Therapists who offer groups are excited about their work, but are often frustrated by difficulties in matching appropriate groups and families. This guide is an attempt to assist professionals in this difficult process. Contact therapists directly to get more information and to make decisions about particular groups. Every effort has been made to ensure accuracy, however errors may exist or information may change. Please notify Mary Alvord of any corrections and/or additions by calling 301-593-6554 x 14 or by emailing: contact@groups4kids.com.

The guide may be viewed and downloaded from our web site
www.groups4kids.com

Please note that inclusion in this guide does not imply endorsement.
Guide to Therapy Groups
2015-2016

CHILDREN ........................................ 4

TEENS ........................................ 17

PARENTS ........................................ 29
Abrams & Associates, LLC  
Kensington, MD

Social skills, same gender or coed, ages 4-5, 5-6, 7-9, 10-12 for children with social shyness/anxiety, kids on the spectrum, ADHD/LD, anxiety, SIDS and/or ODD. Children learn to conquer their fears and practice social skills in a small group setting. The group is run by a licensed psychologist with evidence-based interventions and is both didactic and experiential. Homework is assigned to both children and parents for building mastery and generalizing skills to home and school. Groups run weekly for one hour through the school year. Parents are informed of goals and progress identified by the psychologist running the group. Social skills groups work to promote confidence and resilience by offering skill development in how to make a friend and join a group, social-self awareness and perspective taking, coping with disappointment and frustration, identifying feelings and communicating needs, learning give and take, encouraging empathy, listening skills and assertiveness. We are a family-friendly group practice offering assessment and psychotherapy for children, teens and adults. For more information or to set up a group intake appointment, please contact our intake coordinator.

Director: Kay Abrams, PhD

Contact: Intake Coordinator  
intake@abramsandassociates.com  
301.949.2098, ext. 1

3841 Farragut Avenue, Kensington, MD 20895  
301-949-2098

Visit our website at www.abramsandassociates.com

Alvord Baker & Associates, LLC - Resilience Builder Program®  
Rockville, MD and Silver Spring, MD

Alvord, Baker & Associates, LLC has been providing social competence groups for children and adolescents since 1992. The groups focus on enhancing resilience, which we view as the ability to adapt well to life and its challenges. Children’s social competence can be impacted greatly by one or several of the following factors: ability to regulate their behavior and emotions; anxiety; ADHD; learning disabilities; low self-esteem; organizational challenges; and/or transition difficulties. Our groups help children identify what they do well, and to build on their strengths. We use the Resilience Builder Program® which
utilizes a Cognitive Behavioral framework (how one thinks impacts how one feels and subsequently, how one behaves with others) and empirically supported strategies. We also offer specialized groups for children diagnosed with Pervasive Developmental Disorders (PDD), Asperger’s and High Functioning Autism. All groups are led by experienced licensed psychologists and clinical social workers. Didactic, process, and experiential activities, discussions and relaxation/self-control techniques are utilized. Boys, girls, and co-ed groups from pre-school through elementary grades.

**Psychologists:** Mary Alvord, PhD; Lisa Berghorst, PhD; Colleen Cummings, PhD; Lynn F. Bufka, PhD; Julia Felton, PhD; Keri Linas, PhD, PsyD; Erin Lewis-Morrarty, PhD; Heather Loffredo, PsyD; Elizabeth Malesa, PhD; Kelly O’Brien, PhD; Veronica Raggi, PhD; Monica Robb, PhD; Jessica Samson, PsyD; Lisa Sanchez, PhD

**Clinical Social Workers:** Betsy Carmichael, LCSW-C; Dorothy Moore, LCSW-C; Thomas Verratti, LCSW-C; Lemuel Yutzy, LCSW-C

**Contact:** Group Coordinator:
**Email:** groups@alvordbaker.com
301-593-6554 x23

3200 Tower Oaks Boulevard, Suite 200, Rockville, MD 20852
11161 New Hampshire Avenue, Suite 307, Silver Spring, MD 20904
301- 593-6554

Visit our website at www.alvordbaker.com

**The Behavior Therapy Center of Greater Washington**
Silver Spring, MD

The Behavior Therapy Center of Greater Washington has been providing quality, evidence-based psychological treatment to the metro area for over 30 years. We offer specialized, evidence-based groups for children, teens, and adults with social anxiety called Social Effectiveness Therapy (SET). SET is designed to address common social skills deficits found in very shy people, including initiating conversations, maintaining conversations, inviting peers to join in activities, joining groups, phone skills, using appropriate assertiveness, and accurately recognizing social cues. Each group consists of a nuts-and-bolts breakdown of a particular social skill, modeling of that skill by the facilitators, and behavioral rehearsals (role-plays) by group participants. Gentle corrective feedback from group facilitators and peers help with skill mastery. Between sessions, participants practice skills in a goal-directed way in their day-to-day lives to build skill generalization. The SET group meets weekly for one 90 minute session over the course of 12 weeks.

**Clinic Director:** Charles Mansueto, Ph.D.
Contact: Gloria Mathis, Ph.D.
Email: intake@abramsandassociates.com
301-593-4040 X233

11227 Lockwood Drive, Silver Spring, MD 20901
301-593-4040

Visit our website at www.behaviortherapycenter.com

The Center for Anxiety and Behavioral Change
Rockville, MD

CABC offers a variety of evidence-based groups for children and teens experiencing anxiety and related disorders. Specifically, we offer a 15-week Social Effectiveness Therapy groups for children and teens (SET-C) that are designed to teach specific social skills that have been found to be challenging for those with social anxiety disorder such as initiating and maintaining conversations. We also offer groups for high school students struggling with anxiety-based school refusal. This group is ongoing and focused on providing skills and support to teens as they re-enter and then sustain attendance in high school. In addition, we offer specialized groups for elementary and middle school students with anxiety and related disorders. For middle school students we offer a 12-week evidence-based group that teaches non-avoidant coping strategies, and in which group members practice “going on offense” against their fears (known as exposure therapy). “Exposures” are designed collaboratively with the children to challenge their fears and to help them remain in anxiety provoking situations until the anxiety naturally reduces. By learning to “outlast” their anxiety, the group members learn how avoidance and fear are “teammates.” For elementary aged children, we offer an evidence-based group that focuses on building specific strategies to cope with anxiety that include identifying emotions, learning how to communicate about their feelings, develop tools for facing stressful situations, and build skills to generalize these techniques to their home and school experiences.

Director: Jonathan Dalton, PhD,
Email: drjdalton@gmail.com

414 Hungerford Drive, Suite 210, Rockville, MD 20850
301-610-7850

Center for Family Well-Being
Washington, DC
Girls In Tune offers educational, experiential and playful mindful awareness groups to help girls reduce stress, increase well-being and strengthen their connections to themselves and others. Groups are skill-based, body-mind centered and friendship-focused with emphasis on learning positive and affirming coping and relational skills. Through yoga, art, movement games, "talk time," play and more, girls learn to "tune in" to themselves and discover the power within to create calm and connection. Groups are appropriate for girls who need assistance with: coping and self-regulation skills; learning to "read" themselves and others (i.e., managing friendships); reducing anxiety; and developing self-appreciation, esteem and confidence. Groups include: 5th and 6th grade girls; middle school girls; and high school girls.

Kate Kelly, LICSW
Email: Girlsintune@gmail.com

5540 Connecticut Ave., NW, 2nd FL, Washington, DC 20015
202-230-9307

The Chrysalis Group, Inc.
Bethesda, MD

We are a team of experienced mental health professionals dedicated to providing the highest quality counseling services for adults, adolescents, and children. Groups we provide include: food allergy support groups; groups for children and adolescents with siblings who have developmental, health, or mental health challenges; groups for college-bound students and their parents, and self-esteem building groups for girls.

