

### **Cindy Souser, LMFT**

Cindy is a licensed marriage and family therapist with her respective master's degree from Argosy University. This complements her more than 30 years experience as an educator in both public and private settings. At the Montessori School of Denver, Cindy combines her leadership and counseling skills to help students and their families as they navigate the challenges of learning differences and neurological disabilities. Prior to her position at the Montessori School of Denver, Cindy taught at Denver Academy and Graland Country Day School, where she developed a curriculum to help students successfully handle the pressures and challenges that adolescents and their families face everyday. Cindy leads social groups at the Jewish Community Center for ages 7-14 and has been with K,P&A as a therapist and group leader for two years. Cindy brings a direct and passionate approach to helping parents and their children create caring and effective communication. Cindy uses the hands-on approach of HBFT to help restore family harmony.

### **Mike Villarreal, MA**

After serving 11 years in the United States Army, Mike earned his Bachelor's degree from Regis University in 2006 and his master's degree in Clinical Mental Health from Adams State University in 2013. Mike is currently a licensed professional counselor Candidate and completing his supervision with Knippenberg, Patterson & Associates. Mike, who competed at the Varsity level for Cherry Creek High School's Wrestling Team, is still an integral part of their program, serving as coach for the freshman, sophomore and JV teams. He has experience working in school settings with exceptional students. Mike's passion is giving children and adolescents skills to build strong foundations for a functional life. Additionally, he works with individuals and families to develop strategies to create a more harmonious family life.

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Phone: 303.756.4924 / Fax: 303.758.3515  
[www.craigknippenberg.com](http://www.craigknippenberg.com)

## General Information

### What is Home-Based Family Therapy (HBFT)?

This innovative therapy approach includes concrete, individualized behavioral interventions along with collaborative problem solving between parent and child. The hands-on experience of meeting in the home setting allows for quick results and is complimentary to work in a family therapist's office.

### HBFT covers common challenges such as:

#### Homework/Chores/Daily Routines

- Increase independence and motivation.

#### Meal time

- Create harmony and reduce chaos.

#### Transitions of Any Kind

- Decrease meltdowns and teach healthy coping strategies.

#### Discipline

- Learn parenting techniques that best suit your child and lead to sustainable change.



### Additional Benefits:

- Develop a realistic plan for structuring screen time (laptop, television, phone, hand-held devices etc.)
- Teach siblings problem solving and conflict resolution strategies.
- Promote positive thinking and feelings of gratitude.

## There's No Place Like Home...

Is home a battleground or a safe haven? Over time families may find themselves in a destructive cycle. This escalation may result in frustration, despair and hopelessness. HBFT teaches strategies to reverse negative cycles and restore family harmony.

### The Core Concepts of HBFT are based on the following:

Behavior can be shaped and changed when a parent understands the purpose the behavior serves.

- Identify the reason for your child's behavior and implement strategies for change.  
Children with a positive self-concept make better choices.
- Learn how to fill your child's emotional tank.  
Children need a secure relationship with parents in order to become independent and develop healthy relationships of their own.
- Reestablish a healthy connection with your child.

*For additional information on Home-Based Family Therapy, Contact Cindy Souser.  
phone. 303-756-4924 ext. 4  
email. cindysouser@hotmail.com  
web. craigknippenberg.com/homebased*

*"HBFT restored peace to our family. We rediscovered the things we love about each other... In difficult times we have been able to support each other..."  
-Conifer-*

*"...We've tried everything and finally HBFT gave us the tools we needed to make a breakthrough in our family..."*

*-Englewood-*

## Fees & Contact Information

Home-based sessions are offered by the hour for \$165.00. There is no charge for travel if less than 35 miles.

### A home-based package is offered at a special rate of \$550.00 and includes;

#### 3 home-based sessions:

- Sessions 1 and 2 (60 minutes each)  
1st half: Covers relevant concepts of changing behavior  
2nd half: Therapist and caregivers practice the techniques
- Session 3 (1.5 hours):  
Parents choose one or more areas to cover experientially (e.g. bedtime, meals, homework, etc.)
- 1 flex phone consultation (45 minutes):  
Used as needed for school or home consultation etc.

### Workshops (4 hours \$550.00)

- Neighborhood training (multiple families)
- Staff training (school, agency, daycare, mental health professionals)

### Training other caregivers (60 minutes \$165.00)

- Nannies, grandparents, aunts/uncles

*To schedule a **Home-Based** session,  
Contact Cindy Souser.  
phone. 303-756-4924 ext. 4  
email. cindysouser@hotmail.com  
web. craigknippenberg.com/homebased*

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