



Guide to Therapy Groups

2017 – 2018

Washington, DC Metropolitan Area

www.groups4kids.com

Compiled and published by

Mary Alvord, PhD

Washington, DC
Metropolitan Area

Guide to Therapy Groups 2017-2018

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 2017-2018

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Abrams & Associates, LLC

Kensington, MD

For children who may struggle with impulsivity, immaturity, or difficulty reading the social cues of others leading to difficult peer relationships. This group will help children improve their interpersonal skills, make better choices, and develop more self-confidence.

The weekly lessons will draw from the following skill groups: Making Friends, Keeping Friends, Problem Solving, Dealing with Strong Feelings, and Handling Stress and Conflict. Objective information regarding the children's behaviors will be gathered before and after the group from parents to tailor the skills that will be taught and to measure the children's progress. The group format will include modeling, role playing, and performance feedback. The children will be asked to practice the skills that they learn in group at home and parents will be provided with weekly updates to help reinforce the skills. One of two evidence based curricula may be used:

- Small Group Dinosaur Curriculum—The Incredible Years® evidence-based programs for parents, teachers, and children reduce challenging behaviors in children and increase their social emotional learning and self-control skills. The programs have been found to be effective in strengthening teacher and parent management skills, improving children's social emotional competence, emotion regulation, and school readiness, and reducing behavior problems.
- Superflex Curriculum—Superflex®: A Superhero Social Thinking Curriculum provides educators, parents and therapists fun and motivating ways to teach students with social and communication difficulties. The three-part cognitive behavioral curriculum helps students develop further awareness of their own thinking and social behaviors and learn strategies to help them develop better self-regulation across a range of behaviors. ed anxiety and stress, increased sense of control and self-efficacy, a reduction in anger/hostility and better reported sleep.

The goal of this group is to teach upper elementary children or young adolescents how to better manage stress and anxiety and engage in more focused and intentional behavior through the use of empirically supported mindfulness techniques. Examples of the types of exercises include Body Scan, Mindful Stopping and Mindful Homework/Test Taking.

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.

Kay Abrams, PhD, Director

Contact: Intake Coordinator
Email: intake@abramsandassociates.com
301-949-2098, ext 1

3841 Farragut Avenue, Kensington, MD 20895

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), Aspergers 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.

We also offer the CCC™ Kids Camp, which is a five-day half-day camp experience designed to provide intensive behavioral treatment for children between the ages of four and eight who are diagnosed with selective mutism (SM) and/or severe social anxiety. Our goal is to support the building of your child's confidence and success in speaking with adults and children outside the home directly prior to their return to school. Participating in the CCC™ camp will give your child the opportunity for a more successful transition to the new school year. It is generally offered in August prior to school starting. The camp is a structured experience in which children participate in a variety of engaging activities including outdoor sports, arts and crafts, and music. We also simulate typical classroom activities such as circle time, morning meeting, and center work. These activities provide children with hands on practice in verbal participation in a safe, school-like environment. Children receive individualized support, positive feedback and rewards to increase their brave behavior in anxious situations. The camp is directed by Drs. Kelly O'Brien and Veronica Raggi, two psychologists with extensive expertise in the treatment of SM. Children who are interested in participating

must first meet 1:1 with Dr. O'Brien or Dr. Raggi to ensure they are a good fit for our program. If interested, please contact our intake coordinator at 301-593-6554 x23. During the school year, we also offer half-day group opportunities in the community for continued practice with brave talking with children and adults in new settings. Please contact our intake coordinator at the number listed above for more information.

Psychologists: Mary Alvord, Ph.D.; Lisa Berghorst, Ph.D.; Andrea Chisolm, Ph.D.; Anahi Collado, Ph.D.; Colleen Cummings, Ph.D.; Michelle Gryczkowski, Ph.D.; Keri Linas, Ph.D., Psy.D; Erin Lewis-Morrarty, Ph.D; Heather Loffredo, Psy.D; Elizabeth Malesa, Ph.D; Kelly O'Brien, Ph.D; Veronica Raggi, Ph.D; Nina Shiffrin, Ph.D; Sharon Thomas, Ph.D.; Candice Watson, Ph.D.; Susan Wilson, Ph.D.

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

Contact: Group Coordinator
Email: intake@alvordbaker.com

3200 Tower Oaks Boulevard, Suite 200, Rockville, MD 20852
8401 Connecticut Avenue, Suite 1120, Chevy Chase, MD 20815

301-593-6554

Visit our website at www.alvordbaker.com

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. These groups are generally separated into elementary, middle, and high school sections. For each age group, we offer multiple group options to best fit your child's needs. One of the groups that we offer is a 15-week Social Effectiveness Therapy group for children and teens (SET-C) that is 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 students struggling with anxiety-based school refusal. These groups are ongoing and focused on providing skills and support to children and teens as they re-enter and then sustain attendance in school. We also offer the group Mindfulness Based Stress Reduction for Teens (MBSR-T) which is a group that teaches mindfulness-based techniques, skills, and tools that will help teens to function more adaptively and improve their quality of life. 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.

Jonathan Dalton, Ph.D., Director; Renee DeBoard-Lucas, Ph.D.; Lindsay Scharfstein, Ph.D.; Rachel Singer, Ph.D.; Christina Brooks, Psy.D.; Kristin Bianchi, Ph.D.; Caitriona Hayes, Psy.D.