Therapists: Joanne Irving, PhD, Jude Marston, LCSW-C, Nidhi Sampath, LCPC, Kate Dansie, LCSW-C, and Judy Liss, LCSW-C

Contact: Judy Liss, LCSW-C
judy@thechrysalisgroupinc.com

4405 East West Hwy, Suite 301, Bethesda, MD 20814
301-652-1582

Visit our website at http://the-chrysalis-group.com

Circle in the Square
Falls Church, VA

Offering relationship-based developmental group experiences for boys and girls ages 5-19 since 1990. Groups are designed to provide a safe yet challenging environment within
which a full range of relationship skills and competencies can develop. Close collaboration with parents through monthly parent groups and individual sessions helps to support the changes the children in our groups and their families are working to make. Our groups work with a wide range of children's issues including depression, anxiety, low self-esteem, distractibility and impulse control issues, difficulties with the expression of anger, and disruptions to family life. Our groups are organized by age, grade, and developmental capacity while tending to be heterogeneous in terms of specific issues and problems. Our goal is to work on personal and social development in a reality-based context that will promote generalization of gains to the outside world.

**Directors:** David A. Beigel, LPC, CGP; David Flohr, PhD, CGP

703-533-5824 ext. 5

109 Park Washington Court, Falls Church, VA 22046

*Visit our website at* [http://washingtonsq.org](http://washingtonsq.org)

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**Expressive Therapy Center**

Rockville, MD, Bethesda, MD and McLean, VA

Offering a variety of support groups for all children. Our groups offer a combination of process-oriented and social skills-building strategies and incorporate art, play, movement, and traditional "talk" techniques. For the past 19 years, our team of psychologists, clinical social workers, professional counselors, and expressive therapists (art and movement), have been helping children improve their self-esteem, confidence, self-regulation, peer relationships, communication skills, and more. These competencies may be effected by ADHD, Aspergers/Autism, Anxiety, Depression, Eating Disorders, learning challenges, anger control, and general relationship deficits. Children are carefully assessed for group placement based on age, gender, need, and developmental level.

**Clinical Director:** Stephanie Natter, MA, LCPAT, ATR, CGP

**Email:** [info@expressivetherapycenter.com](mailto:info@expressivetherapycenter.com)

14808 Physicians Lane, Suite 111, Rockville, MD 20850
4401 East West Highway Suite 200, Bethesda, MD 20814
1320 Vincent Place, McLean, VA 22101

301-869-1017 ext. 1
703-349-5225 ext. 1

*Visit our website at* [www.expressivetherapycenter.com](http://www.expressivetherapycenter.com)
Family Compass Group  
Reston, VA

We are an interdisciplinary group of child therapy and development specialists in the fields of psychology, neuropsychology, and social work. For more than fifteen years, Family Compass has provided early intervention, individual and group therapy for children, and guidance for parents. Social Skills/Drama Therapy Groups- Our curriculum combines actual social experience, through peer interaction and theater improvisation, with direct teaching. We emphasize not just what to do (behaviors), but why (understanding) and how (through practice). Our small (2-6 children) groups focus on each child’s individual needs, strengths, interests and goals. We focus on the enhancement of social skills such as flexibility, emotional regulation, social awareness, and cooperation through direct instruction, play and dramatic play. We hold periodic parent meetings to monitor progress and to discuss everyday opportunities to facilitate friendships and social interaction.

**Group Therapists:** Larisa Perez deGraffenreid, LCSW, Mecca Burns RDT-BCT Registered Drama Therapist and Board Certified Drama Therapy Trainer, Brad Stoller MFA.

**Director, Group Therapy:** Larisa Perez deGraffenreid, LCSW  
**Email:** Larisa.deGraffenreid@familycompassgroup.com

11150 Sunset Hills Road Suite 150  
Reston, VA 20190  
703-471-5517 ext.99

Visit our website at www.FamilyCompass.com

In Step, PC  
Fairfax, VA and Sterling, VA

Stepping Stones, is a nationally recognized social skills group therapy program for children, ages 3½ - 12 and their parents. Stepping Stones follows a step-by-step approach to teaching children of elementary school age how to make and maintain friends, as well as how to increase the child’s awareness of the impact of his or her behavior on other children. The children learn these skills through group activities, exercises, and psycho-dramatic techniques, as well as practice assignments at home and peer feedback. We stress the importance of using these newly-learned skills at home and in school to reinforce the newly learned behaviors. We also offer early childhood social skills groups and girls social confidence groups. For more than fifteen years, our team of psychologists, clinical social workers,
and professional counselors has been guiding children and their families towards more effective social relationships. Our dynamic mental health professionals partner with you to develop a continuum of care plan, in order to ensure that the skills learned with us create long-lasting change. Some of our areas of specialty beside social development are Anxiety and Depressive Disorders, Asperger's and Autism Issues, Anger Management, Preschool Services, and ADD/ADHD Issues.

Cathi Cohen, LCSW, Director
Email: info@insteppc.com

In Step, PC: 8500 Executive Park Ave., Ste. 204, Fairfax, VA 22031
703-876-8480

In Step, PC West: 6 Pidgeon Hill Drive, Suite 200, Sterling, VA 20165
703-433-5771

Visit our website at www.insteppc.com

Integrative Therapy of Greater Washington
Rockville, MD

We are a practice of psychologists and social workers that use an integrative approach to mental health. Conveniently located in Rockville, Maryland (near Montrose Road) our practice serves infants to retirees using individual, couples, and group psychotherapy. Our clinicians are able to adapt to what is needed at a given moment and are approachable with their warm and friendly demeanor. Our clinicians have spoken at numerous schools and events around the area and have contributed to parenting periodicals, blogs and conferences. CHAT- Children Have A Lot to Tell--A group for kids that helps with friendship building and understanding emotions (day and time in Rockville: TBD).

Julie Bindeman, Psy.D; Nanci Brown, LCSW-C; Kari Moskowitz, PhD; Dahlia Topolosky, Psy.D, Sam Allen, MS., LGMFT

Contact: Julie Bindeman, Psy.D
Email: jbindeman@greaterwashingtontherapy.com

5818 B Hubbard Drive Rockville, Maryland 20852
301-468-4849

Visit our website at www.GreaterWashingtonTherapy.com
Jewish Social Service Agency (JSSA)
Rockville, MD and Fairfax, VA

Psychotherapy and social skills therapy groups for children, including those with anxiety, ADHD, emotional and behavioral self-control, autism spectrum disorders, and other related disorders. Social skills therapy groups focus on taking turns, friendly behaviors, reading social cues, self-control, handling teasing, working cooperatively, social conversation, building self-esteem, and solving problems. JSSA also offers anger management workshops, as well as support groups for siblings of children with disabilities, children coping with separation or divorce, children coping with suicides, and parents of children with disabilities. JSSA hosts social club outings for teens and young adults with autism spectrum and related disorders in Maryland and Northern Virginia. JSSA leads a children’s summer BFF camp (Building and Fostering Friendships) with the McLean School of Maryland. JSSA offers groups for boys, girls, preschool, elementary, middle school, and high school. JSSA programs are non-sectarian.


Contact: Avital Graves
Email: agraves@jssa.org

200 Wood Hill Road Rockville MD 20850
301-816-2633

3018 Javier Road Fairfax VA 22031
703-896-7918

Visit our website at www.jssa.org

Lotus Point Wellness, Inc.
Silver Spring, MD and Bethesda, MD

Circles Groups (Children In Relationship Circles Learning Emotional Socialization): Social skills, coed, variety of groups for children age 4-10, separated by age-groups. Ideal for children with social shyness/anxiety, Aspergers/PDD, ADHD/LD, anxiety, SID and/or ODD. These children often play by themselves; get into frequent conflicts with other children; fall apart easily in a group; require extra attention from teachers/ caregivers; seem overly competitive; and/or get bullied by other children. This therapeutic play group for children can help children work on social skills in a supportive small group environment.
This group will focus on helping children to express themselves verbally, through play and with the help of a therapist. We will provide a structured environment that will help children feel comfortable and safe and which will allow them to work on relational skills with peers and adults. Children are grouped accordingly. Groups for kids ages 7-10 may incorporate 30 minutes of Yoga for a total of 75 minutes (45 minute group, 30 minute yoga). Initial child assessment required and parent participation with occasional meetings to develop goals and review progress. Our offices are family-friendly, comfortable and ideal for child play therapy groups. Groups are weekly, 60 minutes for 8 sessions. Locations in Silver Spring and Bethesda, Maryland. Please call 301-960-1198 or visit our website for specific details.

