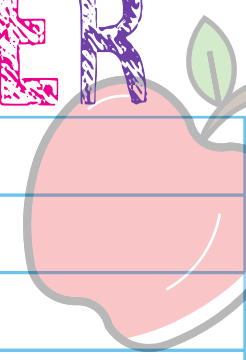


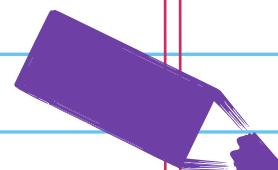
IPFT NEWSLETTER



AUGUST 2026

VOL 2

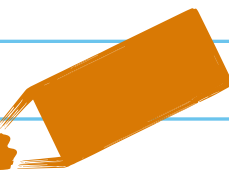
Events



Every Friday @ 3pm

We have a virtual Parent Support Group. Setting boundaries, respect and more.

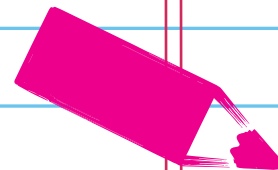
Price \$75 per session



Every Friday @ 5pm

We have Grief Group. 7 Weekly grief workshops to help you manage.

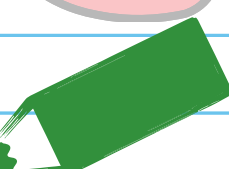
Price \$75 per session/person



AUGUST 8, 2026 @ 10am - 4pm

Come see us @ the Montgomery County Market, where you can enjoy shopping, music and more.

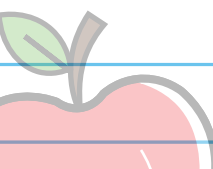
Free event



AUGUST 29, 2026

The Reality of Kids & Technology workshop. 90 min in person or virtual.

Price \$75 per session/person



Bible verses for back to school

James 1:5 - "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you." *Students can rely on God for guidance in decision-making and studies*

Proverbs 1:5 - "Let the wise listen and add to their learning, and the discerning get guidance." *This verse emphasizes continual growth and openness to learning*

Proverbs 2:6 - "For the Lord gives wisdom; from his mouth come knowledge and understanding." *It reminds students that true knowledge comes from God*

Philippians 4:13 - "I can do all this through him who gives me strength." *A reminder that God empowers students to face academic and social challenges*

Jeremiah 29:11 - "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." *A comforting reminder of God's purpose for each student*

"The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice."

-Brian Herbert

MEET SEOK KIM AKA SONNIE



I like to think that God blessed me with the chance to experience a sampler platter of mental health challenges throughout my life in order to help me better understand, empathize with, and support the people I work with today as a counselor. One of my favorite things in the world is philosophy, as I find it fascinating that we can choose our own views and ultimately shape the way our lives unfold due to the influence of our beliefs and attitudes. When I was growing up, my church offered the opportunity to attend camp for free if we

were able to memorize the entire book of James. As someone who loves a challenge, I took on the task and this decision ended up shaping my life in a significant way.

Because the beginning verses were repeated the most during the memorization process, the idea that we are to “consider it pure joy” whenever we face difficulties lodged itself deep into my memory, as it was the first substantial verse of the book. I always found it interesting, the idea that we can “consider” something as joyful, despite the obvious reality that hardships do not feel that way at all. It is likely one of my strangest qualities, and greatest strengths, that I have walked through my adulthood with the idea that I am being given a gift whenever

I face challenging circumstances, and I have God and His wisdom to thank that all my personal mental health struggles have ultimately created an unbreakable resilience within me.

Along with the act of reflection, expression has been a major part of my life as someone who has been a musician in many different forms. I am grateful for the multiple ways that I am able to find catharsis through hitting drums, strumming guitar, playing piano, singing songs, and writing lyrics. There



is something magical about taking what

is inside of you
and transmuting
your emotions
and experience
into a piece of art.
Creativity plays
a large role in
how I approach
my counseling,
because while I
plan thoroughly
and make sure I am
prepared for every
conversation, I view
therapy as an art-
form that works best
when space is left
to spontaneously
respond to the things
that arise naturally,
moment to moment,
as we engage in the
important work of
honestly expressing
our thoughts and
emotions.



Coping Tool

While I have many tools that I love to share with those I counsel, when it comes to pulling a recommendation from my own personal toolkit, playing around with creative expression would be my pick: drawing or creating something visual, becoming the visual yourself through movement and dance, beautifully arranging your home in a way that fits your unique aesthetic, cooking a dish exactly to your taste, or putting yourself on the page with the words that make most sense for you and you alone. Whatever medium you choose, all that matters is that a piece of you is being put into the world, even if you're the only one experiencing what you've created.

TIPS

Keep routines consistent

Predictable schedules can help reduce stress and make daily life feel more comfortable.

Communicate Clearly

Use simple, direct language and give extra time for the person to process and respond.

Respect sensory needs

Bright lights, loud sounds, or certain textures can be overwhelming. Offer quiet spaces or sensory tools when needed.

Celebrate strengths

Focus on abilities, interests, and achievements rather than only challenges. Every person with autism has unique talents.

TOOLS

The Choice Tool

Instead of asking, "What do you want?" Try, "Would you like A or B?". Simple choices can reduce overwhelm and encourage independence.

The Calm-First Tool

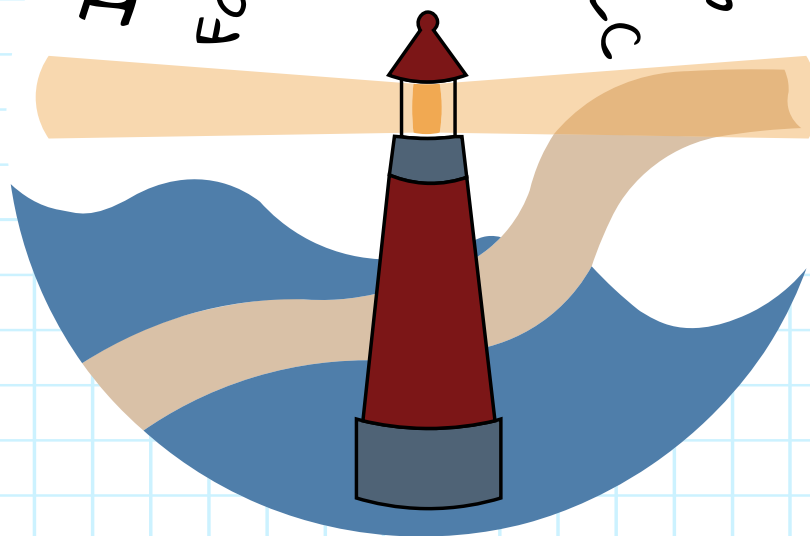
When emotions are high, lower the noise—not your patience. A calm environment often helps more than more words.

The Pause Tool

Count to five before repeating yourself. Extra processing time can make communication much easier.

Starting September 1st our rates will be
Intake \$140
Standard \$120

Illuminated Pathways
Family Therapy LLC



CALL US TODAY!!!!
972.768.0754



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Missouri City, Texas 77459



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