

A Collaborative Approach to Service

- Personal counseling.
- Consultation with individuals and families with ADD/ADHD, Asperger's, and other "invisible disabilities."
- Groups for young adults.
- Parent groups.
- Transition support for young adults and families.
- Strengths assessment.
- IEP review.
- Needs assessment and referral.
- Consultation with school and community.
- Developing advocacy and coping strategies.
- Family support.

Call or E-mail to schedule an appointment or enroll in a group.

Confidential message phone/fax
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Peggy Piers

M.Ed. – Counseling

COUNSELING and CONSULTING

**Adults
Families
Adolescents
Young Adults**

SERVICES

Peggy Piers M.Ed.–Counseling

Information and Experience

Peggy's counseling style involves a collaborative effort with her clients. She believes that effective counseling is the result of a relationship that includes acceptance, trust, and empathy, in combination with exploration of questions and choices. Peggy's commitment to confidentiality is a professional ethic and a personal value.

Peggy has a wide range of experience in human services, child development, and mental health. She received her counseling degree from Lewis and Clark College and has worked as a professional counselor for over thirty years. She has worked privately, as well as with schools and in community agencies. Her clients include children, adults, families, adolescents and young adults. Peggy has taught classes for parents of children with ADD/ADHD, and conducted workshops on that subject.

Peggy conducts a group for post-high school young adults with Asperger's and High-Functioning Autism. The group is a series of meetings, each with a different topic. Peggy developed the curriculum and includes new material with every series.

Peggy is a provider for Oregon Vocational Rehabilitation Services (OVRS)

Groups

"Now What?" Group, for young adults with Asperger's, High-Functioning Autism, and Nonverbal Learning Disorder. The curriculum of the group addresses cognitive-social skills that are needed for employment, social relationships, and community involvement.



Social Connections group for individuals who have completed at least one series of the "Now What?" group. This group provides a less structured forum for practicing social thinking and communication. Activities, materials, and topics for discussion are provided. Members are encouraged to bring topics of interest to share with the group.

Parent Seminars for families of individuals on the Autism Spectrum.

Resources and Referral to community resources, other professionals, and on-line information sources.

Individual Counseling

In collaboration with the client, Peggy will make an assessment of service needs. Together they will design a service plan, and establish goals. In working with clients, Peggy uses her training and experience in a wide range of counseling approaches. These include cognitive-behavioral and relationship-based counseling, developmental and psychodynamic approaches, Dialectical Behavioral Therapy, and Social Thinking.

Counseling Individuals and Families with ADHD and Autism Spectrum Challenges

- Strength-based assessment and determination of service needs.
- Cognitive-social skills needed for lifelong communication.
- Review of documents, evaluations, and IEP's.
- Transition support for young adults and their families.
- Consultation with schools, Vocational Rehabilitation, community agencies, and other support systems.