**Contact:** Marie Caterini Choppin, LCSW-C  
**Email:** mchoppin@lotuspointwellness.com  
301-960-1198

13200 New Hampshire Avenue, Silver Spring, MD 20904  
4405 East-West Highway, Suite 508, Bethesda, MD 20814  
301-960-1198

[Visit our website at www.lotuspointwellness.com](http://www.lotuspointwellness.com)  
and [www.lotuspointwellness.com/support-groups](http://www.lotuspointwellness.com/support-groups)

**McLean Psychotherapy Practices**  
**McLean, VA**

The clinicians at McLean Psychotherapy Practices offer numerous ongoing social skills groups for children of varying ages and developmental levels. Each group is specifically tailored to address the challenges faced by the group members. We use a variety of therapeutic interventions, including expressive, art and play techniques. Groups typically run from September to June, with additional summer groups offered as well. In addition, we work collaboratively with parents, schools, and other treatment providers to ensure positive treatment outcomes. The primary goals of our preschool groups are to assist with school preparation, encourage collaborative play, help children label and identify feelings, establish boundaries, develop and maintain friendships, read social cues, and improve imaginary play skills. These play oriented groups incorporate a variety of therapeutic approaches including the Floortime or DIR method, expressive play therapy techniques, and behavioral approaches. The primary goals for school age groups are to help your child develop and maintain friendships, learn to read social cues, identify and process feelings, build confidence, establish better boundaries, strengthen outdoor play skills, and explore feelings about social inclusion and exclusion. These groups also incorporate a variety of therapeutic approaches including the Floortime or DIR method, expressive play therapy techniques, and behavioral approaches. Additionally, we offer a Sibling Support Group for school age children with a sibling diagnosed with a spectrum disorder.
Clinicians: Lisa Elkin, PsyD, 571-238-6524; Anne Fleury, LCSW, 703-282-5937; Cynthia Mathis, LMFT, 703-401-5394; Nicole McGarry, LPC 202-641-8429

1483 Chain Bridge Road, Suite 301, McLean, VA 22101
703-401-5394

Visit our website at www.mcleanpsychotherapy.com

Rathbone and Associates
Rockville, MD and Bethesda, MD

Washingtonian Magazine's "Top Group Therapist" and “Top Adolescent Therapist”. Psychotherapy groups, Social Skills Groups and DBT (Dialectical Behavior Therapy) Skills Groups for adolescents. Rathbone & Associates specializes in the treatment of adolescents and typically has 20 different groups meeting weekly for adolescents in middle school, high school, and college/post high school. Issues addressed in groups include mood disorders, anxiety, social anxiety, learning disabilities, ADHD, social skills, and the full range of adolescent issues. Specific groups include social skills training for Asperger's Syndrome, DBT Skills Group for young people who engage in self-destructive behavior when emotionally overwhelmed, as well as many ongoing general psychotherapy groups. Rathbone & Associates provides the highest quality service for teenagers and their families. Additional information and a current listing of all groups available on our website: www.rathboneandassociates.com

Britt Rathbone, LCSW-C, CGP (Certified Group Psychotherapist); John Dunn, LCSW-C; Phyllis Pomerantz, LCSW-C; Lisa Behrens, LCSW-C; Julie Baron, LCSW-C; JoJo Gaul, LCSW-C; Anu Lukk, LCSW-C; James P. Marsh, Jr., LCPC; Carla Pappas, LCSW-C; Betty Bae, LCSW-C; Ben Pleasure, LCSW-C; Kharod France, LCPC; Chris Taylor, LCSW-C; Craig Windham, LCPC; Jeannette Campbell Bjorklund, LCSW-C, Laurie Nelson, LCPC

5942 Hubbard Drive, Rockville, Maryland 20852
4701 Sangamore Road, #210N, Bethesda, Maryland 20816
301-230-9490

Visit our website at www.rathboneandassociates.com

Laura Rubinoff and Associates, Speech/Language Pathologists
Bethesda, MD

Social Skillography: These groups are designed to improve Social Thinking, Social Problem Solving and Pragmatic Language Functions. Our leaders (speech pathologists teamed with actors of improvisation and non-verbal communication) use Performing Arts, Improvisation, Video Modeling and Authentic Conversational Exchanges to improve Social
Cognition. We introduce Michelle Garcia Winner strategies for recognizing your own and others' social minds, teach behaviors that make others feel good and think good thoughts about us and guide participants to internalize behaviors and words that affect emotions across different social networks. Groups meet weekly for 90 minutes for 16 weeks. Co-ed and exclusively boys and girls groups; ages 5-12; grouped by age and skills level.

Contact: laurarubinoff@gmail.com

6505 Democracy Boulevard, Bethesda, MD 20817
301 493-4695

Visit our website at www.lraspeech.com

Allison Sibley & Associates, PLLC
Washington, DC

Activity-based groups for children offer an arena in which to practice personal and relational skills related to making and keeping friends. Groups provide opportunities for social skill building and processing experiences in an educational and engaging setting. Emphasis is on “playing out” and “talking through” friendship experiences, which may be influenced by a variety of issues including adjustment issues, self-esteem, ADHD, and emotional factors. Current co-ed [pre-k-1st], boys [3rd-4th], and girls [4th-5th, 6th-8th, and 9th-11th/10th-12th] groups for school-aged children and middle/high school girls group are available.

Allison Sibley, PhD, Clinical Social Worker; Amanda Good, MSW, Clinical Social Worker; Alexis Herschthal, MSW, LICSW; Sidney Knight, MSW, LICSW; Molly Mattison, MSW, Clinical Social Worker; Georgette Saad, MSW, LICSW; Lori Seifter, MSW, Clinical Social Worker

Contact: Allison Sibley or Amanda Good

5236 44th Street NW #4, Washington DC 20015
202-237-1196 (office)
202-744-1086 (cell)

Visit our website at www.allisonsibleyassociates.com

Lisa Maestri Snipper, LCSW
Reston, VA

Lisa Snipper and Associates PLLC is a group practice in Reston VA, that provides individual, group and family counseling to children through adults. The social skills groups at Snipper
and Associates provide the opportunity, in a small structured setting, for children to develop, practice, and enhance their interpersonal skills. Groups are kept small (5 at most) to maximize opportunities for the children to develop/practice the necessary skills that are needed to make and keep friends, as well as increase self esteem, and enhance emotional regulation. Groups are structured to provide opportunities for children in a play based setting.

11250 Roger Bacon Drive, Suite 6, Reston, VA 20191
571-230-2349

Visit our website at www.atherapistforyou.com

TLC - The Treatment and Learning Centers
Rockville, MD

TLC’s Interaction Groups are designed for children ages 2 ½ to 6 years. Utilizing strategies and techniques from the DIR® Floortime Model, the Interaction Groups are led by a licensed and certified OT and SLP, and a licensed psychologist. Facilitated play is used to foster children's engagement, communication, and problem solving. Parent coaching and parent support groups are part of this program. The Pencil Pals handwriting program is a small group experience to enhance handwriting skills, using a sensory-integrative approach to fine motor skill development. The activities are designed for children experiencing difficulty in the areas of sensory processing, motor planning, communication, and interaction. In Saturday social groups, children, ages 8 - 12, build skills to manage behaviors and feelings that get in the way of successful relationships. Children are grouped by age. TLC also provides individual speech and occupational therapy services, audiology services, psycho-educational testing and academic tutoring, and summer camp programs for children with speech and occupational therapy needs, as well as parent education and support groups.

