



UAY therapists and counselors have expertise in the following issues that are common concerns for teens and parents:

Family Conflict: assisting families in discussing tough issues, including rules, responsibilities, transition to adulthood, divorce and custody.

Depression or Anxiety: coordinating with the prescribing physician, to increase positive coping skills, self-esteem, and social relationships.

Trauma: UAY counselors are trained and funded by the Iowa Attorney General's Office of Crime Victim Assistance to provide specialized help to those that have witnessed or been the victim of violent crime, including domestic/dating violence, sexual assault, homicide and child abuse.

Grief and Loss: assisting youth to integrate the loss of a family member or friend, including healthy techniques to express grief, communicate feelings and rebuild relationships.

Healthy Relationships: helping youth and families understand and discuss the dynamics of peer relationships, building a supportive family and peer network to reduce risky behavior.

UAY counselors provide parents with valuable information and tools to assist their own child or improve communication in the family. Staff are always available to brainstorm ideas, or offer a different perspective. UAY staff can meet with the parents of teens by themselves or provide family therapy.

**UAY accepts
Blue Cross/Blue Shield
Hawk-i Wellmark Health Plan of Iowa
Title IX
Iowa Medicaid
Some grant funding available for families
without resources.**

**To speak directly and confidentially to
a UAY counselor, call 338-7518 or
visit:**

www.unitedactionforyouth.org

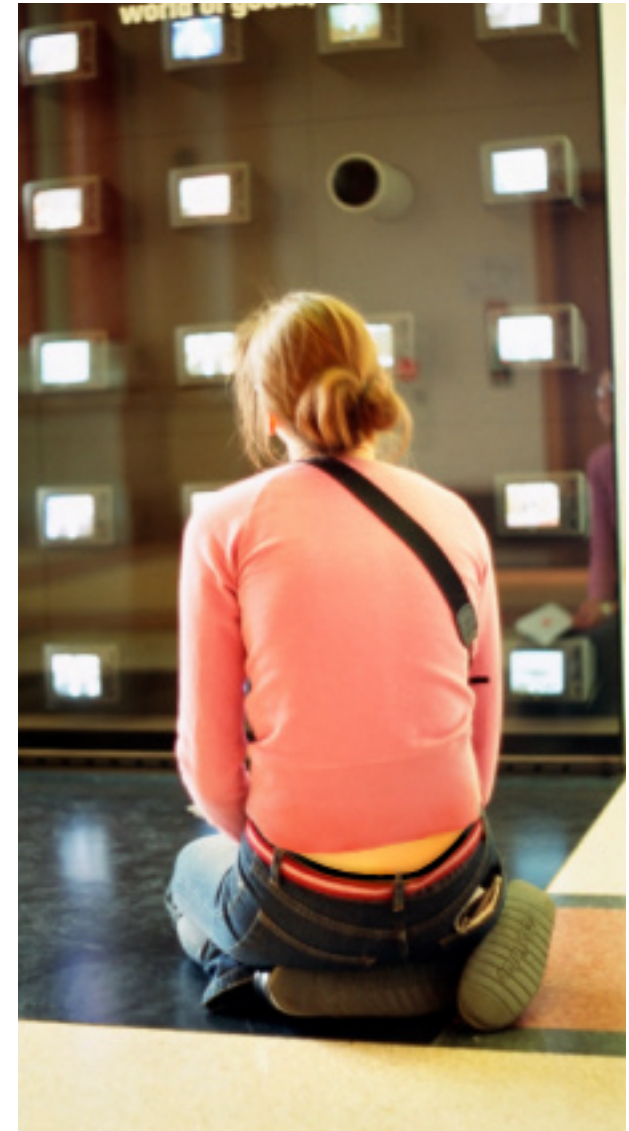
**United
Action
for Youth**

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410 Iowa Ave
Iowa City, IA 52244
319.338.7518

Counseling Program

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United Action for Youth (UAY) has provided counseling services for teens and their parents since 1970. UAY offers a balanced portfolio of activities and services, which includes, formal therapy by licensed mental health counselors, mediation and crisis resolution services or informal counseling and skill building.



UAY counselors have a unique ability to engage teenagers in individual therapy. They balance listening with talking, they don't lecture or blame, they are able to tailor their style to increase youth's comfort.

The UAY menu offers ala carte services for teenagers that can be selected individually, or combined to provide a holistic blend that builds on coping skills, social coaching, self-expression and self-esteem. Counseling isn't just talking. UAY counselors utilize art, role-playing, sculpting and doing, to help teen communicate difficult issues safely.

Counselors and Mediators:

Diane Tonkyn, ATR-BC, LMFT

Diane received her Masters degree from Loyola Marymount University. She has been practicing as a board certified Art Therapist and Licensed Marriage and Family Therapist since 1989. She has been working with young children, teenagers and families for over 20 years. Diane has been the director of a child sexual abuse treatment program for children age 3-12 years old. She is especially skilled in treating depression and trauma. Diane is bilingual in Spanish.

Ginny Naso, BA, Mediator

Ginny has worked with parents, teen child abuse victims, and runaways, at UAY, for 29 years. She is a graduate of the National Crime Victim Assistance Academy. Ginny serves as a guardian ad litem in Juvenile court and is a member of the Iowa Attorney General's Crisis Response Team. She is good at listening, engaging teenagers, thinking outside the box, and creative problem solving.

Amy Louis, MS Ed, LMHC

Amy received her Masters from the University of Nebraska and is a Licensed Mental Health Counselor. She has been a therapist at a residential treatment program for adolescents, before coming to UAY in 2000. She provides individual therapy to teens and is very skilled with young males. She provides family counseling to resolve family conflicts and crisis and assists families transitioning teens to adulthood.

Gloria Engel, MS

Gloria earned her Master's Degree with a specialty in Mental Health Counseling from Capella University in St. Paul Minnesota. Gloria works with individual youth and their families to cope with grief, loss and trauma as well as resolving conflict or crisis. Gloria utilizes a variety of approaches, including narrative, cognitive behavioral, solution-focused and art therapy strategies.

Jen Sacora, MA, LMHC, NCC

Jen earned her Master's Degree from the University of Northern Iowa. She is a Licensed Mental Health Counselor. Jen has worked with children, teens and parents from many family backgrounds including foster, adoptive and single parent. Her skills include attachment, loss and trauma and self-esteem counseling. Jen approaches the therapy process by helping individuals and families to identify needs and find creative and healthy ways to meet needs and strengthen relationships.

Sam Thompson, LISW

Sam received his Masters from the University of Iowa, and is a Licensed Independent Social Worker. He has worked with teenagers and their parents for 20 years. Sam is very good at looking at conflict from new perspectives and offering concrete suggestions for changing family dynamics. Teenagers appreciate his honesty and willingness to address them as intelligent individuals. Sam specializes in counseling pre-adolescents to young adults.