

Mission Statement

CCFA empathetically nurtures healthy relationships through education and prevention while providing individualized, comprehensive treatment and advocacy to empower those we serve.

Therapy Services Provided

- * Individual Therapy
- * Play Therapy
- * Sand Tray Therapy
- * Family Therapy
- * Group Therapy

Cognitive behavioral therapy will be provided as the primary method of treatment, in addition to Trauma-Focused Cognitive Behavior Therapy (TF-CBT), sand tray, art therapy techniques, non-directive and directive techniques in play therapy for clients ages two (2) to ten (10) years. CCFA clinicians are trained in TF-CBT for use in treatment with children, adolescents and adults who have experienced trauma.

Defiance Office

1340 W. High St. Defiance, OH
43512

Bryan Office

1210 W. High St. Bryan, OH
43506

Wauseon Office

120 E. Chestnut St. Wauseon,
OH 43567

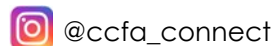
The House of Ruth

Domestic Violence Shelter
Phone: 1.800.782.8555

Suicide & Crisis Lifeline

Phone: 988

Visit us at theccfa.org or on
our social media sites.



Expectations of Therapy



219 E. Washington St.
Napoleon, OH 43545
Phone: 419-592-0540
Fax: 419-592-4514

The Center for Child and Family Advocacy, Inc.

*Empowering families to be safer, stronger
and healthier.*

THINGS TO KEEP IN MIND WHILE IN THERAPY

Attendance Policy

- Be on time for your appointments .
- You are responsible for your appointments. A pattern of missed appointments may result in discontinued service.
- Appointments must be canceled 24 hours in advance.
- Appointments can be cancelled through your therapist, the receptionist, or by voicemail.

Goals for Treatment

- Take an active role in negotiating goals with the therapist, as well as the issues to be covered in session.
- You and your therapist will work as a team and your input will be sought every step of the way.
- Be honest.
- Honesty is the most important part. If you are not honest, you are wasting your time, our time and your money. Honesty is absolutely essential!

What to Expect

- If there is a crisis or something you need to talk about, bring it up early in the session.
- The therapist is here to help you do the work, not do it for you.
- Therapy is only one hour at a time. It is intended to be one source of support.
- Put into practice at home what your learning in therapy.
- You get out of therapy what you put into it.
- Success is directly related to your commitment and willingness to work hard. The more you put into it, the more you get out of it.
- One hour a week is not much time, so to maximize the benefits of counseling, you will need to work on it away from here—like homework.
- Tasks might include thinking or acting differently in certain situations or perhaps reading something, keep a journal, or going to a meeting. The more you work on this throughout the week, the more likely you will be to experience change and perhaps see it happen sooner.
- Change does not just “happen” it begins when you begin to do things differently. This takes time. Do not expect overnight miracles.
- Things sometimes get worse before getting better as you learn about yourself— that is OK.

Progress

- Growth can be an exciting process.
- Progress in therapy means hard work by both the client and the therapist. *Therapists do not have magic wands.*
- When progress is made, keep working toward your goals. It is easy to slip back into old patterns.
- The changes you will be making are lifelong, so even when counseling ends you will need to work at maintaining the progress you have made
- There will be genuinely good feelings of being in control, moving forward, and making healthy decisions for yourself, your relationships and/ or family.

Benefits of Therapy

- Ability to manage stress and anxiety
- Improved self confidence
- Building and maintaining healthier relationships
- Emotional balance
- Set and maintain boundaries
- Trauma resolution