

Video 1 Transcript:

Welcome to Peace Therapy! My name is Jeff Lapham and I'm a licensed mental health counselor, as well as a certified children's trauma therapist. We specialize in working with children and families that have experienced traumatic events. Many times, these individuals, and their families, can suffer from symptoms related to the traumatic events experienced, to include anxieties and anxiety-related symptoms. We work with children as young as 2 years old and up along with all those who are involved with the children. We help families to heal and help parents become parents who are better equipped to parent children who have experienced traumatic events.

Within this website, there are a list of possible symptoms that are demonstrated by people who have experienced traumatic events. In children, these symptoms can be different and more difficult to diagnose because they can appear to be other related diagnoses. So if there are traumatic events involved, there are many different techniques to use that will help much more than some medications and much better than traditional parenting techniques. So I invite you to explore this website! Learn about trauma and its effects on children and their families, and learn about the therapy mode that we use primarily here, which is trauma-focused cognitive behavioral therapy. And if you have any questions, please feel free to reach out to myself or one of our other fine therapists. We welcome you to Peace Therapy!

