

NEWS RELEASE

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Local Therapist Helping Middle School Boys At Risk in Jefferson County Clayton Lessor, PhD, Guiding Students at Woodridge Middle School

“Why are you being so nice to us?” This unassuming question was asked by a 7th grader to local therapist and author, [Clayton Lessor PhD](#). The genesis of this conversation was a call Lessor received from Woodridge Middle School in the Northwest R1 district, asking for help. According to Stephen Bourke, the sole guidance counselor at the school with a student body of 625, “public schools in Missouri are in desperate need of more resources. It is amazing to have an expert like Dr. Lessor helping to make sure that kids are not falling through the cracks.”

Some of the issues that affect children in the school include families dealing with drug addiction, foster care, suicide, and physical abuse among other difficult issues. Lessor specializes in guiding adolescent boys ‘from boys to men’ and ushering them through a validating ‘rite of passage’.

Lessor is now holding weekly sessions with adolescent boys at the school. The group meetings, held in a school office, are a ‘safe place’ where the boys can release anger, talk about emotions and home situations with a highly experienced licensed counselor. Lessor’s own childhood included an alcoholic, physically abusive father, a mother who didn’t intervene and eventually set the family home on fire. The ten-week program includes two groups of ten boys each from the sixth, seventh and eighth grades respectively. Though apprehensive at first, after just one session with Lessor, Bourke says the boys were laughing, talking about how much fun it was and how they couldn’t wait for the next session.

“These boys are learning to be productive young men and how important mental health is for the rest of their lives,” says Bourke.

Lessor’s mission is to provide immediate help and hope to families struggling with adolescent boys’ behaviors, including violence, anger, rage, failing grades, truancy, disassociation with the family and other conducts of concern. For more information visit claytonlessor.com.

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About Clayton J. Lessor, PhD, LPC

Creator/Facilitator of the Quest Project Adolescent Outpatient Program, Clayton is a therapist in private practice for over 20 years in St. Louis, MO. Clayton specializes in the treatment of adolescents, families and couples. He is also a consultant and facilitator in clinical and school settings of behavior and attention problems with adolescent boys.

Clayton is the author of “Saving Our Sons” A Parent’s Guide to Preparing Boys for Success, “The Effect of Modern Day Initiation and Mentoring on Adolescent Boys” and co-author of “The Role of Deceased Mentors in the Ongoing Lives of Protégés.”