



for more information please call
207.262.9009
or visit our website
www.doctorselby.com

helping
your children
find their way

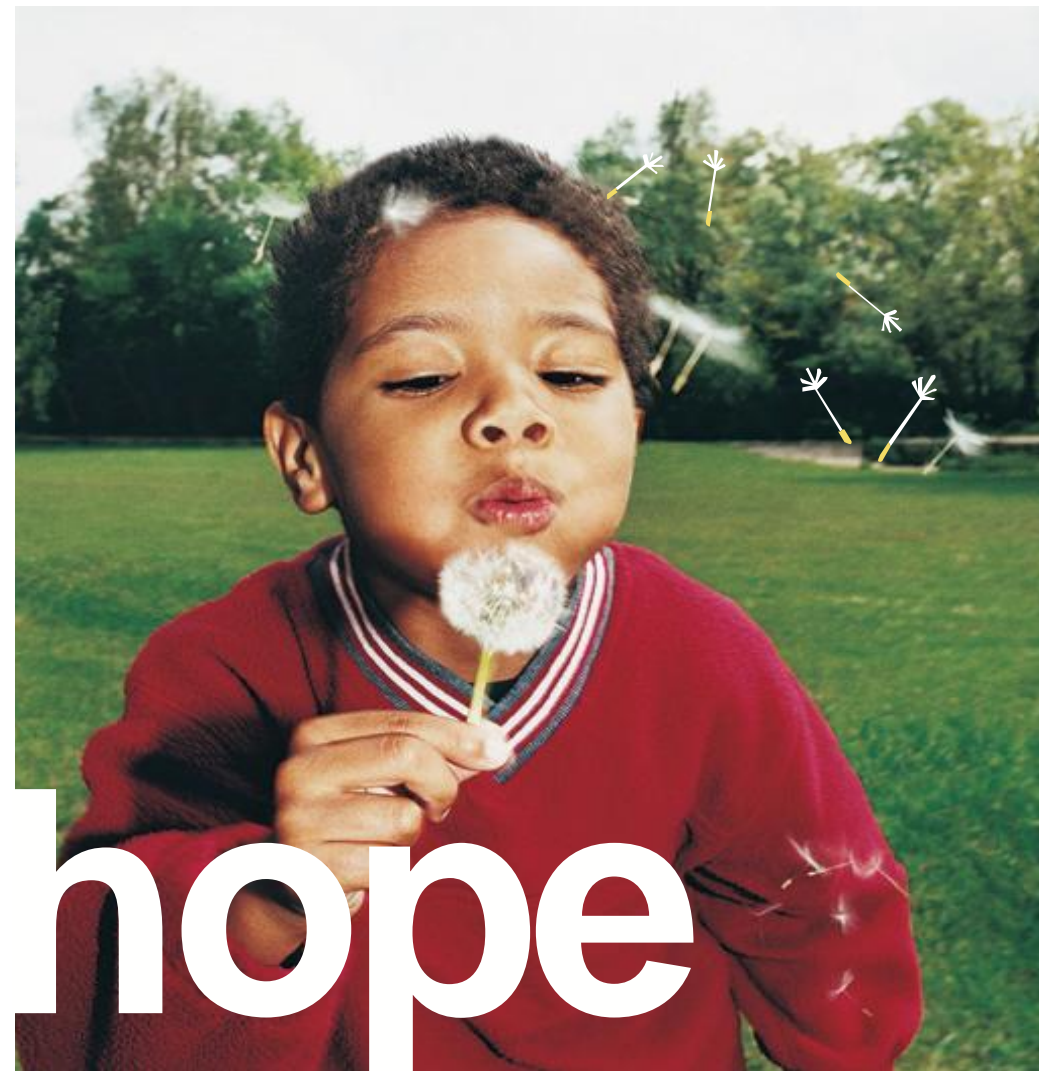
SPS
SELBY

PSYCHOLOGICAL SERVICES

6 State Street, Suite 208, Bangor, Maine 04401

Ph: 207.262.9009 Fax: 207.262.9008

Selby Psychological Services provides comprehensive mental health services for people of all ages. We practice from an evidence-based model which means that the treatments we utilize have been established in psychological research as being effective forms of treatment. Additionally we practice from the client-directed, outcome-informed (CDOI) model which allows you to set the pace and the tone of treatment so that you receive the services that will benefit you the most. The CDOI approach also allows us to make changes if it is determined that current treatment is not meeting your needs.



hope

laying the
groundwork
for your child's
development

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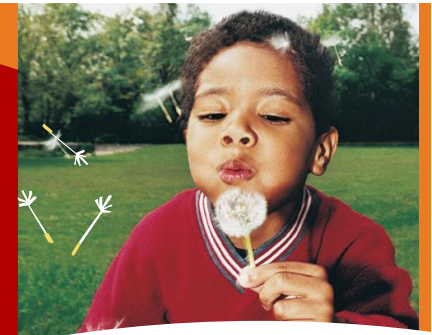
the big picture:

Improving communication and building relationships for a stronger family

Children really are a unique population. Although some children may seem like “little adults” they still have unique needs that require a professional that is sensitive to what makes children different from adults. Whether you need help understanding your child’s behavior or your child has a behavior that is disruptive to your family or to your child’s development, *Selby Psychological Services* has the expertise to help. Contact us for an initial consultation to see what services will best meet your child’s and your family’s needs.



focused
solutions
can produce **big
smiles**



“Addressing the needs of your child **now** will help to ensure that he/she will live a happy and productive life in the future.”



individual psychotherapy for your child

We can provide psychotherapy services for your child that are individualized to meet their specific, unique needs. Depending on your child’s age, developmental level, and ability to communicate effectively, this type of psychotherapy may be traditional “talk” therapy or may be play therapy.

family psychotherapy

Although you may have serious, well-founded concerns about your child it is often helpful to involve the entire family in psychotherapy to facilitate your child’s wellness. Family psychotherapy is designed to facilitate effective communication among family members and to explore the nature of the relationships between family members that may be unintentionally contributing to your child’s struggles. Depending on the nature of the concerns and the impact these concerns may have on your family, family psychotherapy may be recommended as an adjunct to individual psychotherapy for your child, or it may be suggested as the sole form of treatment.

parenting training

Even the most experienced, effective parents can use assistance with helping their children make good choices. Selby Psychological Services can provide **general parenting** training for parents who might benefit from learning skills that can work in a variety of situations. We can also develop an **individualized training program** to meet your specific needs. You may find that overall you are effective with your child but that on occasion you run into situations that leave you feeling helpless or ineffective. We can help boost your confidence and build on the skills you already have.

childhood anxiety

Dr. Brian Selby has worked with children for several years and has developed a unique specialty working with children who struggle with anxiety. Dr. Selby can help your child cope with anxious feelings and teach skills that will allow your child to master situations that usually make them feel anxious.