



Sarah Nani Williams has successfully worked with children, adults, adolescents, and families since 1995. She received her Doctorate in Clinical Psychology (Psy.D.) from The Illinois School for Professional Psychology, Chicago.

Dr. Sarah is certified in Child and Adolescent Gestalt Play Therapy and is a Certified EMDR Therapist. She is a published author and has conducted numerous presentations at schools and conferences throughout the United States. Many of these presentations address anxiety, depression, autism spectrum and learning disabilities, including Attention Deficit Hyperactivity Disorder (ADHD) in adults and children.

In addition to counseling services, Dr. Williams provides school coaching and periodic workshops on a variety of topics.

Sarah Nani Williams, Psy.D.
Licensed Clinical Psychologist

Fostering Growth Through Exploration

Does your child get easily frustrated, have low grades, argue, or struggle with friendships?



Find creative solutions with a psychologist who has helped hundreds of children, adolescents, and families find greater success and harmony in their lives.

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Dear Parents,

When you are having trouble with your child or teen, it can be very difficult to reach out for help. You've already taken a courageous first step by considering counseling. Many families have brought their children to me to manage anger, develop a sense of responsibility, improve self-esteem, establish healthy peer relationships, and increase harmony in the home.

As an experienced child psychologist, I can help your family find personal solutions. Because I work closely with school and other health professionals, we can develop and follow through on a comprehensive plan. Whether you choose family or individual counseling for your son or daughter, I believe in collaborating with parents because you understand your child best.

Colleagues and clients often tell me that my compassion and sense of humor helps put families immediately at ease. My enthusiasm draws out the positive in any situation, and my creative use of games makes the healing process fun for children.

You want the best for your child. Together, we will help your son or daughter develop the skills to make positive changes throughout their lives and to look toward the future with confidence.

Dr. Sarah Nami

Child and Adolescent Counseling



Whether your child is experiencing problems at home, at school, or with peers, he or she has tremendous potential for growth. Even when teen-parent conflict seems the hardest, your adolescent is in a period of incredible growth and maturation. Using play and talk therapies and original games, I can help your child or teen develop problem solving skills to deal with frustration and learn to identify and express emotions in respectful and responsible ways.

Behavioral Problems

Many children go through short periods of defiant behavior, but when it continues, it can cause major stress in the family. I have helped numerous families stop their children's disrespectful behavior and aggressive outbursts through behavioral modification strategies, anger management techniques, and teaching appropriate ways to express feelings.

Sensory Overstimulation

Does your child make you remove all the labels from his or her clothes? Do you struggle to get your child to eat a balanced diet? Is your child easily affected by noise? These and other problems with texture, hearing, and balance can indicate that your child's senses are easily overstimulated. Working closely with an occupational therapist and using desensitization techniques, I can help you and your child develop individual coping skills that will improve your family's quality of life.

Peer Relationships

Is your child isolated, picked on, or bullied? Does he or she have volatile friendships? I can help your child improve social skills, enhance self-esteem and increase assertiveness. I am committed to working with your family, child and school to build positive relationships with their peers.

Attention Deficit Hyperactivity Disorder

Does your child have trouble staying organized or seem to easily lose toys or school assignments? Do you have trouble getting your child to follow directions? Does he or she seem to 'bounce off the walls'? I can share innovative strategies for helping your child follow directions and reduce clutter. We can work together to build a more fulfilling parent-child relationship.

Learning Disabilities

If your child is having trouble in school with reading, writing, or math, I can help develop coping strategies to improve academic performance. Because learning disabilities can affect self-esteem an