

Issues Addressed:

**ADHD ; Social Perceptual / Social Communication ;
School Issues ; Adoption ; Anger Management ;
Anxiety ; Chronic Impulsivity ; Coping Skills ;
Depression ; Divorce ; Emotional Disturbance ; Family
Conflict ; Grief ; Oppositional Defiance ; Parenting ;
Peer Relationships ; Women's issues ; Chronic Illness ;
Relationship Issues ; Self Esteem ; Career issues ; Self-
Harming / Suicidal Ideation ; Trauma ; Domestic
Violence**

Services / Modalities Offered:

**Individual Counseling
Family Counseling
Small Group Counseling
Coping Strategies
Social Skills Individual / Small Group
Relaxation Techniques / Mindfulness
College and Private HS Application Process / Prep.
Executive Function / Organizational / Study Skills**

**Please email or call to
make an appointment or
inquire about services -
Jrogersburke@gmail.com**



**89 North Main Street , Andover, Ma. 01810
Andoversocialdevelopmentcounselingcenter.com**

Andover Social Development and Counseling Center

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About Us:

Jennifer Rogers-Burke LICSW, Ed.S., - Director

Jennifer has worked as a Social Worker and Therapist in the Merrimack Valley for over 25 years, primarily in an educational setting as a School Adjustment Counselor, School Social Worker, and Administrator. Jennifer holds Masters in Social Work from Salem State University and C.A.G.S., Ed.S in Education Administration, Policy and Planning from UMass Lowell. Jennifer is a Licensed Independent Clinical Social Worker, certified School Adjustment Counselor / School Social Worker and certified Principal /Assistant Principal. She also holds an EEC license as an Early Childhood Teacher / Director.

Jennifer specializes in working with Special Education students who have social, emotional and behavioral disabilities. Also, children diagnosed with Autism, Anxiety, and varied mental health issues. Jennifer has many years experience providing individual, and small group therapy, social skills instruction, and professional development for adults and caregivers. Jennifer's vast experience working with youth and families have provided her the opportunity to not only become passionate about advocating for her clients but working endlessly to ensure their optimal level of functioning.

Our Mission:

To offer combinations of psychotherapy/therapeutic, counseling services with direct instruction of social skills, coping strategies and individual behavior plans that will provide clients with the necessary tools to overcome stressors, fears, loss, trauma, and social challenges . Our goal is to develop resiliency and flexibility with the reactions our clients exhibit.

We Specialize in the following areas utilizing a variety of evidence based practices:

Anxiety, Depression and Anger Management Counseling / Coping Strategies:

Coping means to invest one's conscious effort, to solve personal and interpersonal problems, in order to try to master, minimize or tolerate stress and conflict. Coping mechanisms are commonly termed *coping strategies* or *coping skills*. The term coping generally refers to adaptive (constructive) coping strategies. These are strategies that reduce stress.

Social Communication Skills:

Social communication skills refers to skills we need when using language to communicate and engage in conversations with others. Social communication encompasses the following skills:

- Using language for a range of functions, e.g.to provide information; to question; to negotiate; to suggest; to clarify.
- Conversational skills, e.g. starting and finishing conversations; maintaining a topic of conversation; taking turns in a conversation.
- Understanding shared and assumed knowledge,i.e. how much information the listener needs to understand.
- Understanding and using non-verbal communication skills, e.g. eye contact, facial expression, gesture, proximity and distance.
- Understanding implied meaning.

Social Perceptual Skills:

Social perception (or person perception) is how people form impressions of and making inferences about other people. People learn about others' feelings and motions by picking up information they gather from physical appearance,verbal, and nonverbal communication like facial expressions , tone of voice, hand gestures and body position or movements, are ways people communicate without words. There are four main components of social perception: observation, attribution, integration, and confirmation.

Executive Functioning Skills:

Executive functions are cognitive skills we all use to analyze tasks, break them into steps, and keep them in mind until we get things done. These skills allow us to manage our time effectively,memorize facts, understand what we read, solve multi-step problems, and organize our thoughts in writing.