Contact: Lisa Torvik, Administrative Assistant for Outpatient Services
Email: LTorvik@ttlc.org

2092 Gaither Road, Suite 100, Rockville, MD 20850
301-424-5200 x6923

Visit our website at www.ttlc.org

Daniel Turetsky, PsyD, Psychologist
Bethesda, MD

Activity based groups focus on the development of social skills within an enjoyable, engaging, supportive and therapeutic environment. Goals include improving children's self-
esteem and regulation, social interest and confidence, and awareness of self and others to facilitate more successful interactions and positive relationships with both peers and adults.

Contact: danisaact@aol.com

4809 Saint Elmo Ave., Bethesda, MD 20814
301-913-5947
Teen Girls Groups: ages 12-13, 14-15, 16-17. We run teen girls groups that serve to empower and strengthen teens as they address academic stress, mood instability, social belonging, peer pressure, body-image and anxieties. Didactic, processing and experiential techniques are integrated into sessions while girls learn coping and relational skills effective for family and friendship. Techniques including guided insight, peer sharing and feedback, mindful meditation and social self-appraisal exercises help girls with social-emotional maturation, self-acceptance, communication and interpersonal competence. For more information or to set up a group intake appointment, please contact our Intake Coordinator.

Contact: Intake Coordinator
intake@abramsandassociates.com
301.949.2098, ext. 1

Kay Abrams, PhD, Director
3841 Farragut Avenue, Kensington, MD 20895
301-949-2098

Visit our website at www.abramsandassociates.com

Alvord Baker & Associates, LLC - Resilience Builder Program®
Rockville, MD and Silver Spring, MD

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growing up and focus on: increasing confidence and self-esteem; dealing with issues such as "fitting-in" and setting limits; finding academic and social success and coping with the challenges they face. Groups also deal with social-skills deficits of anxiety, depression, self-esteem issues, and organizational/transitional difficulties. Didactic, process, and experiential activities, discussions and relaxation/self-control techniques. Boys, girls, and co-ed groups for grades 6 through 12.

**Psychologists:** Mary Alvord, PhD; Lisa Berghorst, PhD; Colleen Cummings, PhD; Lynn F. Bufka, PhD; Julia Felton, PhD; Keri Linas, PhD, PsyD; Erin Lewis-Morrarty, PhD; Heather Loffredo, PsyD; Elizabeth Malesa, PhD; Kelly O'Brien, PhD; Veronica Raggi, PhD; Monica Robb, PhD; Jessica Samson, PsyD; Lisa Sanchez, PhD

**Clinical Social Workers:** Betsy Carmichael, LCSW-C; Dorothy Moore, LCSW-C; Thomas Verratti, LCSW-C; Lemuel Yutzy, LCSW-C

**Contact:** Group Coordinator:
**Email:** [groups@alvordbaker.com](mailto:groups@alvordbaker.com)
301-593-6554 x23

3200 Tower Oaks Boulevard, Suite 200, Rockville, MD 20852
11161 New Hampshire Avenue, Suite 307, Silver Spring, MD 20904
301-593-6554

[Visit our website at www.alvordbaker.com](http://www.alvordbaker.com)

**The Behavior Therapy Center of Greater Washington**
Silver Spring, MD

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**Clinic Director:** Charles Mansueto, Ph.D.
The Center for Anxiety and Behavioral Change
Rockville, MD

CABC offers a variety of evidence-based groups for children and teens experiencing anxiety and related disorders. Specifically, we offer a 15-week Social Effectiveness Therapy groups for children and teens (SET-C) that are designed to teach specific social skills that have been found to be challenging for those with social anxiety disorder such as initiating and maintaining conversations. We also offer groups for high school students struggling with anxiety-based school refusal. This group is ongoing and focused on providing skills and support to teens as they re-enter and then sustain attendance in high school. In addition, we offer specialized groups for elementary and middle school students with anxiety and related disorders. For middle school students we offer a 12-week evidence-based group that teaches non-avoidant coping strategies, and in which group members practice “going on offense” against their fears (known as exposure therapy). “Exposures” are designed collaboratively with the children to challenge their fears and to help them remain in anxiety provoking situations until the anxiety naturally reduces. By learning to “outlast” their anxiety, the group members learn how avoidance and fear are “teammates.” For elementary aged children, we offer an evidence-based group that focuses on building specific strategies to cope with anxiety that include identifying emotions, learning how to communicate about their feelings, develop tools for facing stressful situations, and build skills to generalize these techniques to their home and school experiences.

Director: Jonathan Dalton, PhD,
Email: drjdalton@gmail.com

414 Hungerford Drive, Suite 210, Rockville, MD 20850
301-610-7850

Center for Family Well-Being
Washington, DC

Girls In Tune offers educational, experiential and playful body-mind groups and short courses for 'tween and teen girls to reduce stress, increase well-being and strengthen their
Connections to themselves and others. Girls In Tune groups are mindfulness-based, body-mind centered, and friendship-focused with a particular emphasis on growing girls' "tuning in" and positive coping and relational skills through yoga, movement games, healthy and mindful eating, attentive breathing and other present-moment practices. Groups integrate cognitive behavioral techniques (e.g.; affirming "self-talk" skills), positive psychology/learned optimism strategies, expressive art and play, relaxation skills and "talk time." Girls In Tune groups are appropriate for girls who need assistance with: coping and regulation skills; learning to "read" themselves and others (i.e. managing friendships); reducing anxiety; and developing self-appreciation, esteem and confidence. Current groups include: 5th/6th grade group, middle school group; high school mindful-awareness stress-reduction group with emphasis on learning the mind-body connection and positive coping skills that are introduced, practiced and processed each week.

Kate Kelly, LICSW
Email: Girlsintune@gmail.com

5540 Connecticut Ave., NW, 2nd FL, Washington, DC 20015
202-230-9307

The Chrysalis Group, Inc.
Bethesda, MD

We are a team of experienced mental health professionals dedicated to providing the highest quality counseling services for adults, adolescents, and children. Groups we provide include: food allergy support groups; groups for children and adolescents with siblings who have developmental, health, or mental health challenges; groups for college-bound students and their parents, and self-esteem building groups for girls.

Therapists: Joanne Irving, PhD, Jude Marston, LCSW-C, Nidhi Sampath, LCPC, Kate Dansie, LCSW-C, and Judy Liss, LCSW-C

Contact: Judy Liss, LCSW-C
judy@thechrysalisgroupinc.com
301-652-1582

4405 East West Hwy, Suite 301, Bethesda, MD 20814
Visit our website at http://the-chrysalis-group.com

Circle in the Square
Falls Church, VA

Circle in the Square Child and Adolescent Group Programs offer relationship-based developmental group experiences for boys and girls ages 5-19 since 1990. Groups are designed to provide a safe yet challenging environment within which a full range of relationship skills and competencies can develop. Close collaboration with parents through
monthly parent groups and individual sessions helps to support the changes the children in our groups and their families are working to make. Our groups work with a wide range of children's issues including depression, anxiety, low self-esteem, distractibility and impulse control issues, difficulties with the expression of anger, and disruptions to family life. Our groups are organized by age, grade, and developmental capacity while tending to be heterogeneous in terms of specific issues and problems. Our goal is to work on personal and social development in a reality-based context that will promote generalization of gains to the outside world.

**Directors:** David A. Beigel, LPC, CGP; David Flohr, PhD, CGP
703-533-5824 ext. 5

109 Park Washington Court, Falls Church, VA 22046

[Visit our website at http://washingtonsq.org](http://washingtonsq.org)

**Expressive Therapy Center**
Rockville, MD, Bethesda, MD and McLean, VA

Psychotherapy groups for adolescents with a variety of issues including depression, anxiety, self-esteem, anger management, eating disorders, academic problems and more. Additionally, we help adolescents with attention deficit disorder, learning disorders, divorce issues, and autism spectrum establish coping skills to better handle their personal stress. Social skills training is emphasized.