Contact: Valeria Cogliani, Clinic Coordinator
Email: clinic-coordinator@changeanxiety.com

414 Hungerford Drive, Suite 210, Rockville, MD 20850

301-610-7850

Visit our website at www.changeanxiety.com

The Center for Family Well-Being

Washington, DC

The Center for Family Well-Being, PLLC is a holistic psychotherapy practice for kids, teens, adults, and couples -- integrating specialized therapies of Western psychology with the deep wisdom of mindful awareness practices, including meditation, yoga, breath and sound awareness, and other mind-body approaches.

The Center's signature group program, Girls In Tune™, offers educational, experiential, and playful mindful-awareness groups to help girls reduce stress; increase joy and well-being; and strengthen connections to themselves and others. Groups are skill-based and friendship-focused with emphasis on developing confidence and learning positive coping and relational skills. Through meditation, yoga, art, “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 regulation skills; learning to “read” themselves and others (i.e., managing friendships); reducing anxiety and managing feelings; and developing self-appreciation, esteem, and confidence.

New offering Fall 2017: Boys In Tune group for 4th-, 5th- and 6th-grade boys. This 10-week mindfulness, play and friendship skill-building group will emphasize flexibility, empathy, and positive self-esteem, while boys grow confidence and self and social awareness. Boys will learn to initiate conversations, resolve conflict, and recognize and express emotions. Mindful awareness relaxation and self-regulation skills to calm body, mind, and emotions are taught and practiced each week.

Other current groups include: middle school girls group; two high school girls groups.

Kate Kelly, MA, MSW, LICSW; Elizabeth Ebaugh, MSW, LICSW; Lisa Oakley, LICSW; Lida Sunderland, MA.

Contact: Kate Kelly, Director

Email: Girlsintune@gmail.com
202-230-9307

5540 Connecticut Ave., NW, 2nd Flr, Washington, DC 20015

Circle in the Square Child and Adolescent Group Programs 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

109 Park Washington Court, Falls Church, VA 22046

703-533-5824 ext 5

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

Crossroads Family Counseling Center, LLC

Fairfax, VA

At Crossroads Family Counseling Center, LLC we specialize in working with children and adolescents for over 25 years. We use the latest, evidence based play and expressive therapies along with time tested cognitive behavioral in a group setting to teach children about feelings and help them navigate their way through difficulties with skills that last a lifetime.

We offer children social skills groups teaching children how to make friends, learn cooperative skills, identify social cues and work on emotional regulation and self-control skills in a fun experiential group using playful and CBT techniques to learn new skills. We also offer focused groups on helping children with ADD/ADHD. We teach techniques to help manage self control and impulse control, learn coping skills to manage difficult feelings and learn social skills in a fun, interactive, playful way and an Anxiety group providing an understanding of “what is anxiety” in order to help children learn to conceptualize feelings, triggers and solutions. The group will work on teaching mindfulness, coping skills and Cognitive-Behavioral techniques in a supportive and fun environment.

Groups are schedule for 12 one hour group sessions after school. We offer a free group intake. Contact our Group intake coordinator

Contact: Sheri Mitschelen, LCSW, RPT-S

Email: Sheri@crossroadsfamilycc.com

3611- C Chain Bridge Rd., Fairfax, VA 22030

703-380-9045

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

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.

Clinicians: Stephanie Natter, LCPAT, CGP, Clinical Director; David Drowos, Psy.D., Assistant Clinical Director; Joseph Bechhofer, Psy.D.; Chandni "Chunnu" Bhatia, M.S., LCPC, NCC; Corine Crowley, Ph.D.; Adria Grey, NCC; Heather Norden, Psy.D.; Jacy Perkins, APRN, PMH; Susan Rail, LCSW-C; Emily Ray, Ph.D., BC-DMT; Diana Sabados, MA, LCPC, LCPAT; Andree Schillesci, M.A., BC-DMT; Jessica Simon, Psy.D., LCPAT, ATR-BC; Daniel Wagner, Psy.D.

Clinical Director: Stephanie Natter, MA, LCPAT, CGP

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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

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703-471-5517 ext.99

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

Growing Minds, Center for Child and Family Therapy Rockville, MD

Growing Minds offers expertise in social-emotional development for early childhood through adolescence. Our playful, experiential and evidence-based approach will engage your child and deepen your insight into your child's behaviors and inner-world. We provide parenting support and guidance in concrete parenting strategies to both manage challenges and highlight your family's unique strengths. Our integrative methods focus on the whole-child through individual, family, and group therapy modalities, along with collaboration with schools, specialists, and community resources.

Our social skills therapy groups are conducted by highly experienced therapists modeling a child-centered, strengths-based approach which creates a trusting relationship allowing for practice and coaching in desirable behaviors and correction of social mistakes. In small groups, the children learn to interact with friendly behaviors while also working on regulating impulses and emotions. While individual differences are accepted and valued, emphasis is on enhancing strength for positive social relationships. Children served include those with ADHD, anxiety, learning, behavior, social-emotional and self-esteem difficulties. Priorities for skill development include two-way conversation, taking turns, reading social cues, handling teasing, giving compliments, showing empathy, solving problems, managing emotions, and positive self-talk.

Groups are scheduled for 10-12 one hour after school sessions. Groupings include mixed diagnosis with average or higher intelligence and normal social potential. Because parents have a key role in supporting and reinforcing their child's social skill development, parent group meetings are held to discuss ways to enhance progress and apply skills to home and school situations.

Stanley A. Fagen, Ph.D.; Orly Zimmerman-Leizerov, LCSW-C; Jill Jerome, LCSW-C.

