

COUNSELLING TO HELP YOU AND YOUR TEEN



- Are you worried about a teen in your life?
- Have you tried traditional approaches that didn't help?
- Do you want to try a private approach outside of the social services system that is available now?

Whether you are a parent, relative, or ally for a teen in your life, there is professional help that is immediately available.

A WAY TO SOLVE LIFE'S MOST CHALLENGING ISSUES

Do you see attendance issues? Low morale? Experimentation with alcohol, drugs, or criminal mischief? Suicidal Behaviour?

NovoVia offers a positive, preventative, and motivational approach when discussing problems, providing you with the practical tools necessary to help you better support teens. Counselling sessions based on Motivational Interviewing (MI) and Cognitive Behavioural Therapy (CBT) help you with your everyday communication and challenging situations facing teens of today.

We offer confidential *one-on-one MI and CBT counselling services that are available now to help in situations with potential long-term implications. All sessions are client-focused, meaning that you (your perspective, views, needs, wishes, and goals) always take center stage.

*Group Counselling is also available upon request.

TYPES OF SESSIONS

Free Discovery Session

A 15 min introduction to understand you and see if we are a good fit to work together.

Single Sessions

We explore where you are now and where would you like to be. We focus on the healthy and positive aspects of your current situation and how your thoughts, feelings, and behaviours affect you.

Package of Five Sessions

Recommended number of sessions to thoroughly address an issue and promote positive behaviour change.

In each session, we discuss:

- The **WHAT**: What is important for you to talk about, or change?
- The **WHY**: Why is this important to you? In what way are you willing, ready, and able to discuss this?
- The **HOW**: How can you make that change?

A WAY TO PREVENT PROBLEMS FROM NEGATIVELY IMPACTING LIVES

MI is an evidence-based counselling approach that has over 40 years of proven, measurable success. It uses an empathetic and collaborative conversational style for interpersonal interactions to strengthen personal motivation and commitment to change.

CBT is a successful treatment method that focuses on how a person's thoughts, feelings, and behaviour influence one another. Using CBT involves analyzing a situation by identifying and recognizing one's unhelpful thoughts and behaviour patterns.



RESPONSIVE, AFFORDABLE, AND PREVENTION-FOCUSED COUNSELLING SERVICES

Who We Serve

- Parents
- Guardians
- Foster Parents
- Extended Family (Grandparents, Aunts, Uncles)
- Teens
- Allies who care about a teen

Format

- Virtual (online via Zoom) or in-person (clients in Gothenburg)

Duration

- 60 min per session

Cost

- 1 035 SEK (\$120 US) per session
- 4 500 SEK (\$520 US) for 5 sessions

Forms of Payment Accepted

- SWISH, Credit Card, Invoice (clients in Sweden)



Jennifer Ollis Blomqvist, BSc, MSW
Cognitive Behavioural Coach
MI-trainer, Member of MINT

WHO AM I?

- An inspirational, committed, and trusted expert in Motivational Interviewing (MI) with over 20 years of experience counselling, teaching and using MI.
- Committed to using MI to benefit teens, families, and society.
- Founder of NovoVia, a virtual center for applying MI.
- Helps individuals achieve long-lasting change through self-motivation.
- Author of *Lighthouse Conversations: Being a Beacon for Teens*.

NOVOVIA CONSULTING

- A leader in using MI to promote well-being for individuals and families.
- Providing a one-of-a-kind opportunity to invest in a teen's future.
- Acting quickly and positively to address or prevent problems before they escalate.
- Showing total engagement, positivity, and a non-judgmental style when working with teens, families, and allies of teens.

WHAT'S NEXT?

Schedule a complimentary discovery session or contact me directly at jennifer@novovia.se

Try Online Course

Try our free demo of
Lighthouse Conversations
with Teens.

Read a Chapter

Read a free chapter of my new
book: *Lighthouse Conversations:*
Being a Beacon for Teens.