**Clinical Director:** Stephanie Natter, MA, LCPAT, ATR, CGP

**Email:** info@expressivetherapycenter.com

14808 Physicians Lane, Suite 111, Rockville, MD 20850
4905 Bradley Boulevard, Bethesda, MD 20815
1320 Vincent Place, McLean, VA 22101

301-869-1017 ext. 1
703-349-5225 ext. 1

[Visit our website at www.expressivetherapycenter.com](http://www.expressivetherapycenter.com)
Family Compass Group
Reston, VA

Family Compass Group is an interdisciplinary group of child therapy and development specialists in the fields of psychology, neuropsychology, and social work. For more than fifteen years, Family Compass has provided early intervention, individual and group therapy for children, and guidance for parents. Social Skills/Drama Therapy Groups- Our curriculum combines actual social experience, through peer interaction and theater improvisation, with direct teaching. We emphasize not just what to do (behaviors), but why (understanding) and how (through practice). Our small (2-6 children) groups focus on each child’s individual needs, strengths, interests and goals. We focus on the enhancement of social skills such as flexibility, emotional regulation, social awareness, and cooperation through direct instruction, play and dramatic play. We hold periodic parent meetings to monitor progress and to discuss everyday opportunities to facilitate friendships and social interaction.

Group Therapists: Larisa Perez deGraffenreid, LCSW, Mecca Burns RDT-BCT Registered Drama Therapist and Board Certified Drama Therapy Trainer, Brad Stoller MFA.

Director, Group Therapy: Larisa Perez deGraffenreid, LCSW
Email: Larisa.deGraffenreid@familycompassgroup.com

11150 Sunset Hills Road Suite 150, Reston, VA 20190
703-471-5517 ext.99

Visit our website at www.FamilyCompass.com

In Step, PC
Fairfax, VA and Sterling, VA

In Step, PC - home of Stepping Stones - is a nationally recognized private mental health practice for adolescents and young adults, ages 13-24. For over fifteen years, our team of psychologists, clinical social workers, and professional counselors has been guiding teens and their families towards coping more effectively with life stressors. Our dynamic mental health professionals partner with you to develop a continuum of care plan, in order to ensure that the skills learned with us create long-lasting change. Some of our areas of specialty are: Anxiety and Depressive Disorders, Asperger's and Autism, Anger Management, ADD/ADHD Issues, Young Adult Interpersonal Therapy Groups, Teen Interpersonal Therapy Groups (both co-ed and single sex), and Dialectical Behavioral Therapy.

Cathi Cohen, LCSW, Director
Email: info@insteppc.com
Integrative Therapy of Greater Washington
Rockville, MD

We are a practice of psychologists and social workers that use an integrative approach to mental health. Conveniently located in Rockville, Maryland (near Montrose Road) our practice serves infants to retirees using individual, couples, and group psychotherapy. Our clinicians are able to adapt to what is needed at a given moment and are approachable with their warm and friendly demeanor. Our clinicians have spoken at numerous schools and events around the area and have contributed to parenting periodicals, blogs and conferences. **CHAT**- Children Have A Lot to Tell--A group for kids that helps with friendship building and understanding emotions (day and time in Rockville: TBD). We also have two additional group offerings. LGBTQ Teens assists teens with discerning any questions that might exist around sexuality. The group combines traditional group therapy techniques with mindfulness practices and yoga. Time TBD. The second is the Adolescent Boys group, which meets on Saturdays at 11:00am and is geared for older male teens that might be struggling with fitting in, anxiety, or depression.

Julie Bindeman, Psy.D; Nanci Brown, LCSW-C; Kari Moskowitz, PhD; Dahlia Topolosky, Psy.D, Sam Allen, MS., LGMFT

**Contact:** Julie Bindeman, Psy.D  
**Email:** jbindeman@greaterwashingtontherapy.com

5818 B Hubbard Drive Rockville, Maryland 20852  
301-468-4849

Visit our website at www.GreaterWashingtonTherapy.com

Jewish Social Service Agency (JSSA)
Rockville, MD and Fairfax, VA

Psychotherapy and social skills therapy groups for children, including those with anxiety, ADHD, emotional and behavioral self-control, autism spectrum disorders, and other related disorders. Social skills therapy groups focus on taking turns, friendly behaviors, reading social cues, self-control, handling teasing, working cooperatively, social conversation,
building self-esteem, and solving problems. JSSA also offers anger management workshops, as well as support groups for siblings of children with disabilities, children coping with separation or divorce, children coping with suicides, and parents of children with disabilities. JSSA hosts social club outings for teens and young adults with autism spectrum and related disorders in Maryland and Northern Virginia. JSSA leads a children’s summer BFF camp (Building and Fostering Friendships) with the McLean School of Maryland. JSSA offers groups for boys, girls, preschool, elementary, middle school, and high school. JSSA programs are non-sectarian.

**Group Therapists:** Stanley Fagen, Ph.D., Jill Jerome Parsons, LCSW-C, Orly Zimmerman-Leizerov, LCSW-C, Zach Lehman, LCSW-C, Michal Berksen, LCSW/LICSW, Rebecca Porter, LCSW, Martha Fisher, MS, Jessica Rider Amin, LGSW, Monica Hempton, LCPC, Elliott Schwartz, LCSW, Dawn Kaye, LCSW, Katie Giganti, LCSW-C, Jamell White, LCSW-C/Ph.D., Suzanne Adelman, LCSW-C, Ellen Lebedow, LCSW-C, Irene Mednick, LCSW-C

**Contact:** Avital Graves
**Email:** agraves@jssa.org

200 Wood Hill Road Rockville MD 20850
301-816-2633

3018 Javier Road Fairfax VA 22031
703-896-7918

Visit our website at www.jssa.org

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**Lotus Point Wellness, Inc.**
**Silver Spring, MD and Bethesda, MD**

Adolescent Group for Girls: **Teen Talk - Beat The Blues - Stress Busting!** Support Groups for Adolescent Girls - ages 14 - 18. Focus of the groups is to gain support in managing stress, relationships, academic pressures, family dynamics, and other adolescent-related issues. It is discussion-based with some techniques of mindfulness and coping strategies incorporated. The group will meet weekly, on-going, during the academic year for 75 minutes. Groups available in Silver Spring and Bethesda locations.

**Contact:** Marie Caterini Choppin, LCSW-C
**Email:** mchoppin@lotuspointwellness.com
301-960-1198

13200 New Hampshire Avenue, Silver Spring, MD 20904
4405 East-West Highway, Suite 508, Bethesda, MD 20814
301-960-1198

Visit our website www.lotuspointwellness.com and www.lotuspointwellness.com/support-groups
McLean Psychotherapy Practices
McLean, VA)

The clinicians at McLean Psychotherapy Practices offer numerous ongoing social skills groups for children of varying ages and developmental levels. Each group is specifically tailored to address the challenges faced by the group members. We use a variety of therapeutic interventions, including expressive, art and play techniques. Groups typically run from September to June, with additional summer groups offered as well. In addition, we work collaboratively with parents, schools, and other treatment providers to ensure positive treatment outcomes. The primary goals of adolescent groups are to provide a safe environment for preadolescents and adolescents to talk about peer pressure, process their feelings about social interactions, develop and maintain friendships, increase self-esteem, and improve family relationships. These groups are tailored to address specific issues raised by group members. Past topics have included stress reduction, anxiety management, dream analysis, body image and mood swings. A young adult group (ages 18-25) meets to work on issues related to post-high school/college/career decisions, connecting/maintaining friendships with peers, mood disorders/anxiety and how that impacts their experience as a young adult, and dating/romantic relationships.