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<http://www.growingmindstherapy.com>

In Step, PC
Fairfax, VA and Sterling, VA

In Step has offered comprehensive counseling and consultation services to families in the metro DC area since 1995. We offer a full range of services including individual, family, parent consultation, and psychological testing services, and our primary specialization is working in groups with kids, teens and adults.

Our elementary school age groups include: Conquering Anxiety and Building Resilience, Girls Social Confidence, Stepping Stones® Social Skill Development for kids and their parents, Early Childhood Social Development for kids and their parents, LEGO® Social Development for Kids on the Spectrum and their parents, and Improv Social Development groups.

Cathi Cohen, LCSW, Director

Email: info@insteppc.com

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

[Visit our website at www.insteppc.com](http://www.insteppc.com) and www.cathicohensocialiq.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; Karen Epstein, LCPC

Contact: Julie Bindeman, Psy.D

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5818 B Hubbard Drive Rockville, Maryland 20852

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

JSSA (Jewish Social Service Agency)

Rockville MD and Fairfax VA

JSSA offers psychotherapy and social skills therapy groups for children with anxiety, ADHD, emotional and behavioral issues, autism spectrum disorders, and other related disorders. Social skills therapy groups focus on taking turns, friendly behaviors, reading social cues, self-control, handling bullying and teasing, working cooperatively, social conversation, building self-esteem, and solving problems. JSSA also offers anger management workshops for adolescents, as well as support groups for siblings of children with disabilities, children experiencing separation or divorce, and children coping with the loss of a parent. Early childhood services are available for toddlers and young children, including counseling, psychosocial evaluation, and skill development for managing challenging behavior.

Group Therapists: Jill Jerome Parsons, LCSW-C, LCSW-C; Zach Lehman, LCSW-C; Elliott Schwartz, LCSW; Suzanne Adelman, LCSW-C; Ellen Lebedow, LCSW-C; Irene Mednick, LCSW-C; Heidi Cohen, LCSW-C

Email: contactus@jssa.org

200 Wood Hill Road, Rockville, MD 20850
3025 Hamaker Court, Suite 450, Fairfax, VA 22031

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

Kate McClain Social Skills

Falls Church, VA and Baltimore, MD

Kate McClain Social Skills provides social skills groups, camps, internships, and mentoring for children, teens, and young adults with a variety of social and communication challenges, including those with a diagnosis of Autism, PDD-NOS, ADD/ADHD, anxiety, and sensory issues, as well as those without a diagnosis who are having trouble with peer and adult relationships. In addition to social and communication skills, we work on sensory, speech, fine, and gross motor skills. Kate McClain Social Skills groups allow children to improve social, communication, and play skills in a small group of similar-age peers. The main goal is to help children and teens feel confident and successful in social situations by providing a structured and supportive environment. We believe that generalization occurs best when skills are practiced in “true to real life” situations. Therefore, group lessons and activities are designed to replicate as many “real life” situations as possible. Each week, kids from Pre-K through 6th grade play seated and active games, eat snack together, have a lesson/group discussion time, and go out to the playground or field for outdoor play (weather permitting). Teens work on collaborative projects and go on outings in the community.

Clinicians: Kate McClain, BA, certified K-12 Special Education Teacher, former ABA and Floortime therapist; Amanda Reisz, LCSW-C, licensed in VA and MD; Sharon Zajc-Mergler BS, M.Ed; Audrey Awa, BS; Gina Ferrara, M.Ed, Jenna Clifton, BS; Natalie Miller, B.A., Nicole Mastin, B.A., Krysta Koubek, M.A.

Contact: Kate McClain, BA

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202-550-7785

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

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:

Anne Fleury, LCSW 703-282-5937
Lisa Elkin, PsyD 571-238-6524
Cynthia Mathis, LMFT 703-401-5394

1483 Chain Bridge Road, Suite 301, McLean, VA 22101

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

Rebecca Resnik and Associates Psychological Care

Bethesda, MD and Rockville, MD

If you or your child are experiencing challenges with social skills, anxiety, depression, self-esteem, family changes, medical issues or life transitions, Resnik and Associates can help! From pre-school age through young adults, group members are carefully matched to their peers based on specific areas of concern, goals and personally fit to form small groups of 2-5 members. Clients can expect to enjoy a variety of approaches that may include cognitive behavioral therapy, play therapy and expressive therapies, such as art and drama.

Clinicians: Laura Morlok, LCPC; Helen Ehlers, Psy.D; Jennifer Fleming, LCPC; Jaclyn Halpern, Psy.D; Susan Rail, LCSW-C; Simone Schwager, LCSW-C

Contact: Laura Morlock, LCPC, Director of Psychotherapy

Email: groups@resnikpsychology.com

301-581-1120

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11510 Old Georgetown RD, Suite F, Rockville, MD 20852

[Visit our website at www.resnikpsychology.com/services/group-therapy](http://www.resnikpsychology.com/services/group-therapy)

[Visit our group therapy listing at tinyurl.com/ResnikGroups](http://tinyurl.com/ResnikGroups)

The Sibley Group

Washington, DC

The Sibley Group is a team of 11 specialized therapists who provide positive psychotherapy for families, adults and couples in the DC area. We offer groups for parents, children, teenagers, and young adults. Coed Pre-K and Kindergarten Readiness Group: Our Pre-K skills group prepares children for success in kindergarten. Using a fun, hands-on approach, children will learn social skills and practice positive behaviors that help in the classroom, on the playground, and beyond. Groups for Boys: We teach social skills in our groups for school-age boys. and teach boys how to understand their own thoughts, feelings, and actions and in order to “think about,” “feel about,” and understand other’s thoughts and feelings. Groups for Girls: In a safe and expressive environment, young girls can experience a sense of acceptance, validation, and growth with their peers. The girls practice skills to navigate social interactions, increase their sense of worth and self-esteem as well as learn how to create boundaries for themselves and others.

