

CENTERS



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TREATMENT METHODOLOGY

The Child & Teen Success Center uses a cognitive-behavioral approach. Cognitive refers to the teaching of new ideas, beliefs, and strategies. Behavioral refers to quantifying how therapy is actually impacting behavior. In other words, our approach is results oriented. To accomplish these objectives the child will be taught more effective strategies and techniques to overcome their problematic behaviors.

The parent 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 incentive or “token economy” to stimulate the child to practice and perfect what he or she is learning in therapy.

Research shows that both patients and therapists require outside feedback for psychotherapy to be successful. Many therapies fail because the patient and therapist do not receive adequate feedback on how the child is doing in the “real world.” 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.

GOALS & SCORING SYSTEM

Goal 1 is how your child is treating his parent(s) in terms of respect, cooperation, and attitude. ***It does not include school related or social behavior/responsibility (see Goal 3 below).***

Goal 2 is all school related issues in terms of morning routine, school behaviors, academics, homework and getting to sleep for school the next day.

Goal 3 is social behavior and responsibilities which include sibling and

peer relations (including being a good sports team member) as well as being a responsible family member in terms of clean up, room, pets, etc.

Ratings are based on an ascending scale of 1.0-5.0 with 5 being the highest and 1 being the lowest. You can give quarter and half points to fine tune the ratings.

A 4.0 and above is considered good to excellent and will be “applauded.” Discussion will ensue that praises (reinforces) the good behavior and promotes additional improvement.

A 3.0 to 3.75 will be considered a satisfactory score and a plan of improvement and strategies will be discussed.

A score of 2.0 to 2.75 is considered an unsatisfactory score. A plan of improvement will be discussed as well as possible negative consequences.

A score of 1.0 to 1.75 is uncommon and reserved only for unacceptable behaviors (specifically dangerous or violent behaviors) as well as possible negative consequences and safety measures. ***Please do not use this rating, if it is not justified, just to make a point and/or embarrass your child.***