Clinicians: Lisa Elkin, PsyD, 571-238-6524; Anne Fleury, LCSW, 703-282-5937; Cynthia Mathis, LMFT, 703-401-5394; Nicole McGarry, LPC 202-641-8429

1483 Chain Bridge Road, Suite 301, McLean, VA 22101
703-401-5394

Visit our website at www.mcleanpsychotherapy.com

Rathbone and Associates
Rockville, MD and Bethesda, MD

Washingtonian Magazine's "Top Group Therapist" and “Top Adolescent Therapist”. Psychotherapy groups, Social Skills Groups and DBT (Dialectical Behavior Therapy) Skills Groups for adolescents. Rathbone & Associates specializes in the treatment of adolescents and typically has 20 different groups meeting weekly for adolescents in middle school, high school, and college/post high school. Issues addressed in groups include mood disorders, anxiety, social anxiety, learning disabilities, ADHD, social skills, and the full range of adolescent issues. Specific groups include social skills training for Asperger's Syndrome, DBT Skills Group for young people who engage in self-destructive behavior when emotionally overwhelmed, as well as many ongoing general psychotherapy groups. Rathbone & Associates provides the highest quality service for teenagers and their families. Additional information and a current listing of all groups available on our website: www.rathboneandassociates.com
Allison Sibley & Associates, PLLC
Washington, DC

We comprise a group of specialized therapists in NW DC who provide counseling and therapy to children, adolescents, young adults, and adults. In our work with clients, we create arenas in which to practice learned relationship skills. We offer a range of services including individual therapy, parent/couples therapy, family work, and group counseling, all of which are catered toward each person’s or family’s unique needs for growth. Groups for teens offer an arena in which to practice personal and relational skills related to making and keeping friends. Groups provide opportunities for social skill building and processing experiences in an educational and engaging setting. Emphasis is on “playing out” and “talking through” friendship experiences, which may be influenced by a variety of issues including adjustment issues, self-esteem, ADHD, and emotional factors. Current high school girls group and middle school girls groups are available (6th-8th, 9th-11th, and 10th-12th).

Allison Sibley, PhD, Clinical Social Worker; Amanda Good, MSW, Clinical Social Worker; Alexis Herschthal, MSW, LICSW; Sidney Knight, MSW, LICSW; Molly Mattison, MSW, Clinical Social Worker; Georgette Saad, MSW, LICSW; Lori Seifter, MSW, Clinical Social Worker

Contact: Allison Sibley or Amanda Good
202-237-1196 (office)
202-744-1086 (cell)

5236 44th Street NW #4, Washington DC 20015

Visit our website at www.allisonsibleyassociates.com
Lisa Maestri Snipper, LCSW
Reston, VA
Lisa Maestri Snipper, LCSW is a group practice in Reston, VA, that provides individual, group, couples and family counseling to children through adults. We run two adolescent High School Girls group (14-18) that are process oriented focusing on the development of healthy interpersonal relationships through peer feedback in a safe environment. This group is driven by the developmental needs of the teens within the group and will explore topics related to friendships, family, peer pressure, dating, self-esteem, and body image issues. Check out our website for dates and times.

11250 Roger Bacon Drive, Suite 6, Reston, VA 20191
571-230-2349

Visit our website at www.atherapistforyou.com

Daniel Turetsky, PsyD, Psychologist
Bethesda, MD

Psychotherapy groups focus on the development of successful interpersonal relationships and ways to effectively cope with the emotional and social challenges of adolescence. Groups are designed to improve social interest and skill, self-esteem and regulation, and awareness of self and others. Particular attention is directed to facilitating healthy emotional development including how to effectively work through anger, independence, dependence, shyness, depression and anxiety.

Contact: danisaact@aol.com

4809 Saint Elmo Ave., Bethesda, MD 20814
301-913-5947
Parent Group: Mindful Parenting with Confidence. For moms who are working with children who are hypersensitive, oppositional and/or who have been diagnosed with SID, ODD, ADHD and/or PDD. Gain perspective and insight along with greater skill for your specific parenting challenges. An individualized and affordable approach to help mothers find greater clarity and balance as they face a myriad of challenges and potential overwhelm working with the challenging child. Supportive, didactic and experiential, this group utilizes parent-child scenarios to introduce new tools for how to manage yourself and your children with less reactivity, guilt and inconsistency. Learn to think in terms of nature-nurture so you can cultivate a parenting approach that is most suitable to your child’s temperament. Learn to redirect, remain mindful and "hit the pause button" so you are less drained, more energized and confident.

Dr. Kay Abrams, the facilitator, is a clinical psychologist and Director of a family friendly group practice, Abrams & Associates, LLC, offering assessment and psychotherapy services to couples, families, children, teens and adults. She has served as a parent consultant on NBC4 news, is a public speaker in the metropolitan area and a columnist for the Washingtonian Parent Magazine. In 2003, Dr. Kay published her educational CD series, "Parenting with Confidence" which you can access on the website, www.abramsandassociates.com. For more information or to set up a group intake appointment, please contact our Intake Coordinator.

Intake Coordinator: Kay Abrams, PhD, Director
Email: intake@abramsandassociates.com
301.949.2098, ext 1

3841 Farragut Avenue, Kensington, MD 20895
301-949-2098

Visit our website at www.abramsandassociates.com

Alvord Baker & Associates, LLC - Resilience Builder Program®
Rockville, MD and Silver Spring, MD

Alvord, Baker & Associates, LLC has been providing social competence groups for children and adolescents since 1992. The groups focus on enhancing resilience, which we view as the ability to adapt well to life and its challenges. We offer groups for teens in middle school and high school. We also offer groups for teens diagnosed with Autism Spectrum
Disorders (Pervasive Developmental Disorders, Aspergers and High Functioning Autism). Children’s social competence can be impacted greatly by one or several of the following factors: ability to regulate their behavior; anxiety; ADHD; learning disabilities; low self-esteem; organizational challenges; and/or transition difficulties. Our groups help teens identify what they do well, and to build on their social strengths. We use the Resilience Builder Program® which utilizes a Cognitive Behavioral framework (how one thinks impacts how one feels and subsequently, how one behaves with others) and empirically supported strategies. Our middle and high school groups address the social/interpersonal aspects of growing up and focus on: increasing confidence and self-esteem; dealing with issues such as “fitting-in” and setting limits; finding academic and social success and coping with the challenges they face. Groups also deal with social-skills deficits of anxiety, depression, self-esteem issues, and organizational/transitional difficulties. Didactic, process, and experiential activities, discussions and relaxation/self-control techniques. Boys, girls, and co-ed groups for grades 6 through 12.

**Psychologists:** Mary Alvord, PhD; Lisa Berghorst, PhD; Colleen Cummings, PhD; Lynn F. Bufka, PhD; Julia Felton, PhD; Keri Linas, PhD, PsyD; Erin Lewis-Morrarty, PhD; Heather Loffredo, PsyD; Elizabeth Malesa, PhD; Kelly O’Brien, PhD; Veronica Raggi, PhD; Monica Robb, PhD; Jessica Samson, PsyD; Lisa Sanchez, PhD

**Clinical Social Workers:** Betsy Carmichael, LCSW-C; Dorothy Moore, LCSW-C; Thomas Verratti, LCSW-C; Lemuel Yutzy, LCSW-C

**Contact:** Group Coordinator
**Email:** groups@alvordbaker.com
301-593-6554 x23

3200 Tower Oaks Boulevard, Suite 200, Rockville, MD 20852
11161 New Hampshire Avenue, Suite 307, Silver Spring, MD 20904

301-593-6554

[Visit our website at www.alvordbaker.com](http://www.alvordbaker.com)

**The Behavior Therapy Center of Greater Washington**
**Silver Spring, MD**

The Behavior Therapy Center of Greater Washington has been providing quality, evidence-based psychological treatment to the metro area for over 30 years. Our Child Management Training and Parent Support Group group is intended for parents of children with the diagnosis of OCD, Tourette’s disorder and/or another anxiety disorder with additional externalizing behaviors (e.g., anger outbursts, extreme oppositionality). Parenting “as usual”- caring for the child who shows distress or extreme discomfort by using your intuition and natural parenting skills—would be more than adequate for most children. However, many children with complex disorders require a
specialized approach, because the solution to these problems often requires a **counter-intuitive approach**. Customary parenting techniques seem inadequate when dealing with the suffering child, especially if the child has become angry, defiant, argumentative, and aggressive. Our highly structured, comprehensive, evidence-based approach can provide the parents with specific ways of responding that facilitate the treatment process, re-gain control of the house and re-establish a healthy relationship with their child.

