

parent coaching

with Christina Hagemeyer
LPC, ATR-BC



Christina has worked extensively with children who have experienced trauma and children who are neurodivergent (ADHD, Autistic, etc.). She goes beyond providing tips and tricks, helping you understand what you and your child are really experiencing. As a licensed professional counselor, Christina's unique approach combines a therapeutic lens with an interactive style, allowing for greater awareness and lasting change. Parent coaching sessions will address some of the most common parenting challenges: shame, discipline, boundaries, emotional regulation and more.

All sessions are virtual and offered on Tuesday and Friday mornings.

Packages come in 6, 8, and 12 sessions
\$170 per session

Contact info@sagehousetherapy.com
Get started today!



SAGE HOUSE
THERAPY

the good stuff

what to expect in each package



SAGE HOUSE
THERAPY

the basics - 6 sessions

In 6 sessions you can expect:

- A brief overview of your parenting philosophy
- An overview of the brain and emotions
- A closer look at discipline and boundaries
- Support in creating routines and structures that work

the sweet spot - 8 sessions

In 8 sessions you can expect everything in the basic package plus:

- A look at how shame and emotions affects how we parent
- A greater understanding of emotions and why they are important
- Communication break downs and why they happen

the deep dive - 12 sessions

In 12 sessions you can expect everything in the sweet spot package plus:

- A deep dive into how our childhood influences our parenting
- How to build frustration tolerance
- Supporting your child with time management, incentives, and empathy
- Personalized support for your parenting situation