



Intensive Family Coaching

I work with young people and their families in their home in a positive, flexible, proactive way, emphasizing measurable, practical, and sustainable change, both short and long-term, for the whole family. My approach is relaxed, non-hierarchical, and results-oriented.

My program is effective for

- Families where things are going haywire at school and/or home
- Families thinking of wilderness programs
- Families where therapy hasn't worked
- Depression, anxiety, substance abuse, conflict
- Failure-to-launch teens and 20-somethings.

How it Works:

I can quickly discern whether I'll be able to help: This program isn't for everyone, but there is no major financial/emotional commitment until everyone is sure there is a great shot at progress.

We all work together. Unlike wilderness programs or therapy, the family and I work together over time to solve their problems collectively. It is predicated on heavy involvement and a commitment to change from the parents.

We work intensively, flexibly, organically. I work with the family, 24/7, if need be, to customize a program for the child and family that will create positive change.

Specifics of the Program:

- **Communication:** The adults get crystal clear on goals, and then involve the child.
- **Commitment:** All parties must commit. The child might need to be given a choice: work with Jeff Levin and us "or else," and this program looks better than the "or else."
- **We have structure:** There is a fluid but structured working plan that is the cornerstone of the process: each person has his or her goals and

commitments, and a system is installed to keep everyone focused and accountable. That system includes daily check-ins with me that uses whatever media work for the clients, including texts, calls, and Skype.

Why it works:

- **I work with both heads and hearts.**
- **The antidote to stress and dysfunction is connection.**
- **Family members quickly sense a rewarding family journey that achieves real, lasting change.**

About Jeff Levin

Born and raised in Newton, Massachusetts, and a graduate of Dartmouth College, Boston College School of Education and the Smith College School for Social Work, Jeff has devoted his professional life (35 years and counting) to supporting young people and their families. He began his professional career as a middle-school English teacher in Carlisle, Massachusetts, and since then has worked as a psychotherapist and life coach with individuals and groups in a wide variety of settings helping families, teams, individual athletes, young people and corporations all over the country.

A more detailed description of this program is available.