**Clinic Director**: Charles Mansueto, Ph.D.  
**Contact**: Gloria Mathis, Ph.D. for program information  
301-593-4040 X233

11227 Lockwood Drive, Silver Spring, MD 20901  
301-593-4040

[Visit our website at www.behaviortherapycenter.com](http://www.behaviortherapycenter.com)

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**The Center for Anxiety and Behavioral Change**  
Rockville, MD

We are happy to offer a 6-week group for parents of children with anxiety and related disorders. This group is designed to teach effective, evidence-based skills and techniques (many of which are counter intuitive) that parents can use to help their child experience less anxiety and distress.

**Contact**: Lindsay Scharfstein, PhD  
[drscharfstein@changeanxiety.com](mailto:drscharfstein@changeanxiety.com)  
301-610-7850 x5

414 Hungerford Drive, Suite 252, Rockville, MD 20850

[Visit our website at www.changeanxiety.com](http://www.changeanxiety.com)

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**Center for Family Well-Being**  
Washington, DC

**Parents in Tune** offers mindfulness-based educational, experiential and supportive workshops, groups and short courses to help parents increase their skills and capacities for "tuning in" to themselves and their children. Parents will learn the neuroscience of the "anxious" brain and mindful awareness skills to decrease reactivity and increase their capacities to respond more skillfully and effectively with their kids -- even in the presence of strong emotions. Developmental issues will also be discussed. Parents In Tune workshops are offered to families independently, and as part of the Girls In Tune group.
curriculum, to help promote and support the success and sustainment of "tuning in" skills at home.

**Contact:** Kate Kelly, LICSW
**Email:** Girlsintune@gmail.com

5540 Connecticut Ave., NW, 2nd Flr, Washington, DC 20015
202-230-9307

**The Chrysalis Group, Inc.**
Bethesda, MD

We are a team of experienced mental health professionals dedicated to providing the highest quality counseling services for adults, adolescents, and children. Groups we provide include: food allergy support groups; groups for children and adolescents with siblings who have developmental, health, or mental health challenges; groups for college-bound students and their parents, and self-esteem building groups for girls.

**Therapists:** Joanne Irving, PhD, Jude Marston, LCSW-C, Nidhi Sampath, LCPC, Kate Dansie, LCSW-C, and Judy Liss, LCSW-C

**Contact:** Judy Liss, LCSW-C
**Email:** judy@thechrysalisgroupinc.com
301-652-1582

4405 East West Hwy, Suite 301, Bethesda, MD 20814


**Circle in the Square**
Falls Church, VA

The ParentCircle therapeutic groups focus on providing opportunities for Support, Education and Personal Growth. A small group of 10-12 parents meet regularly over time with Dr. David Flohr. The group format is designed to help parents discover how to help themselves as well as help one another learn to grow. The ParentCircle is designed to “outlive” the need for a therapist. Groups may choose to continue to meet as peer based parent groups without a therapist, thus providing ongoing support for one another through the child rearing years. ParentCircle sessions are reasonably priced with spaces available at reduced fees and may be insurance reimbursable. Connected Parents, Thriving Kids, 8 weekly classes in Imago Parenting, is a a series of 8 classes for parents, delivered by Certified Imago Therapists and Educators. Imago Parenting provides a practical way to understand what your children are trying to say to you and their behavior. We teach you
how to listen to their underlying message. As you become more tuned-in to your children’s underlying experience, you will be able to respond to them in a way that they can easily understand and respect. This becomes an essential element in the ongoing process of the parents own development over time.

**Directors:** David A. Beigel, LPC, CGP; David Flohr, PhD, CGP

**Contact:** Dr. David Flohr for information and/or to register  
(703) 533-5824 x6

109 Park Washington Court, Falls Church, VA 22046  
703-533-5824 ext 5

Visit our website at [http://washingtonsq.org](http://washingtonsq.org)

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**Expressive Therapy Center**  
Rockville, MD, Bethesda, MD and McLean, VA

Groups for adults and young adults with a variety of issues including: transitions, parenting, divorce, depression, anxiety, and social skills. Also offering anger management and adult ADD support groups.

**Director:** Stephanie Natter, MA, ATR-BC, CGP

14808 Physicians Lane, Suite 111, Rockville, MD 20850  
4905 Bradley Boulevard, Bethesda, MD 20815  
1320 Vincent Place, McLean, VA 22101

301-869-1017 ext. 1  
703-349-5225 ext. 1

Visit our website at [www.expressivetherapycenter.com](http://www.expressivetherapycenter.com)

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**Family Compass Group**  
Reston, VA

Family Compass Group is an interdisciplinary group of child therapy and development specialists in the fields of psychology, neuropsychology, and social work. For more than fifteen years, Family Compass has provided early intervention, individual and group therapy for children, and guidance for parents. Social Skills/Drama Therapy Groups- Our curriculum combines actual social experience, through peer interaction and theater improvisation, with direct teaching. We emphasize not just what to do (behaviors), but why (understanding) and how (through practice). Our small (2-6 children) groups focus on
each child’s individual needs, strengths, interests and goals. We focus on the enhancement of social skills such as flexibility, emotional regulation, social awareness, and cooperation through direct instruction, play and dramatic play. We hold periodic parent meetings to monitor progress and to discuss everyday opportunities to facilitate friendships and social interaction.

**Group Therapists:** Larisa Perez deGraffenreid, LCSW, Mecca Burns RDT-BCT Registered Drama Therapist and Board Certified Drama Therapy Trainer, Brad Stoller MFA.

**Director, Group Therapy:** Larisa Perez deGraffenreid, LCSW

**Email:** Larisa.deGraffenreid@familycompassgroup.com

11150 Sunset Hills Road Suite 150, Reston, VA 20190
703-471-5517 ext.99

Visit our website at [www.FamilyCompass.com](http://www.FamilyCompass.com)

**Donna M. Firer**

Silver Spring, MD and Bethesda, MD

"Skills and Strategies for Parents of Anxious Children and Teens" - Is your child/teen expressing fears, having difficulty sleeping, more clingy or more interested in staying close to home, needing reassurance, or avoiding activities that most their age enjoy? This one time group is structured to meet the needs of busy families and parents. In this two (2) hour group, parents will learn specific responses - both verbal and behavioral - which have shown to be highly effective when dealing with worried, fearful and anxious children/teens. Parents will be introduced to basic concepts of Cognitive Behavioral Therapy (CBT) along with a specific and detailed method to help move their children from worry and fear towards self-confidence and greater relaxation. Parents will leave with a set of concrete tools, ready for immediate use. All parents signing up for the workshop are entitled to one 15 minute follow up coaching session. This group is offered once a month on a weekend. Please call for specific dates and times.

**Contact:** Donna M. Firer, LCSW-C

**Email:** donnafirerlcsw@gmail.com

8811 Colesville Road, Suite 102, Silver Spring, MD 20910 (walk to Silver Spring Metro Red Line)

4405 East-West Highway, Suite 504 Bethesda, MD 20814 (walk to Bethesda Metro Red Line)

301-585-8828

Visit our website at [www.donnafirer.net](http://www.donnafirer.net)
Integrative Therapy of Greater Washington
Rockville, MD

We are a practice of psychologists and social workers that use an integrative approach to mental health. Conveniently located in Rockville, Maryland (near Montrose Road) our practice serves infants to retirees using individual, couples, and group psychotherapy. Our clinicians are able to adapt to what is needed at a given moment and are approachable with their warm and friendly demeanor. Our clinicians have spoken at numerous schools and events around the area and have contributed to parenting periodicals, blogs and conferences. **MoCo Parents Club**--a time-limited group that supports parents (Thursdays at 9:15am). **Gone but not Forgotten**--Pregnancy loss group for those that suffered a perinatal loss in their second or third trimester (monthly on Tuesdays at 12pm).

