

**Ursula R. Stehle, Ph.D.**

- Director of Fair Oaks Therapeuticum
- Licensed Psychologist, PSY 13576
- In the counseling field since 1981
- Diplomat in Complementary Medicine, Severe Mental Illness, and Psycho-pharmacology

- Assistant Professor for the Professional School of Psychology 1995-2003
- Lecturer for Alliant International University 1997-2004
- Member, American and California Psychological Association (APA & CPA) and American Psychologist Physicians Register (APPR)

Wanda G. Alteri, RN, LMFT

- Registered Nurse, RN 427621
- Marriage & Family Therapist, MFT 37218
- Program Director for Relational Social Skills Therapy
- Medical Psychotherapy
- Nutritional Guidance

**Estelle Kinsella, MFT**

- Marriage and Family Therapist, MFT 31861
- Board Certified Music Therapist, MT-BC 3437
- Psychotherapy, Grief Therapy
- Guided Imagery, Pain & Stress Management

Lisa Barry, Psy.D.

- Psychological Assistant to Dr. Stehle; PSB 32083
- Diagnostic Assessments and Psychotherapy for Adults & Children
- Provides Cranial Electro Stimulation Therapy

**Lafaya Stallworth, MA, IMF**

- Registered Psychotherapy Intern IMF 41332
- Provides treatment for families who have children with developmental challenges

Maura Gerck

- Curative Movement and Yoga
- Extensive training and experience with special needs kids and training in behavior management with Autism Spectrum Disorders

**Cindy Zoeller, MAEd**

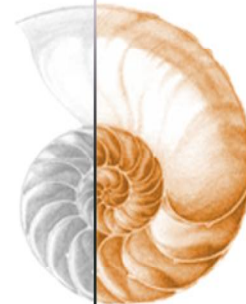
- Employment Education Specialist
- Job Search Training
- Vocation Exploration and Development

Above all, we, at Fair Oaks Therapeuticum, are committed to providing you with a therapeutic approach that supports body, soul and spirit. We strive to help you access the best psychological treatments available today.

 **Your Partners in Healing** 

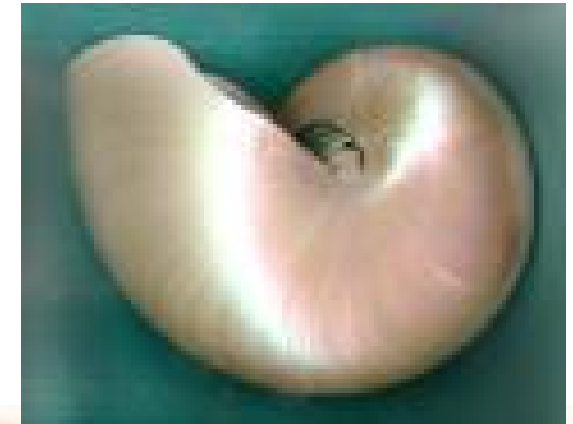
For an appointment, please call our
Clinical Director, Dr. Ursula Stehle,
at 916/962-0222

4112 Pennsylvania Avenue
Fair Oaks, California 95628
Near the corner of Fair Oaks Blvd. And Sunrise



fair oaks
THERAPEUTICUM
YOUR PARTNERS IN HEALING AND MEANING

Support for Families
with Asperger's and
Autistic Disorders



Fair Oaks Therapeuticum
Your Partners in Healing & Meaning

Please visit our website at:

www.therapeuticum.org

Tel: 916/962-0222



Asperger's Syndrome

One in every 150 Children in California is diagnosed with an Autism Spectrum Disorder (ASD). Sharp increases in the disorder have been noted over the past 10 years and yet we have only a partial understanding of its cause.

However, great progress has been made in identifying and developing treatments for Asperger's Disorder.

Autism Spectrum Disorders are relatively new diagnoses in the United States that describe individuals who have difficulties understanding and functioning in social situations but who frequently have above average intellectual capabilities. Today, we do not only have many children and teenagers with ASD but also many adults who have never received accurate diagnosis or treatment.

Some of the characteristics of ASD:

- Limited understanding of social cues or reading complex interpersonal situations
- Difficulties or avoidance of communicating feelings and inner experience
- Stereotyped behaviors
- Problems with attention and self-regulation
- Instability of mood
- Hyper-alert sense perception
- Social Isolation
- Food and digestive problems
- Compromised success in school and later in work and marriage relationships



www.therapeuticum.org

Fair Oaks Therapeuticum

Our clinic provides an all encompassing program for the special needs of children, teenagers, and adults diagnosed with an Autism Spectrum Disorder.

Licensed clinicians provide education and strategic interventions to assist with building...

- Relational Competence
- Bio-Medical Support
- Self-regulation
- Joy in life



Services

Psychological Assessment

Appropriate diagnoses ensures that treatment and services are tailored to the special needs of each individual seeking treatment.

Intensive Outpatient Care

After the assessment is complete, an individualized, intensive program is initiated to get both the patient and the family to a positive start. During this phase, patient and family come to our clinic several times per week to practice relational competence, referencing, and attending to the needs of others. Social skill therapy is begun, medicines are evaluated, attention and sleep pattern are addressed, and sustainable family rhythms become established.

Maintenance Phase

This part of the program helps the child primarily with peer relationships. Group, individual work, & parent support are cornerstones of this program.



Prognosis and Future

Asperger's Syndrome is currently considered a life-long condition; but those afflicted have begun to enjoy an improved quality of life due to intensive and specifically targeted interventions and treatments.

Fair Oaks Therapeuticum offers quality family care and programs that address the relational needs of the developing child.

We build bridges out of the disorder into family and community. Our program offers:

- Relational Social Skill Therapy, utilizing FLOORTIME and RDI models
- Music and Listening Therapies
- Sensory Integration
- Therapeutic Yoga
- Natural Medicines
- IEP Coaching
- Speech Therapy
- Cranial Electro-Stimulation and
- Life Skills



Our programs build on existing strengths, the tireless human need to seek relationships, and the right and desire to lead meaningful lives in the existing community!

Please contact us with your questions and concerns.