



SHANE LYNCH PSYCHOLOGY

Psychoeducational Assessments for Kids

Get the support your child needs to do well at school and at home. Included are specific recommendations for classroom accommodations, Individual Program Plans, and mental health support. Ask me how.

Things to think about

We were taught to say: "I'm angry", but what if you weren't your feelings? If you could separate from intense feelings, imagine the capacity you would have to address even life's biggest challenges...

About Shane

I'm is a Registered Psychologist, husband, and father of three boys (5, 3, 1). I grew up in Calgary, and completed my undergraduate and graduate degrees at the University of Victoria. I'm looking forward to enjoying the colours in Fish Creek Park.



Falling into Old Habits

October means we're officially in the fall season. For those who love the season, this means fall colours, wardrobe changes, and yes, even pumpkin spice lattes. I will say that last one is not for me, but to each their own!

As the saying goes, "old habits die hard" and after getting through summer where all schedules and routines may have been off, and then into September where all the familiar routines restart again, October is the perfect month to let those old habits return and turn on our cruise control.

Cruise control is only good on roads that are straight, flat, and freshly paved. Of course for many of us, straight, flat and freshly paved only occurs for short sections of our lives and for many of





Tips for Dads & Moms

When your kid doesn't want to go to school, or what we psychologists refer to as "school refusal."

- Most parents want their kids to go to school. If any part of you doesn't, you'll want to be aware of that right away.
- Kids want connection, especially with mom and dad.

The consensus among psychologists? You've got to get your kid to go. Allowing them to refuse will make the problem worse. However old your child is, be curious. Ask questions that start with "what" and "how" and avoid "why" questions! Notice the part of you that is frustrated, take a breath, and then approach your child with a calm, compassionate, and confident demeanor. Learn your child's concerns and validate them (validating is not agreeing!). "Your concerns make sense to me" or "You make sense to me." Then share your concerns about them missing school (no exaggerations, please). Tell them you love them, and with little kids: "It's okay to miss each other while at school."

us it is the rough, winding patches that make life interesting; that is, if we successfully navigate them.

Navigation doesn't mean knowing the road in advance, or having a special vehicle. It means you are ready and able to deal with: what twists and turns may come; what detours you may have to take; areas under construction which may slow you down; and, whoever else you may have to share the road with. Cruise control isn't equipped for the road of life. We need to be active participants, paying attention, and actively engaging in the journey.

So if the old habits are getting old, or just not working anymore, maybe it's time to invite a therapist to join the road trip for a few kilometres to help you learn better ways to navigate the rough spots, and how to better enjoy the open, smooth sections, too!

The details

- ◆ Free phone consultation
- ◆ In-person or virtual sessions
- ◆ Individuals (1 hour) or Couples (1.5 hours)



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