



Healthy Bodies and Relationships

PROGRAM DESCRIPTION

The Healthy Bodies and Relationships program is led by Ashley Kies, Ph.D., LPA and other members of the psychology team.

This program is designed to be an introductory course that explores a range of topics including:

- anatomy
- hygiene
- body safety
- social skills

Ideal participants are those who have an existing diagnosis of an intellectual/developmental disability (e.g., autism spectrum disorder, Down syndrome, mitochondrial disease) with lower cognitive ability and a developmental age of at least 8 years old. Participants must be able to:

- attend to verbally-based instruction
- engage in group discussions
- share about his/her own experiences

Dr. Kies introduces topics and guides participants through hands-on activities. Resources and materials are shared with parents to continue practice and teaching between sessions and in the future.

COST

Programs are offered in 10 session bundles. Full payment of \$500.00 is required at the time of enrollment. These sessions are not billable to insurance and are non-refundable.

Unexpected provider-cancelled sessions will be rescheduled to a designated make-up date and offered at no additional cost.

To ensure optimal placement, a diagnostic interview is required before enrolling to review presenting concerns and medical history. This service may be billable to insurance. Most of our psychologists are in-network with Aetna and BCBS.

Weekly attendance is strongly encouraged to build continuity of skills. Attendees make more progress with consistent attendance to review and practice skills.

CONTACT

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As interest exists, the program may be expanded to include people of other ages and skill levels.