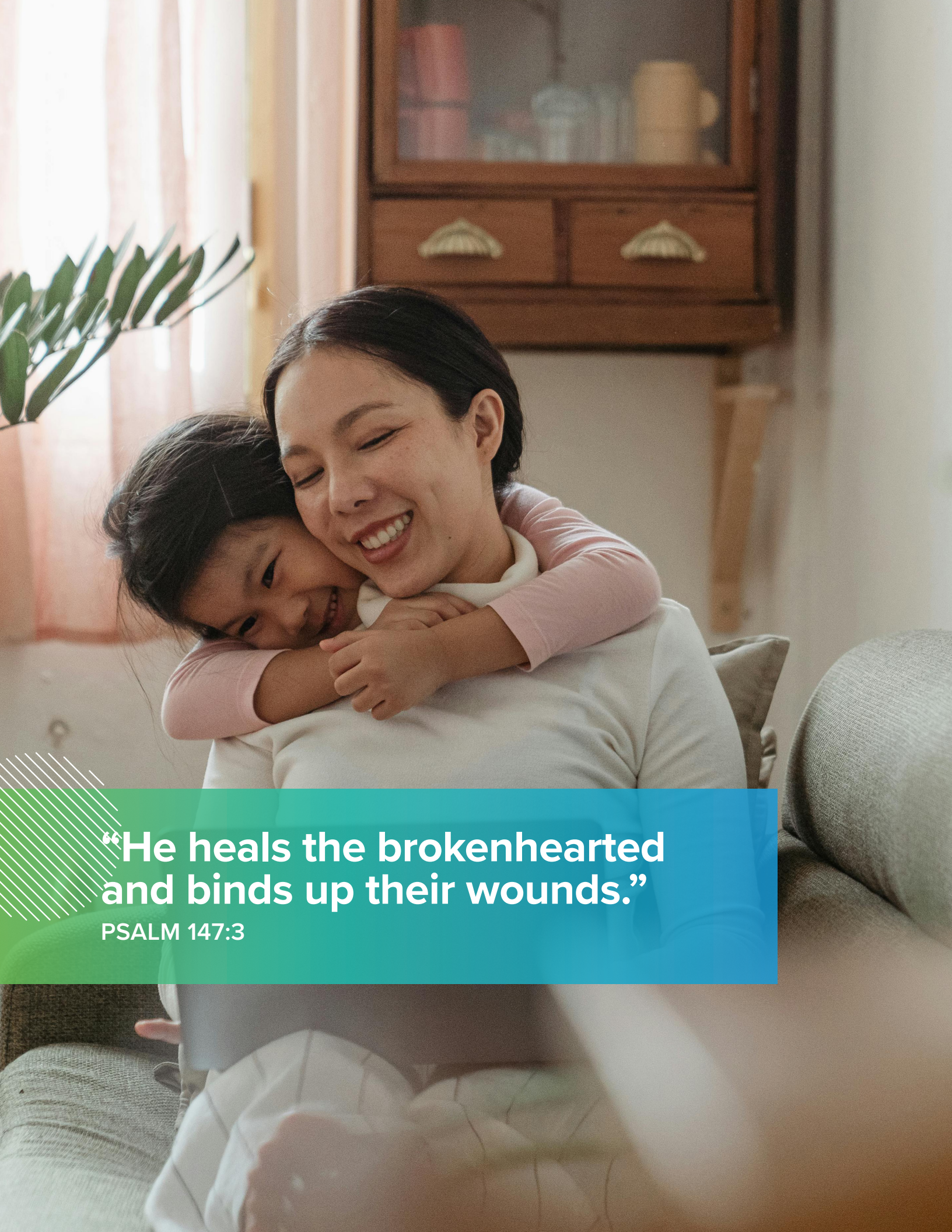


# EPIC Online

ACCESSIBLE THERAPY  
FOR CHRISTIAN FAMILIES







**“He heals the brokenhearted  
and binds up their wounds.”**

PSALM 147:3



# A MESSAGE FROM 4KIDS

Dear Friends,

4KIDS is thrilled to bring EPIC Online to the Christian community here in South Florida and beyond! Since 2016, we've been growing and cultivating our EPIC Therapeutic Approach to serve 4KIDS Foster and Adoptive Families. In that time **8,000 lives have been impacted through EPIC with therapy**—those are kids who received one-on-one therapy with one of our licensed clinicians, family members who have been given new tools to thrive, and parents and caregivers who have completed our EPIC Training. We've even brought EPIC Training to over a dozen countries, equipping families around the world with trauma-informed parenting resources.

