

SALUTE TO HEALTH CARE IN ROCKLAND COUNTY

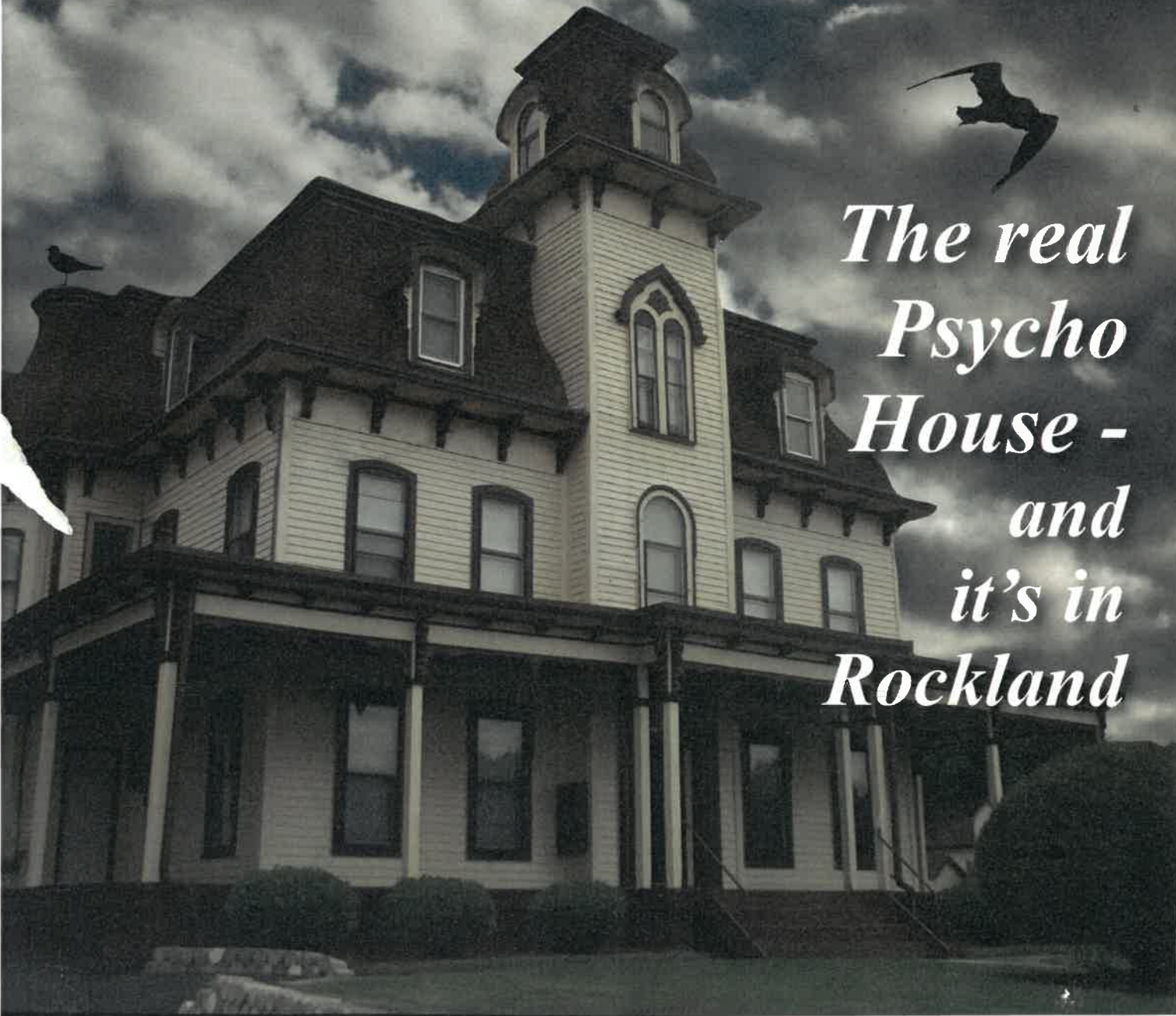


# Rivertown

OCTOBER, 2007

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# Children's advocate Jill Jones-Soderman treats families in distress

By Helena Hewlett

That which is not resolved, is repeated. With those words in mind, Jill Jones-Soderman has been treating families in distress for over 35 years.

Jones-Soderman, who currently lives in Nyack, is a licensed clinical social worker who has helped families with an unyielding passion and dedication.

In 2001, Jones-Soderman, an active children's advocate, founded The Family Resolutions Center, run directly from her home, with an approach to therapy that she classifies as "neither traditional or new age."

Jones-Soderman, who is licensed as a psychiatric social worker and trained in psychoanalysis, is currently pursuing an interdisciplinary doctorate. She blends techniques in order to achieve the goal of helping individual family members, as well as the entire family unit, to thrive.

When a family is in distress, whether it's due to divorce, domestic violence, victimization, or other serious conflicts, most of the time the effects are evident in areas outside the home, such as children's social and academic lives.

Overactive children are often tagged with Attention Deficit Disorder and medicated, but Jones-Soderman chooses to seek out the root(s) of the child's problem, acknowledging that the problem may be rooted in the family or an actual biological disorder.

Jones-Soderman strives to hear the true voice of children who are involved in distressed family situations.

"Children have a voice, and their own ideas and thoughts, even if they don't share them in ways we initially understand. My goal is to help children feel comfortable enough to share these ideas so we can work through them," Jones-Soderman explained.

The comfortable atmosphere of Jill's home is inviting and warm, often bringing a healing touch to children, and putting them at ease from the moment they step in.



Jones-Soderman allows children to rollerblade through her living room and even bowl in her basement. She keeps boxes of toys and fun activities available for children as well.

"Kids even go through my fridge to find snacks, and I'm fine with that," Jones-Soderman explained, adding that parents are often surprised and pleased with her flexibility.

Because early diagnosis often increases the possibility of successfully intervening, Jones-Soderman has spent a great deal of her time doing just that. During her 35 years in the practice, she has trained and perfected her techniques in psychoanalysis and psychotherapy.

Jones-Soderman does not necessarily

discourage medication, but does firmly believe that physician's medical prescriptions for children, adolescents, and adults must always be in conjunction with psychotherapy.

Therefore, the physician must be willing to work with the therapist and patient in order to properly remedy the issues at hand.

Jones-Soderman's motto is to "mediate, not litigate." She places a strong emphasis on preserving dignity and respect within relationships, making sure that the family unit is not fractured even though it may be separated.

"I do not believe in pain or suffering," Jill says. With this in mind, she knows that children cannot grow and develop in the midst of emotional or literal battlegrounds,