Allison Sibley, Ph.D, LICSW; Amanda Good, MSW, LICSW; Molly Mattison, MSW, LICSW; Lori Seifter, MSW, LICSW; Maggie Noojin, MSW, LICSW; Georgette Saad, MSW, LICSW; Alexis Herschthal, MSW, LICSW; Justin Barrasso, MS, LGPC; Lisa Wilson, MSW, LICSW; Hahva Gallagher, MSW, LICSW, Lindsay Tiell, MSW, LICSW

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or

Contact: Amanda Good, MSW, LICSW, Clinical Director

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or

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

The Social Skills Center, PC

Oakton, VA, Woodbridge, VA, and Fredericksburg, VA

We are unique in what we do! The vast majority of Social Skills programs are “educationally” based. They rely on a manual that teaches a specific skill each week. The main intervention that this approach uses utilizes role-playing. Role-playing is unnatural and does not allow for real-life interactions among participants. Unfortunately, this generic, “one-size-fits-all” approach does not focus on specific needs of each participant. Instead, we encourage natural, free-flowing communication among group members. We truly understand the importance of relationships and we highly value the experience of “connectedness.” We encourage developing positive relationships with others, especially with fellow group members. The main intervention in our real-life groups is called “Incidental Teaching,” where Social Skills are taught in the moment – when the situation, feeling, or behavior occurs. Using this strategy, multiple skills are taught during each and every group meeting, and each Incidental Teaching moment is specifically made for that particular group member.

Clinicians: Christopher T. Haley, Psy.D.; Aneta Leczycki, Ph.D.; Peter Thaxter, Ph.D.; Jessica Taylor-Pickford, LCSW; Alaina Mazer, LPC; Beth Taft, MAEd, LCSW

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571-285-1403

[Visit our website at www.SocialSkillsGroups.net](http://www.SocialSkillsGroups.net)

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.

Email: danisaact@aol.com

4809 Saint Elmo Ave., Bethesda, MD 20814

301-913-5947



Abrams & Associates, LLC

Kensington, MD

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

Email: 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](http://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), Aspergers 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.

We also offer the CCC™ Kids Camp, which is a five-day half-day camp experience designed to provide intensive behavioral treatment for children between the ages of four and eight who are diagnosed with selective mutism (SM) and/or severe social anxiety. Our goal is to support the building of your child's confidence and success in speaking with adults and children outside the home directly prior to their return to school. Participating in the CCC™ camp will give your child the opportunity for a more successful transition to the new school year. It is generally offered in August prior to school starting. The camp is a structured experience in which children participate in a variety of engaging activities including outdoor sports, arts and crafts, and music. We also simulate typical classroom activities such as circle time, morning meeting, and center work. These activities provide children with hands on practice in verbal participation in a safe, school-like environment. Children receive individualized support, positive feedback and rewards to increase their brave behavior in anxious situations. The camp is directed by Drs. Kelly O'Brien and Veronica Raggi, two psychologists with extensive expertise in the treatment of SM. Children who are interested in participating must first meet 1:1 with Dr. O'Brien or Dr. Raggi to ensure they are a good fit for our program. If interested, please contact our intake coordinator at 301-593-6554 x23. During the school year, we also offer half-day group opportunities in the community for continued practice with brave talking with children and adults in new settings. Please contact our intake coordinator at the number listed above for more information.

Psychologists: Mary Alvord, Ph.D; Lisa Berghorst, Ph.D.; Andrea Chisolm, Ph.D.; Anahi Collado, Ph.D; Colleen Cummings, Ph.D; Michelle Gryczkowski, Ph.D; Keri Linas, Ph.D, Psy.D; Erin Lewis-Morrarty, Ph.D; Heather Loffredo, Psy.D; Elizabeth Malesa, Ph.D; Kelly O'Brien, Ph.D; Veronica Raggi, Ph.D; Nina Shiffrin, Ph.D; Sharon Thomas, Ph.D.; Candice Watson, Ph.D.; Susan Wilson, Ph.D.

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

Contact: Group Coordinator

Email: intake@alvordbaker.com

3200 Tower Oaks Boulevard, Suite 200, Rockville, MD 20852
8401 Connecticut Avenue, Suite 1120, Chevy Chase, MD 20815

301-593-6554

[Visit our website at www.alvordbaker.com](http://www.alvordbaker.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. These groups are generally separated into elementary, middle, and high school sections. For each age group, we offer multiple group options to best fit your child's needs. One of the groups we offer is a 15-week Social Effectiveness Therapy group for children and teens (SET-C) that is 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 students struggling with anxiety-based school refusal. These groups are ongoing and focused on providing skills and support to children and teens as they re-enter and then sustain attendance in school. We also offer the group Mindfulness Based Stress Reduction for Teens (MBSR-T) which is a group that teaches mindfulness-based techniques, skills, and tools that will help teens to function more adaptively and improve their quality of life.

Jonathan Dalton, Ph.D., Director; Renee DeBoard-Lucas, Ph.D.; Lindsay Scharfstein, Ph.D.; Rachel Singer, Ph.D.; Christina Brooks, Psy.D.; Kristin Bianchi, Ph.D.; Caitríona Hayes, Psy.D.

