

Emerald Palace Practice

Therapy for your peace of mind

About Us

About the Emerald Palace Practice:

The Emerald Palace's primary focus is to help families create a new story and a new way of interacting that will bring about positive change. Much like a coach or even a teacher, we work with you to find the best possible way to address important issues and make life worth living.

Therapy for the Family:

In the day to day world we live in we sometimes forget what it means to say "I love you." We often fail to clearly state what is important to us as individuals. With the daily job, children who need to be transported and extended family who demand our time, it's no wonder that quirks and challenges enter our family life. It is when these difficulties become insurmountable obstacles that families tend to seek help. Our therapy focuses on defining what these insurmountable obstacles are and how we can remove them.

We use a range of therapeutic interventions to gain these needed results. Two of the most helpful are genograms and home challenges.

Genograms are very similar to family trees, except that they depict how family members interact with each other.

Home challenges are activities or tools that are listed as a set of instructions that can be taken home and done by the family.

By using the genograms in therapy, we can better understand the ups and downs you see in your relationships. We then use the Home challenges to continue therapy outside the office and reinforce the positive changes that we have worked on during the session.

The end result is a happier, healthier family.

Therapy for children:

Children are magical. They have distinctive personalities. They laugh, cry, and provide great memories to parents. With this in mind it's no wonder that any therapy that is conducted needs to be specific to the child seeking help.

The challenge to effective therapy for children is making sure that the whole family takes part. Parents need to work with their child to help them express their emotions. Brothers and sisters often need to help their fellow sibling by making them part of their play activities to increase social skills. Even grandparents can take an active role by knowing how to use simple board games to teach their grandchild how to take turns, identify colors, and develop strong family bonds.

As a counsellor I often act as a coach or even a facilitator to encourage the whole family to work in unison. At the same time I prompt, encourage and interact on a one on one basis with each child who has a developmental delay.

About our Director:

Brian Grandjean is a licensed professional counsellor of the state of Texas. He received a Masters degree in the field of psychology. Using a family therapy background, he has helped families deal with marital challenges, authority issues, developmental delays in children (autism), parental training, grief and career loss/advancement.

Driven to give more to families and help them surmount some of life's greater challenges he is currently working on a Doctoral degree in Family Therapy.

About our Logo:

One question people often ask us is "Why the castle logo?". Simply put, we see the castle as a safe haven, a place to go in time of trouble where you are free to say what you feel without fear of rejection or blame. So the next time you see a castle think "Emerald Palace Practice," and know we are there for you.