and developing an individual sport-specific mindfulness practice. Athletes will also learn how to apply mindfulness practice to academics, relationships, and other areas of life.*

**GAMER CAMP: A SOCIAL SKILLS GROUP  
JAMES GOODLAD, PHD  
AGES 10 - 14  
JUNE 10 - 14 FROM 9:00AM - 12:00PM  
EARLY BIRD RATE: \$325**

*Join Dr. James Goodlad for a camp using cooperative video gaming to teach and build upon social skills. Participants will receive direct instruction and modeling in sportsmanship, healthy conflict resolution, emotion management, and trading information with peers. Skills will be practiced during fun game times with campers featuring both current and vintage video games, including games like Super Smash Bros, Minecraft, Mario Kart, and more!*



# EVEN MORE



**CONNECT: AN ADHD CAMP-CAITLIN RISSLER, NP**  
AGES 12 - 14 YEARS OLD  
JUNE 24 - 28 FROM 9:00AM - 12:00PM  
EARLY BIRD RATE: \$375

*This is a camp for rising 7th - rising 9th graders with ADHD specifically wishing to improve their socio-emotional skills. Participants will identify their strengths, struggles, and personal goals. Campers will learn how to improve their communication skills and make stronger friendships.*

**MUSIC CITY PEDS SUMMER JAM SESSIONS 2019!**  
CAITLIN RISSLER, NP  
JUNE 7TH, JUNE 21ST, JUNE 28TH FROM 3:00 - 4:00PM  
FREE!

*This is an inclusive program geared for children of all ages with intellectual or developmental disabilities, including autism spectrum disorders and genetic syndromes. The goal is to offer a fun opportunity for kids to dance, sing, and jam out with a volunteer musician in our studio on the above dates: (at 3pm). Please register by calling our office so that we know to expect you.*

**SCHOOL SUCCESS WITHOUT THE STRESS**  
DANIELLE MIZELL, PSYD  
JULY 29-AUG 1 (AGES 8-12)  
JULY 22-25 (TEENS)  
10:00AM - 12:00PM MON. - WED. WITH CHILD/TEEN;  
11:00AM - 12:00PM THUR. WITH PARENTS ONLY  
\$300

*This camp is for students who are anxious, perfectionistic, and/or school-avoidant. Campers will learn to cope with school stress in an interactive and fun way by practicing problem-solving, assertiveness, time management, sleep hygiene, and relaxation.*

**ASPIRE: CAMP-CAITLIN RISSLER, NP**  
5TH - 8TH GRADERS  
JULY 8 - 12 FROM 9:00AM - 12:00PM  
EARLY BIRD: \$375

*This is a camp for rising 5th - 8th graders on the autism spectrum or who have similar social skill deficits. The purpose of the group is to learn and practice social skills and effective communication skills. Campers will learn how to start a conversation, greet others, continue a conversation and reciprocate interest. They will work on interpreting non-verbal cues, being flexible to others' ideas, and making and keeping friends.*

**BUILDING BLOCKS-CAITLIN RISSLER, NP**  
AGES 5 - 7 YEARS OLD  
JULY 15 - 19 FROM 9:00AM - 12:00PM  
EARLY BIRD RATE: \$375

*This is a camp for children who struggle with behavioral or social delays, sensory or communication problems, ADHD, or autism. Participants will work on following directions, recognizing group expectations, cooperating, initiating actions, starting tasks, maintaining social interactions, and transitioning.*

**ASPIRE GROUP-CAITLIN RISSLER, NP**  
MAY 27TH, JUNE 3RD, 17TH, 24TH FROM 4:00 - 5:00PM  
\$250

*This is a group for high school girls (including rising freshman or recent graduates) who have high functioning autism or Asperger's. The purpose of this group is to offer education, support, and skill development, to empower and facilitate friendships.*

[www.southeastpsynashville.com](http://www.southeastpsynashville.com)  
[www.musiccitypeds.com](http://www.musiccitypeds.com)

\*Early bird special (\$50 off) ends after May 1st.\*



SOUTHEAST PSYCH  
NASHVILLE