Julie Bindeman, PsyD; Nanci Brown, LCSW-C; Kari Moskowitz, PhD; Dahlia Topolosky, PsyD

**Contact:** Julie Bindeman, PsyD  
**Email:** jbindeman@greaterwashingtontherapy.com

5818 B Hubbard Drive Rockville, Maryland 20852  
301-468-4849


Jewish Social Service Agency (JSSA)
Rockville, MD and Fairfax, VA

JSSA has many resources for parents, including support groups for those with special needs children, grief support after suicide or loss of a loved one, support for adults with aging parents, and support for collaborative divorce. Our social skills therapy groups for children also offer guides which parents can take home to use and improve on skills that children learn in groups. Some groups also offer parent sessions for additional guidance.

**Group Therapists:** Stanley Fagen, Ph.D., Jill Jerome Parsons, LCSW-C, Orly Zimmerman-Leizerov, LCSW-C, Zach Lehman, LCSW-C, Michal Berkson, LCSW/LICSW, Rebecca Porter, LCSW, Martha Fisher, MS, Jessica Rider Amin, LGSW, Monica Hempton, LCPC, Elliott Schwartz, LCSW, Dawn Kaye, LCSW, Katie Giganti, LCSW-C, Jamell White, LCSW-C/Ph.D., Suzanne Adelman, LCSW-C, Ellen Lebedow, LCSW-C, Irene Mednick, LCSW-C

**Contact:** Avital Graves  
**Email:** agraves@jssa.org

200 Wood Hill Road Rockville MD 20850  
301-816-2633
Lotus Point Wellness, Inc.
Silver Spring, MD and Bethesda, MD

**Parents of Preschoolers Discussion Group:** Meet with other parents to discuss the challenges and joys of parenting! Parent discussion groups are facilitated by one of Lotus Point Wellness’s child development specialists. Join a parent group and learn how to: - Understand the emotional world of your children; Help your children through life’s transitions; Develop sensitive ways to respond to common issues such as toilet training, tantrums, separation anxiety, and other behavioral problems. This group runs in six-week sessions and dates and times will be found on our website.

**Contact:** Marie Caterini Choppin, LCSW-C  
**Email:** mchoppin@lotuspointwellness.com  
301-960-1198

13200 New Hampshire Avenue, Silver Spring, MD 20904  
4405 East-West Highway, Suite 508, Bethesda, MD 20814

301-960-1198

Visit our website at [www.lotuspointwellness.com](http://www.lotuspointwellness.com) and [www.lotuspointwellness.com/support-groups](http://www.lotuspointwellness.com/support-groups)

McLean Psychotherapy Practices  
McLean, VA

The primary goal of the parenting group is to provide parent support. The group meets for 12 weeks, with each session beginning with a check-in/networking support period, followed by an educational component. The group covers a variety of parent/child topics including: improving structure in your home and setting limits, helping your child build social skills, strengthening your attachment with your child, understanding your child’s temperament, exploring ways to handle tantrums, and helping your child cope with nightmares and sleep issues.

**Clinicians:**

Lisa Elkin, PsyD  571-238-6524  
Anne Fleury, LCSW 703-282-5937
Rathbone and Associates
Rockville, MD and Bethesda, MD

Washingtonian Magazine's "Top Group Therapist" and “Top Adolescent Therapist”. Psychotherapy groups, Social Skills Groups and DBT (Dialectical Behavior Therapy) Skills Groups for adolescents. Rathbone & Associates specializes in the treatment of adolescents and typically has 20 different groups meeting weekly for adolescents in middle school, high school, and college/post high school. Issues addressed in groups include mood disorders, anxiety, social anxiety, learning disabilities, ADHD, social skills, and the full range of adolescent issues. Specific groups include social skills training for Asperger's Syndrome, DBT Skills Group for young people who engage in self-destructive behavior when emotionally overwhelmed, as well as many ongoing general psychotherapy groups. Rathbone & Associates provides the highest quality service for teenagers and their families. Additional information and a current listing of all groups available on our website: www.rathboneandassociates.com

Britt Rathbone, LCSW-C, CGP (Certified Group Psychotherapist); John Dunn, LCSW-C; Phyllis Pomerantz, LCSW-C; Lisa Behrens, LCSW-C; Julie Baron, LCSW-C; JoJo Gaul, LCSW-C; Anu Lukk, LCSW-C; James P. Marsh, Jr., LCPC; Carla Pappas, LCSW-C; Betty Bae, LCSW-C; Ben Pleasure, LCSW-C; Kharod France, LCPC; Chris Taylor, LCSW-C; Craig Windham, LCPC; Jeannette Campbell Bjorklund, LCSW-C, Laurie Nelson, LCPC

5942 Hubbard Drive, Rockville, Maryland 20852
4701 Sangamore Road, #210N, Bethesda, Maryland 20816

301-230-9490

Visit our website at www.rathboneandassociates.com

Allison Sibley & Associates, PLLC
Washington, DC

Parent coaching services and educational workshops are offered on developmentally-specific topics, which parallel our child/teen group offerings. Filial Groups--where parents are taught therapeutic play skills to enhance their child’s self-esteem, pro social behavior, and relationship skills--are provided during the summer months. We also offer a Parent Support Group for Loss & Infertility as well as new Parents Support groups.
Lisa Maestri Snipper, LCSW  
Reston, VA

Parent support groups are offered to provide ongoing support for parents raising children through teenagers. Please call as groups will be added throughout the school year based on needs and interests. **Coffee Talk for Moms**: meets on the 2\textsuperscript{nd}/4\textsuperscript{th} Friday of the month. This group provides the opportunity for moms to come together to discuss joys and the challenges related to raising elementary aged children. **HELP: I have a teenage daughter**: This group is for women raising teenage daughters. It will provide an opportunity for mothers to come together to share their experiences of having a teenage girl in the house. This group will offer support for one another in a process oriented manner allowing women in the group to support one another and learn ways to manage throughout the year (time TBD).

11250 Roger Bacon Drive, Suite 6, Reston, VA 20191  
571-230-2349

[www.atherapistforyou.com](http://www.atherapistforyou.com)

**The Treatment Learning Centers (TLC)**  
Rockville, MD

TLC’s Interaction Groups are designed for children ages 2½ to 6 years. Utilizing strategies and techniques from the **DIR® Floortime Model**, the Interaction Groups are led by a licensed and certified OT and SLP, and a licensed psychologist. Facilitated play is used to foster children's engagement, communication, and problem solving. Parent coaching and parent support groups are part of this program. The **Pencil Pals** handwriting program is a small group experience to enhance handwriting skills, using a sensory-integrative approach to fine motor skill development. The activities are designed for children experiencing
difficulty in the areas of sensory processing, motor planning, communication, and interaction. In Saturday social groups, children, ages 8 - 12, build skills to manage behaviors and feelings that get in the way of successful relationships. Children are grouped by age. TLC also provides individual speech and occupational therapy services, audiology services, psycho-educational testing and academic tutoring, and summer camp programs for children with speech and occupational therapy needs, as well as parent education and support groups.

**Contact:** Lisa Torvik, Administrative Assistant for Outpatient Services  
**Email:** LTorvik@ttlc.org  
301-424-5200 x6923

2092 Gaither Road, Suite 100, Rockville, MD 20850

[Visit our website at www.ttlc.org](http://www.ttlc.org)

**Daniel Turetsky, PsyD, Psychologist**  
Bethesda, MD

Parent groups provide a supportive environment to discuss the stresses of parenting and to develop more effective strategies to help our children navigate through the developmental challenges of childhood and adolescence. Groups provide the opportunity to strengthen our partnering as well as our parenting.

**Email:** danisaact@aol.com

4809 Saint Elmo Ave., Bethesda, MD 20814  
301-913-5947