

**Summer Session!**

# **Dynamic Dyads**

Emotional Regulation Practice for Students



**Instructor:** Cassandra Harms, Child and Adolescent Therapist

**Class Schedule:** Based on each participant's availability.

Dynamic Dyads is a new parallel and complimentary service to the Meltdowns to Shutdowns groups that are held at the Center for Developing Minds. This smaller-sized group – just two children – is an ideal option for children who may need additional practice and generalization of their emotional modulation, stress management and social abilities. Each dyad is designed and led by a child and adolescent therapist, and children will work together in a casual classroom setting. Individualized skills to be worked on may include relaxation techniques, social rules and expectations, problem solving, and practice communicating about feelings -- while participating in games and leisure activities.

The instructor will design specific curriculum for participants, and dyads will be formed based on children's current abilities. If you are interested in dyad work for your child, please contact the Center for Developing Minds and our instructor will contact you to determine an appropriate classmate match for your child. Once a dyad is formed, one or multiple sessions will be scheduled. Classes will be 50 minutes with a 10-minute write-up period. At the end of each class, parents will be given an individualized note that includes a session summary, homework, and specific teacher comments and observations.

The age range for participants is generally 9-14 years old. The class is held at the Center for Developing Minds. The cost of each session is \$80 per student.



To register for this program, please contact the Center for Developing Minds at 408.358.1853  
[www.devmonds.com](http://www.devmonds.com)

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