

## **JOHN HAMEL & ASSOCIATES**

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### **CLINICAL SERVICES**

**Anger and Conflict Management/Family Violence Assessments** - Two or three individual one-hour sessions, including at least one session with the spouse; plus additional sessions with other family members, when possible. We conduct an oral interview and administer various assessment instruments, including: Conflict Tactics Scale, State-Trait Anger Expression Inventory, Experiences in Close Relationships Questionnaire, Safe at Home Questionnaire, and the Controlling and Abusive Tactics Questionnaire (CAT).

**Individual Psychotherapy** – We are licensed therapists, able to work with a variety of diagnoses, including depression, anxiety, adjustment disorders, etc. Our approach is eclectic, utilizing cognitive-behavioral, systems and psychodynamic methods, and we are adept at working with adults, teen and children.

**Couples and Family Therapy** - Because many of our clients are in crisis, our approach in working with couples and families is highly practical, with an emphasis on *immediate* behavior change. Ours is an eclectic treatment, based upon systems, psychodynamic, cognitive and behavioral approaches. In all cases, the safety of victims is our top priority.

**Domestic Violence Batterer's Treatment Groups** - Certified domestic violence offender's groups. Meet for 2 hours each week. Open to both court-referred and self-referred clients. Separate groups for men and women. Includes workbook, with progress logs and weekly in-class and homework exercise sheets.

**Family Violence Parent's Group** - 26-52 week group for parents who have been verbally and/or physically abusive towards their children. Appropriate for self-referred clients, and parents referred through Child & Family Services, but also meets requirement of PC 273.1 for parents convicted of physical child abuse.

**Victim Services** - Individual counseling for victims of family violence.

**Couples Workshop** – This 10-week group provides high-conflict and abusive couples with the tools to manage anger, eliminate violence, and begin to build safe and healthy relationships.

**FEES** – All fees arranged on a sliding scale basis. We accept Medi-Cal in Contra Costa County (Contra Costa Mental Health Plan) and in San Francisco (ACCESS).