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COMMUNICATION AND SUPPORT GUIDELINES

If you have an emergency between sessions, please call 911 or The Crisis Center of Tampa Bay, Inc. @ 211 as they are both 24-hour hotlines. If you are not put through immediately, please call 813.234.1234. You can also call your family physician or the emergency room at the nearest hospital and ask for the psychologist or psychiatrist on call. If you will not be able to be with your child at the your next session and feel I should be aware of an issue before your appointment, you may leave a confidential voice message. If I am unavailable for an extended time, I will provide you with the name of a trusted colleague whom you can contact if necessary.

In the interim, please buy a journal for both parents and adolescent patients. PLEASE use your journals to express specific weekly concerns you would like to discuss during session. I will speak with parents the first or last fifteen minutes of each session depending upon what is clinically indicated. If you would like me to document specific weekly concerns, please hand them to me to file at session.

The following is a list of some alternative coping techniques that may help you decrease your distress in between sessions. Choose the option(s) that works best for you.

1. Take slow, deep breaths while sitting down
2. Calmly ask for space
3. Listen to comforting, calm music
4. Spray a comforting smell (i.e., perfume/cologne)
5. Journal thoughts/feelings
6. Visualize a favorite place
7. Draw
8. Read
9. Stretch
10. Distract with a positive activity
11. Speak with a trusted confidant
12. Think about something funny