

Meet the School-Based Therapist

Christ the King Catholic School '18-'19

How to contact your School-Based Therapist for Services

Who: Katelyn Aguiar, LMLP

School Day: Wednesdays, 8 AM-3 PM

Day at Cana: Thursdays, 9 AM- 5 PM

Email: kaguiar@catholiccharitieswichita.org

School Phone: (316) 665-0330

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Mental Health in Schools

Today's children are facing unique challenges, both at home and at school, that can contribute to difficulties such as

- **Anxiety**
- **Depression**
- **Behavioral difficulties**
- **Emotional outbursts**
- **Attention difficulties**
- **Academic challenges**

These challenges can impact children both academically and relationally if not addressed. By identifying difficulties early on, your school-based therapist can provide services to equip your child with tools to effectively cope and build resilience.

School-based mental health services not only offer wonderful opportunities to collaborate with families and school personnel to provide a supportive team for your child, but they also minimize schedule disruptions and offer an already familiar environment for your child.

Services Offered:

- **Individual Therapy**
- **Family Therapy**
- **Groups (Based on needs of school)**
 - **Social**
 - **Resilience**
 - **Bullying Prevention and Response**
- **Coping Skills Education**
- **Education and collaboration for parents and teachers**

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Katelyn's Training

Katelyn has received extensive education and training in both academic and mental health services, making her an ideal school-based mental health resource. With a focus on working with students, families, and school personnel, Katelyn utilizes a team approach in working with children.

Who is Your School-Based Therapist?

Katelyn Aguiar is a Licensed Masters Level Psychologist with a Masters of Science in Clinical Psychology from Emporia State University. She is a native of the Wichita Diocese and enjoys utilizing her skill set to provide services centered in Christ. Katelyn has experience working with students in both school and clinic settings, and is passionate about meeting students' and families' unique needs. She enjoys working with children coping with behavior difficulties, special needs, and academic and emotional difficulties. She also has experience working with diagnoses of Autism, depression, anxiety, ADHD, and traumatic brain injuries, among others. Katelyn looks forward to continuing to serve as part of this school and faith community.