Contact: Valeria Cogliani, Clinic Coordinator

Email: clinic-coordinator@changeanxiety.com

414 Hungerford Drive, Suite 210, Rockville, MD 20850

301-610-7850

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

Center for Family Well-Being

Washington, DC

The Center for Family Well-Being, PLLC is a holistic psychotherapy practice for kids, teens, adults, and couples -- integrating specialized therapies of Western psychology with the deep wisdom of mindful awareness practices, including meditation, yoga, breath and sound awareness, and other mind-body approaches.

The Center's signature group program, Girls In Tune,[™] offers educational, experiential and playful mindful awareness groups for 'tween and teen girls to reduce stress, increase well-being, and strengthen their connections to themselves and others. Girls In Tune teen groups are mindfulness-based and friendship-focused with emphasis on developing girls' confidence, voice, and vibrancy while learning positive coping and relational skills. Through meditation, yoga, art, mindful movement games, "talk time," play and more, girls learn to "tune in" to themselves and discover the power within to create calm and connection.

Girls In Tune middle school and high school 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 managing feelings; and developing self-appreciation, esteem and confidence.

New offering Fall 2017: Boys In Tune group for 4th-, 5th- and 6th-grade boys. This 10-week mindfulness, play and friendship skill-building group will emphasize flexibility, empathy, and positive self-esteem, while boys grow confidence and self and social awareness. Boys will learn to initiate conversations, resolve conflict, and recognize and express emotions. Mindful awareness relaxation and self-regulation skills to calm body, mind, and emotions are taught and practiced each week.

Other current groups include: middle school girls group; two high school girls groups.

Kate Kelly, MA, MSW, LICSW; Elizabeth Ebaugh, MSW, LICSW; Lisa Oakley, MSW, LICSW, Lida Sunderland, MA.

Contact: Kate Kelly, Director

Email: Girlsintune@gmail.com

202-230-9307

5540 Connecticut Ave., NW, 2nd Flr, Washington, DC 20015

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, Ph.D, CGP

703-533-5824 ext 5

109 Park Washington Court, Falls Church, VA 22046

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

Crossroads Family Counseling Center, LLC

Fairfax, VA

At Crossroads Family Counseling Center, LLC we specialize in working with children and adolescents for over 25 years. We use the latest, evidence based play and expressive therapies along with time tested cognitive behavioral in group settings. The groups for Middle School Tweens and High School Teens provides support with a unique opportunity to develop and practice interpersonal and relationship skills including improved communication, empathy, awareness of others, problem solving and stress reduction.

Groups are schedule for 12 one hour group sessions after school. We offer a free group intake. Contact our Group intake coordinator.

Contact: Sheri Mitschelen, LCSW, RPT-S

Email: Sheri@crossroadsfamilycc.com

3611- C Chain Bridge Rd., Fairfax, VA 22030

703-380-9045

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

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.

Clinicians: Stephanie Natter, LCPAT, CGP - Clinical Director; David Drowos, Psy.D. - Assistant Clinical Director; Joseph Bechhofer, Psy.D.; Chandni "Chunnu" Bhatia, M.S., LCPC, NCC; Corine Crowley, Ph.D.; Adria Grey, NCC; Heather Norden, Psy.D.; Jacy Perkins, APRN, PMH; Susan Rail, LCSW-C; Emily Ray, Ph.D., BC-DMT; Diana Sabados, MA, LCPC, LCPAT; Andree Schillesci, M.A., BC-DMT; Jessica Simon, Psy.D., LCPAT, ATR-BC; Daniel Wagner, Psy.D.

Clinical Director: Stephanie Natter, MA, LCPAT, CGP

Email: info@expressivetherapycenter.com

10810 Darnestown Road Suite 103, North Potomac, MD 20878

4400 East-West Highway Suite 28, 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

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)

Growing Minds, Center for Child and Family Therapy Rockville, MD

Growing Minds offers expertise in social-emotional development for early childhood through adolescence. Our playful, experiential and evidence-based approach will engage your child and deepen your insight into your child's behaviors and inner-world. We provide parenting support and guidance in concrete parenting strategies to both manage challenges and highlight your family's unique strengths. Our integrative methods focus on the whole-child through individual, family, and group therapy modalities, along with collaboration with schools, specialists, and community resources.

Our social skills therapy groups are conducted by highly experienced therapists modeling a child-centered, strengths-based approach which creates a trusting relationship allowing for practice and coaching in desirable behaviors and correction of social mistakes. In small groups, the children learn to interact with friendly behaviors while also working on regulating impulses and emotions. While individual differences are accepted and valued, emphasis is on enhancing strength for positive social relationships. Children served include those with ADHD, anxiety, learning, behavior, social-emotional and self-esteem difficulties. Priorities for skill development include two-way conversation, taking turns, reading social cues, handling teasing, giving compliments, showing empathy, solving problems, managing emotions, and positive self-talk.

Groups are scheduled for 10-12 one hour after school sessions. Groupings include mixed diagnosis with average or higher intelligence and normal social potential. Because parents have a key role in supporting and reinforcing their child's social skill development, parent group meetings are held to discuss ways to enhance progress and apply skills to home and school situations.

Stanley A. Fagen, Ph.D.; Orly Zimmerman-Leizerov, LCSW-C; Jill Jerome, LCSW-C.

Contact: Orly Ziimmerman-Leizerov, LCSW-C

Email: Orly@growingmindstherapy.com

301-235-9927

3204 Tower Oaks Blvd., Suite 180, Rockville, MD 20852

<http://www.growingmindstherapy.com>

In Step, PC

Fairfax, VA and Sterling, VA

In Step has offered comprehensive counseling and consultation services to families in the metro DC area since 1995. We offer a full range of services including individual, family, parent consultation, and psychological testing services, and our primary specialization is working in groups with kids, teens and adults.

