

## Mike Villarreal, MA



After serving 11 years in the U.S. Army, Mike earned a bachelors degree in business from Regis University and a masters degree in Clinical Mental Health from Adams State University. Mike is currently a Licensed Professional Counselor Candidate and is

completing his supervision work with Knippenberg, Patterson & Associates. Mike uses his Army leadership skills, corporate tenure, high school para-professional, and wrestling coach experience to help inform his support of older adolescents and young adults. In addition to *Young Adult Transition Coaching* and support, Mike facilitates socialization groups and works with individuals and families in psychotherapy.

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*YATC*

Young Adult  
Transition  
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Support  
*Independence  
for a brighter  
future*



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## General Information

### What is Young Adult Transition Coaching and Support?

*Young Adult Transition Coaching* and Support is an integrative and holistic approach to help young adults develop life-skills, competencies, and assist with setting and achieving goals for a healthy and productive adult life. Mike Villarreal, MA is dedicated to those needing structural guidance and support to become engaged in their personal future and adult life.



### How Coaching Can Help:

*Young Adult Transition Coaching* and Support is designed to address young adults who simply do not know how to launch themselves or struggle with consistent performance. Our clients often find themselves frustrated and depressed and their parents and support systems are equally as frustrated. Some young adults seek independence only to find they do not have the life-skills to make it and find themselves starting and stopping over and over again.

YATC services focus on helping clients achieve goals and learn necessary life-skills giving them the building blocks to work toward an independent and productive adult life.

[www.craigknippenberg.com](http://www.craigknippenberg.com)  
[www.AdventureDad.org](http://www.AdventureDad.org)

## Modern-Day Challenges

### Many seeking support may exhibit the following:

- Lack a positive sense of self
- Weak belief in ones own self-efficacy
- Fall easily into negative patterns or behaviors
- Spend money recklessly
- Little to no follow through on goals
- Frustrated by processes and moving forward
- No direction on future endeavors
- Feelings of anxiety and depression

### Our Program

*Young Adult Transition Coaching* and Support works on integrating personal goals while identifying obstacles (social, emotional or cognitive) and discovering resolutions to build an independent life. This integrative plan works in a multi-step process over 12 weeks.

**Assessment:** Establish goals and identify measurable objectives as well as potential roadblocks.

**Integration:** Create and begin implementing the plan by establishing compliance and competency.

**Maintenance:** Maintain consistent follow-through, positive self-concept and self-efficacy.

*Call Mike Villarreal, MA (303.756.4924, ext. 11) for additional information on Young Adult Transition Coaching services offered at Knippenberg, Patterson & Associates.*

*To learn more about our practice and programs, access additional testing information, and/or e-mail us, please visit our website.*

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## Coaching Specifics

*Young Adult Transition Coaching* and Support serves to help those with a wide array of challenges and backgrounds:

- Failure to Launch
- Anxiety and Social Disorders
- Attention Deficit Disorder
- Learning Differences
- Autism Spectrum Disorder
- Disorganization
- Depression and Apathy

### The Process

*Young Adult Transition Coaching* is a comprehensive 12 week program. Clients begin by identifying challenges and blocks that may be preventing them from achieving success in life. Once clear and realistic goals are set, Mike Villarreal, MA works in a one-on-one intensive therapeutic mentoring program. Real world and actual current situations are used to move past obstacles. Sessions may include individual, family therapy, health and wellness, life-skills training and academic or vocational preparation.

### **YATC prepares young adults for confident entry into work, college and life independence.**

Mike Villarreal, MA is available to speak with you to answer questions and to discuss your needs. Please contact him at (303.756.4924, ext. 11) and indicate your interest in *Young Adult Transition Coaching*.