

MEET DUNBAR'S NEW CLINICAL THERAPIST Sidney Minor, MS, NCC, LAPC



ABOUT ME

Hello! I am Ms. Minor, the Clinical Therapist.

I received my B.S. in Psychology at the University of Central Florida, and I received my M.S. in Clinical Mental Health Counseling at Mercer University. My education and experience have been centered around behavior and crisis intervention for ethnically diverse children, adolescents, and adults with trauma history, behavioral challenges, psychological difficulties, and neurodevelopment disabilities through various theoretical approaches including Cognitive-Behavioral Therapy, Trauma-Focused Cognitive-Behavioral Therapy, and Solution-Focused Therapy.

I am passionate about cultivating change and empowering children and adolescents who have experienced trauma and/ or are struggling with their mental health to work through those experiences and create a healthy, balanced lifestyle.

WHAT I DO

I assist in the social and emotional well-being and development of the students. I utilize evidenced based modalities that are suitable for children and adolescents. I meet with the students individually and/or in small groups either weekly or biweekly. The sessions and small groups are scheduled to minimize core class disruptions.

Topics that can be discussed include but are not limited to: anger management strategies/ interventions, disruptive behaviors, social and emotional regulation, personal self-care/ hygiene, self-esteem, interpersonal/ social relationships, and communication skills, and grief/ loss.

SERVICES OFFERED

- Individual Therapy
- Group Therapy
 - cognitive behavioral (thoughts to behaviors)
 - interpersonal groups (relationships & social interactions)
 - psychoeducational groups (educating on mental health disorders)
 - skill development groups (social skill development)
 - support groups

CONTACT ME

If you are interested in your student receiving therapeutic services or if you have any questions about my services, please reach out to me.

Here are all the ways you can contact me:



Main Office: 404.802.7969



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