Our middle and high school groups include: Girls Social Confidence, Boys Social Development, LEGO® Social Development for Middle Schoolers on the Spectrum, Mixed Gender Interpersonal Development Groups, Adopted Teen Support and Understanding, Anger Management, and Improv Social Development groups.

Cathi Cohen LCSW, Director

Email: info@insteppc.com

8500 Executive Park Avenue, Ste 204, Fairfax VA 22031

[Visit our websites www.instepc.com](http://www.instepc.com) and www.cathicohensocialig.com

Integrative Therapy of Greater Washington

Rockville, MD

We are a practice of psychologists, social workers and marriage and family therapists 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, families 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 offer several unique 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). Our Adolescent Boys group, which meets on Saturdays at 11:00am is geared for older male teens that might be struggling with fitting in, anxiety, or depression. Mindful Teens is open to any high school aged participant and combines mindfulness techniques, yoga and therapy. We have a Young Adult group for those that are college aged or in their early 20's and struggling with mood issues. Co-ed high school group that works with social issues, attentional problems and mood disorders. The group is for Juniors, Seniors, and rising Freshman in college and takes the approach of support, education and skill building. The group meets on Saturday mornings. Contact Nanci Brown: nbrown@greaterwashingtontherapy.com for more details. College Transitions Group--a group for young adults who have started college,

but have returned home prior to earning their diploma. This is a group that helps to focus on underlying mental health concerns in a supportive peer environment so that future goals can be met.

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

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](http://www.GreaterWashingtonTherapy.com)

Jewish Social Service Agency (JSSA)

Rockville, MD and Fairfax, VA

JSSA offers psychotherapy and social skills therapy groups for children with anxiety, ADHD, emotional and behavioral issues, autism spectrum disorders, and other related disorders. Social skills therapy groups focus on taking turns, friendly behaviors, reading social cues, self-control, handling bullying and teasing, working cooperatively, social conversation, building self-esteem, and solving problems. JSSA also offers anger management workshops for adolescents, as well as support groups for siblings of children with disabilities, children experiencing separation or divorce, and children coping with the loss of a parent. Early childhood services are available for toddlers and young children, including counseling, psychosocial evaluation, and skill development for managing challenging behavior.

Group Therapists: Jill Jerome Parsons, LCSW-C, LCSW-C; Zach Lehman, LCSW-C; Elliott Schwartz, LCSW; Suzanne Adelman, LCSW-C; Ellen Lebedow, LCSW-C; Irene Mednick, LCSW-C; Heidi Cohen, LCSW-C

Email: contactus@jssa.org

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

3025 Hamaker Court, Suite 450, Fairfax, VA 22031
703-896-7918

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

Kate McClain Social Skills

Falls Church, VA and Baltimore, MD

Kate McClain Social Skills provides social skills groups, camps, internships, and mentoring for children, teens, and young adults with a variety of social and communication challenges, including those with a diagnosis of Autism, PDD-NOS, ADD/ADHD, anxiety, and sensory issues, as well as those without a diagnosis who are having trouble with peer and adult relationships. We offer Mentored Internships for teens and young adults ages 13-18. An internship is no longer an optional benefit, but an essential stepping stone for collegiate and career success. We help your teen gather those workplace wins, identify them, and then learn to talk about them. Additionally, we are right there with your teen, each day on the job, learning to decipher the unwritten rule book of the workplace so the transition from the school world to the work world is as smooth as possible. The program has 3 main goals: social skills, independent living skills, and on-the-job skills. When a family applies, we review the application and call the parent to ascertain whether the program might be a good fit. Then, we have an intake meeting where we do a personality, interest, and ability inventory. We take into account the teen's career, academic, and extracurricular interests, as well as their current level of executive functioning and independent living skills. Then, we begin looking for internships. We communicate with each family about internship possibilities and work tirelessly until the perfect internship match is achieved. All participants who display a willingness to work and a positive attitude will be accepted until the program is full. Interns will be accompanied to the internship by a Mentor, who will shadow the interns and provide constructive feedback throughout the entire process.

Clinicians: Kate McClain, BA, certified K-12 Special Education Teacher, former ABA and Floortime therapist; Amanda Reisz, LCSW-C, licensed in VA and MD; Sharon Zajc-Mergler BS, M.Ed; Audrey Awa, BS; Gina Ferrara, M.Ed, Jenna Clifton, BS; Natalie Miller, B.A., Nicole Mastin, B.A., Krysta Koubek, M.A.

Contact: Kate McClain, BA

Email: kate.mcclain@katemcclainsocialskills.com

210 E. Broad St., Falls Church, VA 22046
205 E. Melrose Ave., Baltimore, MD 21212

202-550-7785

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

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, Psy.D, 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](http://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; Jeannette Campbell Bjorklund, LCSW-C; Laurie Nelson, LCPC; Gale Greenstein, LCSW-C

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

301-230-9490

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

Rebecca Resnik and Associates Psychological Care

Bethesda, MD and Rockville, MD

If you or your child are experiencing challenges with social skills, anxiety, depression, self-esteem, family changes, medical issues or life transitions, Resnik and Associates can help! From pre-school age through young adults, group members are carefully matched to their peers based on specific areas of concern, goals and personally fit to form small groups of 2-5 members. Clients can expect to enjoy a variety of approaches that may include cognitive behavioral therapy, play therapy and expressive therapies, such as art and drama.

