

REMEMBER ALL SESSIONS ARE ONLINE!

1) DOES DR. SUSSMAN HAVE A LOT OF EXPERIENCE WITH CHILDREN?

Dr. Sussman has been practicing since 1980 and has been working exclusively with children with behavioral issues since 1997.

Dr. Sussman has both published articles and been selected by educational companies and agencies to train other mental health professionals on how to work with difficult children.

2) WHEN CAN A PARENT EXPECT TO SEE RESULTS?

The child should start to improve within 4-6 sessions. If there is no improvement, a parent should consult with Dr. Sussman. In some cases, Dr. Sussman will refer the child to other professionals like a child neurologist or psychiatrist.

3) WHY DOES DR. SUSSMAN OFTEN RECOMMEND GROUP THERAPY IN ADDITION TO OR INSTEAD OF INDIVIDUAL THERAPY FOR MY CHILD? ISN'T 1:1 THERAPY ALWAYS BETTER?

Individual therapy works best if the client is motivated and coming voluntarily. Children with behavioral disorders do not want to go to therapy; as they do not think they “have a problem.”

Children who are made to attend individual therapy do not utilize the sessions productively. They usually say very little or tell the therapist what the child thinks the therapist wants to hear. Frequently individual therapists wind up playing board or computer games because the child will not open up, talk about or admit their problems. Many therapists talk more to the parent because the child is disinterested and not actively engaged in the process.

Groups can be much more effective than individual therapy because the child does not feel intimidated by being with just an

adult(s). Groups are much more like school where they are used to learning in groups of their peers.

Also, the child does not feel singled out, sees other kids with similar problems, and feels more accepted and normal. As a result, they are much more open and willing to discuss their problems.

A positive therapeutically run peer group serves to provide guidance, learning, and support. This experience offsets negative peer groups who reinforce antisocial and dysfunctional behaviors.

4) HOW DOES DR.SUSSMAN'S UNIQUE THERAPY PROGRAM WORK AND WHAT ROLE DO PARENT(S) PLAY?

The parent(s) is in each session and must rate their child on how well the child is accomplishing treatment goals. The point ratings are used as an educational tool and incentive (reward) to motivate the child to practice and perfect what she or he is learning.

This is why we believe parents must be in all sessions to provide feedback. The following will help acquaint you with our system of goals and ratings. Each week you will rate your child on three goal areas.

(SEE NEXT PAGE FOR SCORING INSTRUCTIONS)

SCORING INSTRUCTIONS FOR PARENTS

Goal 1 will entail how your child is treating his or her parents in terms of respect and attitude. This should reflect if the child engages in verbal or physical behavior that is belligerent, hostile, and/or rude toward the parent. Listening on the first time is emphasized.

Goal 2 will be school related in terms of academics, in school behavior, classwork, and homework as well as the morning routine and bedtime routine (on school days and nights, respectively).

Goal 3 is called social responsibility. A child is a member of a social group, his or her family. The child should contribute to their family group by getting along with siblings, cleaning up toys and clothes, being polite to company, taking good care of pets, etc.

Ratings are based on a scale of 1-5 with 5 being the highest and 1 the lowest. You are encouraged to give quarter and half points to fine tune the ratings, e.g., 4.75 or 3.50 or 2.75. A 4.0 and above is considered good to excellent and will be “applauded” by the group. A 3.0 to 3.75 will be considered an “acceptable” score and a plan of correction will be assigned to the child. A score of 2.75 and below is considered an “unacceptable” score and a more intensive plan of correction will be assigned.

Scores below 2 are reserved only for unsafe and/or aggressive actions. Examples would be hitting, kicking, or a young child running away from the parent in a store, parking lot, or the street, or a teen out past curfew, etc.

Please try to be prepared with a score and a concise explanation. If a child does something during the week, that is out of bounds, like curse at a parent, tell a teacher they are “stupid,” etc. please just say the child was extremely disrespectful. *Please do not say exactly what he or she did or said because I do not wish to give other children any ideas to copycat.*

I developed this approach in 1997 because difficult uncooperative kids did not cooperate adequately in traditional therapy. I have obtained much better results with this approach than traditional talk or play therapy.

5) WHAT ABOUT COPAYS OR CO-INSURANCE?

If paying by check, please mail a check (with the dates of the sessions) at the end of the month to

Dr. Steven Sussman
615 Sherwood Pkwy
Mountainside, NJ 07092

Once payment is received, Dr. Sussman will email you a receipt. If paying by credit card, please provide the card info by emailing, texting, or calling. I suggest you send the 16-digit card number in one mode of communication e.g., an email and then send the exp date and 3-digit code in a different mode such as text or voicemail.

Dr. Sussman no longer takes cash apps because the media reports increased hacking of these apps. In fact, Dr. Sussman's bank account recently got hacked. This also protects the parents' data.

6) WHAT ELSE DO I NEED TO KNOW?

Dr. Sussman wants his clients to attend all sessions, unless it is unavoidable. Children need to learn to respect the importance of honoring commitments (school attendance, outside school instruction, chores, etc.) If children see that their parents do not commit to regular attendance, it is more difficult to teach them to act responsibly and honor commitments.

7) WHERE CAN I FIND PARENT REVIEWS ON DR. SUSSMAN'S THERAPY METHOD?

There are scores of 5 Star parents' reviews on Healthgrades.com. The reviews stress my success rate and my therapeutic use of "edgy and outrageous" humor to keep everyone entertained, focused, and interested.

8) WHAT SHOULD A PARENT DO IF THEY ARE NOT SATISFIED WITH DR. SUSSMAN'S SERVICES?

At any time if you are dissatisfied with my services, please call my cell at (908) 217-8106 to discuss it.

9) WHEN IS DR. SUSSMAN'S THERAPY APPROACH NOT SUITABLE FOR A CHILD?

If the parents have a highly conflicted relationship, A Family Therapy (as opposed to Dr. Sussman's Group Therapy) is required. If the parents have a highly contentious relationship and /or legal/custodial proceedings; a court appointed Parent Coordinator or Law Guardian is paramount for any therapy to be successful. Otherwise, either parent(s) can stop, undermine, and/or sabotage the therapy

Due to the nature of the therapy being group oriented, Dr. Sussman cannot legally and ethically testify in court.

Likewise, Dr. Sussman cannot submit treatment records or make any recommendations to the court, parents' lawyers or parents themselves regarding evaluations, visitation, custody, parental behaviors etc.

In highly contentious situations, a parent will need to get a court ordered motion stipulating the above. Dr. Sussman will give you the necessary paperwork to submit to the court to get the stipulations approved by the judge. Therapy cannot start until Dr. Sussman receives the approved court order.

10) WILL ANY SESSIONS BE HELD IN THE OFFICE DURING THE CORONA VIRUS SITUATION?

No, all sessions will be online. The link is

<https://doxy.me/drstevensussman>

Chrome or Safari are the best browsers to use. When you log on you will be in a “waiting room.” I will admit you when I begin the session.

If you have trouble getting into the session or are having technical problems like no audio or video:

- 1) make sure your camera and microphone are not disabled and/or
- 2) try going out of the session and then coming back in. That often functions as a reset and solves the glitch.

If you still cannot solve the problem(s) **TEXT ME THROUGH THE CHAT BOX** and/or call my cell 908 217 8106 and you can participate by cell... *if you have an Iphone call me on Facetime.* Before the next session we can practice a meeting with just you and me to troubleshoot the issue.

Please keep on mute if you are not speaking... so we do not get any background noise from your home (kids, animals, televisions, etc.). Also, please try to remove toys, drawing paper, siblings, pets etc., that may distract your child.