AN ISSUE ABOUT CONNECTION, CARE AND NEW BEGINNINGS

Healing begins with connection

A special issue featuring clinical insight from Dr. Eliana Gil, three new clinicians, and a new therapeutic service supporting families after separation.

IN THIS EDITION

Dr. Eliana Gil & the Boundary Project

Meet our new clinicians

Introducing TPCS-S



A thoughtful, child-centered approach to trauma recovery, family relationships, and care.

NEW SERVICE SPOTLIGHT

Therapeutic Parent-Child Sessions After Separations

Supporting safe, gradual reconnection through clinically guided care.

CLINICAL PERSPECTIVE

Dr. Eliana Gil & the Boundary Project

Understanding Children's Sexual Behaviors: What's Typical, What's Concerning, and How Parents Can Respond

Children's sexual behaviors can raise difficult questions for families. In her article, Dr. Eliana Gil explains why age, development, context, and a child's emotional response all matter. Through four relatable scenarios, she distinguishes typical body curiosity from behavior that calls for boundaries, protection, or professional guidance. Her message is compassionate and practical: respond calmly, listen to children, prioritize safety, and seek individualized support when needed.

THE BOUNDARY PROJECT

The article also introduces the Boundary Project, Gil Institute's specialized, family-focused program for children ages 4–12 exhibiting problematic sexual behaviors. The program combines developmentally appropriate therapeutic work with caregiver participation, helping families strengthen safety, emotional regulation, healthy boundaries, and connection.

Why it matters

Children need adults who respond with curiosity, calm, and attention to safety—not shame. Families deserve individualized support that reflects a child's age, experiences, and needs.

Read Dr. Gil's full article online

Full article link will be updated when the blog is published.

OUR CLINICAL TEAM

New faces, shared commitment

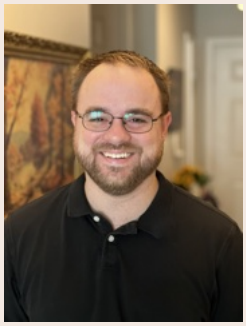
Please join us in welcoming three clinicians whose expertise broadens our support for children, adults, and families.



Yasmine Ardaiz

Clinical Mental Health Counselor | Working toward Virginia LPC licensure

A George Washington University graduate working under the supervision of Dr. Eliana Gil, Yasmine supports children, adolescents, and families navigating trauma, grief, selective mutism, and relationship challenges. Her person-centered approach integrates cognitive behavioral strategies, play, expressive arts, and filial therapy. She brings more than a decade of experience supporting neurodivergent young people and their families.



Ryan Fredrickson

Resident in Psychology | PsyD

Ryan earned his doctorate in clinical psychology from Divine Mercy University. He works with children, parents, and adults using child-centered play therapy, filial family therapy, DIRFloortime, trauma-focused CBT, and relational approaches. He offers services in English and Spanish and has a particular interest in trauma, neurodevelopmental differences, attachment, and the role of spirituality in care.



Jess Migler

Licensed Clinical Social Worker | VA & DC

Jess earned her MSW from the University of Maryland and brings extensive experience in school-based care, child welfare, custody, and family advocacy. She supports children and adolescents affected by trauma, attachment disruptions, ADHD, autism, and developmental differences, partnering closely with caregivers. Her experience includes reunification, adoption, foster and kinship care; she is a Circle of Security Parenting facilitator and provides LGBTQ+-affirming care.

NEW SERVICE ANNOUNCEMENT

Rebuilding connection after separation

THERAPEUTIC PARENT-CHILD SESSIONS AFTER SEPARATIONS (TPCS-S)

Introducing Therapeutic Parent-Child Sessions After Separations (TPCS-S) — a structured, clinically guided service for families working to rebuild a parent-child relationship after a period of separation. Separation may follow illness, family disruption, child welfare involvement, incarceration, immigration-related circumstances, or other complex experiences. Children may need time, reassurance, and support to feel safe reconnecting.

HOW THE SERVICE WORKS

TPCS-S uses attachment-informed, developmentally sensitive sessions to help children gradually become comfortable, express feelings, ask questions, and strengthen a positive relationship with a parent. Clinicians coordinate with relevant treatment providers and caregivers, establish clear therapeutic goals, and may incorporate play, expressive activities, and family sessions when appropriate.

A child-centered, clinically guided process

This is not simply supervised visitation. Participation is considered case by case, with appropriate legal or other authorization, clinical readiness, the child's willingness, and caregiver cooperation. Sessions may be weekly or biweekly; format and fees are discussed during intake. Progress is guided by the child's needs and safety rather than a predetermined reunification timeline.

Interested in learning whether TPCS-S may be appropriate?

Contact Gil Institute to discuss referrals, intake, and next steps.