Clinicians: Laura Morlok, LCPC; Helen Ehlers, Psy.D; Jennifer Fleming, LCPC; Jaclyn Halpern, Psy.D; Susan Rail, LCSW-C; Simone Schwager, LCSW-C

Contact: Laura Morlock, LCPC, Director of Psychotherapy

Email: groups@resnikpsychology.com

301-581-1120

5602 Shields Drive, Suite A., Bethesda, MD 20817
11510 Old Georgetown RD, Suite F, Rockville, MD 20852

[Visit our website at www.resnikpsychology.com/services/group-therapy](http://www.resnikpsychology.com/services/group-therapy)

[Visit our group therapy listing at tinyurl.com/ResnikGroups](http://tinyurl.com/ResnikGroups)

The Ross Center

Washington, DC and Northern Virginia

For over 20 years, the Ross Center's multidisciplinary staff has delivered short-term evidenced-based treatment for anxiety and related disorders across the age-span. The practice is nationally recognized for its high quality of services, offering comprehensive care using a team approach that includes options of individual and group therapy, as well as psychiatric care. The Ross Center's Child and Adolescent specialty offers groups for youth struggling with anxiety, and is continually expanding group offerings based on patient needs and staff expertise. Currently, two Cognitive Behavior Therapy (CBT) groups are available: Social Anxiety Disorder Group for Teens, and College Readiness Group for Anxious Teens. Both groups are structured and time-limited (eg, 8 weekly sessions), and are kept at a small size (5-8 participants). Typically, groups begin in early Fall and early Spring, but given sufficient interest, they can begin at any time. The Ross Center groups are run by clinical psychologists specializing in the treatment of anxiety in teens using CBT, and focus on teaching concrete skills and tools to address anxiety. Therapists employ the use of behavioral "exposures" to actively address anxiety-provoking situations, and also draw from Acceptance and Commitment Therapy (ACT) to teach mindfulness strategies. Participants should expect to engage in home practice of skills, as well as to complete weekly anxiety and behavioral logs. Groups are under the direction of Kathy HoganBruen, PhD, Group Therapy Program Director.

Contact: Parris Maddox, Group Therapy Coordinator: (202) 363-1010

Email: DCinfo@rosscenter.com

5225 Wisconsin Avenue NW, Suite 400 Washington, DC 20015
202-363-1010

1595 Spring Hill Road, Suite 520 Vienna, VA 22182
703-687-6610

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

The Sibley Group

Washington, DC

The Sibley Group is a team of 11 specialized therapists who provide positive psychotherapy for families, adults and couples in the DC area. We offer groups for parents, children, teenagers, and young adults.

Middle School Core Skills Groups: This middle school core skills girls group aims to help increase self-esteem and security in relationships and reduce symptoms of anxiety and depression. It targets three main areas of development for skill training: competence, confidence and connection. **Middle School Boys Groups:** This group targets middle school boys who need help with social and interpersonal skills because they may be having trouble making and keeping friends, interacting in groups, or projecting confidence in groups or on their own. These boys will get a chance to practice their leadership and interpersonal skills through their collaborative work on an innovative project together. **High School Groups for Girls with Anxiety and Depression:** Our high school groups for anxiety and depression provide girls with weekly skills and experiential actions that are designed to help them build a stronger core self. The primary goal is to help girls become their strongest and most balanced emotional selves and this will serve to increase self-esteem and security in their relationships, and reduce symptoms of anxiety and depression. **Creativity Groups for Middle School and High School Girls:** We also run a summer or school-year creativity group for middle school and high school girls who have issues with self-esteem, anxiety, or mood, and who would benefit from using art to express and work through issues as they create thoughtful, insightful arts and crafts. It is based on the concepts of self-exploration and the importance of making room for and developing one's ability to be mindful and curious in a creative way.

College Transitions Group Seminar: We offer a college transitions group seminar for 12th graders and first-year college students who could use support coping with the transition from high school to college. This group is specifically a goal-setting accountability group for young adults who are working on developing greater responsibility for their own self-care—especially around issues of depression, eating issues and anxiety.

Allison Sibley, Ph.D, LICSW; Amanda Good, MSW, LICSW; Molly Mattison, MSW, LICSW; Lori Seifther, MSW, LICSW; Maggie Noojin, MSW, LICSW; Georgette Saad, MSW, LICSW; Alexis Herschthal, MSW, LICSW; Justin Barrasso, MS, LGPC; Lisa Wilson, MSW, LICSW; Hahva Gallagher, MSW, LICSW, Lindsay Tiell, MSW, LICSW

Contact: Allison Sibley, Ph.D, LICSW, Director

Email: Allison@thesibleygroupdc.com

202-744-1086

or

Contact: Amanda Good, MSW, LICSW, Clinical Director

Email: Amanda@thesibleygroupdc.com

301-906-7007

or

Contact: Kendra Smith, Executive Assistant

Email: info@thesibleygroupdc.com

301-679-8827

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

The Social Skills Center, PC

Oakton, VA, Woodbridge, VA, and Fredericksburg, VA

We are unique in what we do! The vast majority of Social Skills programs are “educationally” based. They rely on a manual that teaches a specific skill each week. The main intervention that this approach uses utilizes role-playing. Role-playing is unnatural and does not allow for real-life interactions among participants. Unfortunately, this generic, “one-size-fits-all” approach does not focus on specific needs of each participant. Instead, we encourage natural, free-flowing communication among group members. We truly understand the importance of relationships and we highly value the experience of “connectedness.” We encourage developing positive relationships with others, especially with fellow group members. The main intervention in our real-life groups is called “Incidental Teaching,” where Social Skills are taught in the moment – when the situation, feeling, or behavior occurs. Using this strategy, multiple skills are taught during each and every group meeting, and each Incidental Teaching moment is specifically made for that particular group member.