Thousands of futures have been changed and countless families have been made stronger; this work is so close to our hearts. Which is why we're ready to share it and bring this same level of life-changing care to all Christian families in need. EPIC Online is putting our team of experts right in your hands and on your screens with one-on-one, couples, and family therapy. Families who are struggling can count on our licensed therapists who bring their Christian worldview to every session.

I cannot wait to see the ways EPIC Online will bless and strengthen families. Our team is ready and eager to meet you!

Until Every Child Has a Home,



A handwritten signature in black ink, appearing to read 'Andrew Holmes'.

Andrew Holmes  
4KIDS President



# UNDERSTANDING THE EPIC THERAPEUTIC APPROACH

## WHAT IS EPIC?

4KIDS launched the **EPIC Therapeutic Approach** in 2016, to serve the needs of 4KIDS Foster and Adoptive Families. “EPIC” is an acronym that makes it easy for parents to remember that to deepen their connection with a child or teen, they need to address their **E**motional, **P**hysical, **I**ntellectual, and **C**haracter-based needs.

**EPIC Online** is bringing that same team of clinical experts to the larger community with online therapy especially designed for Christian families. EPIC Clinicians are licensed and trained in a variety of evidence-based models. Not only do they bring their expertise to every session, but they also bring their Christian worldview, creating a safe, supportive environment for families to thrive.

## HUNDREDS OF FAMILIES HAVE ALREADY BEEN IMPACTED!

Since EPIC launched in 2016 thousands of lives have been changed for the better.

**1,926+** Clients

**7,991+** Family Members Impacted through Therapy

**62,238+** Clinical Hours

**2,100+** EPIC Training Participants



# EPIC AT WORK

## PROBLEMS WE SERVE

Whether you have an inconsolable newborn, a child struggling with separation anxiety, or a teen with escalating behavior, EPIC Online is bringing solutions to families.

Examples Include:

- Ongoing emotional upset
- Depressive symptoms or anxiety
- Behavioral changes
- Difficulties with self-regulation
- Problems relating to others or forming attachments
- Regression or loss of previously acquired skills
- Attention and academic difficulties
- Nightmares
- Difficulty sleeping and/or eating
- Physical symptoms, such as aches and pains
- Family Discord



EPIC Clinicians are trained in a variety of highly researched modalities, this ensures the very best approach is utilized with every family and their unique needs.

Examples Include:

- Infant Mental Health Techniques
- FirstPlay
- Eye Movement Desensitization and Reprocessing (EMDR)
- Client-Centered Play Therapy Techniques
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Trust-Based Relational Intervention (TBRI)
- Dialectical Behavioral Therapy (DBT)

**EPIC Online** serves Christian families through individual, couples, and family therapy sessions on a case-by-case basis. Some children may work independently with an EPIC Clinician online while parents meet with that same therapist to work through their parenting approach.

In other instances a whole family may meet with an EPIC Clinician for a shared session. Each healing journey is carefully tailored for every family's specific needs—there is **no one-size-fits-all approach with EPIC!**



## THE EPIC THERAPEUTIC APPROACH & PARENTING

While EPIC was designed with a trauma-informed lens for foster and adoptive families, the heart of EPIC relates to all kids and families. Through prioritizing connection we see God's love modeled in families in deeper and more impactful ways.

Hear from Pastor Casey Cleveland and his family's EPIC journey. What started as a new approach for his foster and adoptive kids quickly grew into a deeper understanding of parenting as a whole.



### FREE EPIC RESOURCES

The EPIC team has been busy creating tools and resources for families to use in their homes at no cost. These accessible materials provide parents with valuable insight from experts.

#### Videos from the EPIC Team



#### Blogs



#### Tip Sheets + Activities



#### EPIC Training

Virtual and in-person EPIC Training puts parenting tools in your hands! This free training is available in English, Spanish, and Portuguese.

Learn More + Register



## EPIC ONLINE'S PAYMENT MODEL

- Private pay is made easy through a secure portal.
- Sessions can be paid for individually at a \$150 per hour rate.
- Sessions can also be bundled into four 1-hour sessions for a discounted hourly rate of \$125.



## GETTING STARTED WITH EPIC ONLINE

1

The first step  
is to visit  
[4KIDS.us/EPICOnline](https://4KIDS.us/EPICOnline)



2

Fill out the easy-to-use  
digital referral form.

3

You'll receive a call from  
the EPIC Team with next  
steps. This personal call  
is also a great opportunity  
to ask questions and get  
to know EPIC Online.

[4KIDS.us](http://4KIDS.us) | [EPICHealing.org](http://EPICHealing.org)



Headquarters

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