Clinicians: Christopher T. Haley, Psy.D.; Aneta Leczycki, Ph.D.; Peter Thaxter, Ph.D.; Jessica Taylor-Pickford, LCSW; Alaina Mazer, LPC; Beth Taft, MAEd, LCSW

Contact: Christopher T. Haley, Psy.D.

Email: DrHaley@SocialSkillsGroups.net

2960 Chain Bridge Road, Suite 200
Oakton, VA 22124

13885 Hedgewood Drive, Suite 233
Woodbridge, VA 22193

601 Jefferson Davis Highway, Suite 101
Fredericksburg, VA 22401

571-285-1403

[Visit our website at www.SocialSkillsGroups.net](http://www.SocialSkillsGroups.net)

Therapy and Mindfulness Practices, LLC

Bethesda, MD

Therapy and Mindfulness Practices LCC offers support to adolescents and young adults who are struggling with mental health concerns including (but not limited to) anxiety, depression, self harming behaviors and substance abuse. Cognitive behavioral therapy for tweens, teens and young adults. Mindfulness practices including yoga, meditation, and other coping skills can be taught and incorporated into sessions. Private yoga instruction available upon request.

Tween and Teen Groups for Girls:

- Open and ongoing psychotherapy group for high school girls
- Psycho-educational groups for anxiety, depression and other mental health concerns.
- Monthly mindfulness workshops for tween girls.

Contact: Meghan Renzi, LCSW-C, RYT-200

Email: Meghanrenzi@therapyandmindfulness.com

4405 East West Highway Suite 502, Bethesda, MD 20814

240-479-4894

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

Daniel Turetsky, Psy.D, 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

The Wake Kendall Group, PLLC

Washington, DC

The Wake Kendall Group is a team of experienced psychologists and psychotherapists who provide individual, couples, group and family therapy to children, adolescents and adults. We do psychoeducational, neuropsychological and independent school admissions testing, as well as school consultations. We have a fully adherent adolescent DBT (Dialectical Behavior Therapy) program as well as groups for adolescents for anxiety and MBSR-T (Mindfulness Based Stress Reduction for Teens). We will be offering this program for children as well. We are also offering again this fall our Mindful Parenting Program for parents of all ages.

Clinicians: Anne Wake, Ph.D.; Anne Kendall, Ph.D.; Margaret Isenman, M.A.T.; Janell Schweickert, Ph.D.; Katherine Nitz, Ph.D.; Sunita Duggal, Ph.D.; Frances Brookner, Psy.D.; Lenette Gimple Snyder, LPC; Sarah Mintz, Ph.D.; Alexandra Cargo, Ph.D.; Courtney Conn, Ph.D.; Anna Rosch, Psy.D.; Kimberly Wolfe, LICSW; Margo Genderson, Ph.D.; Sara Geisser, Ph.D.; Amber Groomes, Ph.D.; Rachel Altvater, LCPC, RPT, Clinical Psychology Doctoral Candidate.

Contact: Lenni Snyder, LPC

Email: lsnyder@wakekendall.com

5247 Wisconsin Avenue, NW Suite 4, Washington, DC 20015

202-686-7699

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



Abrams & Associates, LLC

Kensington, MD

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, Ph.D, 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](http://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). Childrens 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, Ph.D; Lisa Berghorst, Ph.D.; Andrea Chisolm, Ph.D.; Anahi Collado, Ph.D; Colleen Cummings, Ph.D; Michelle Gryczkowski, Ph.D; Keri Linas, Ph.D, Psy.D; Erin Lewis-Morrarty, Ph.D; Heather Loffredo, Psy.D; Elizabeth Malesa, Ph.D; Kelly O'Brien, Ph.D; Veronica Raggi, Ph.D; Nina Shiffrin, Ph.D; Sharon Thomas, Ph.D.; Candice Watson, Ph.D.; Susan Wilson, Ph.D.

Clinical Social Workers: Betsy Carmichael, 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 Center for Anxiety and Behavioral Change

Rockville, MD

We are happy to offer a 8-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.

Jonathan Dalton, Ph.D., Director; Johanna Kaplan, Ph.D.; Renee DeBoard-Lucas, Ph.D.; Lindsay Scharfstein, Ph.D.; Rachel Singer, Ph.D.; Christina Brooks, Psy.D.; Kristin Bianchi, Ph.D.

Contact: Victoria Bacon, Clinic Coordinator

Email: vbacon@changeanxiety.com

414 Hungerford Drive, Suite 252, Rockville, MD 20850

301-610-7850

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

Center for Family Well-Being

Washington, DC

Parents In Tune workshops, groups, and short courses are offered to families both 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. The groups are mindfulness-based, educational, experiential, and supportive -- designed to help parents increase their skills and capacities for “tuning in” to themselves and their kids/teens. Parents will learn the neuroscience of the “anxious” brain and practice mindful-awareness skills to decrease their reactivity and increase their capacities to respond more skillfully and effectively with their kids— even in the presence of strong emotions. Developmental issues are also discussed.

Kate Kelly, MA, MSW, LICSW; Elizabeth Ebaugh, MSW, LICSW

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

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

301-652-1582

[Visit our website at http://the-chrysalis-group.com](http://the-chrysalis-group.com)

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 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, Ph.D, 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)

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.

Clinicians: Stephanie Natter, MA, LCPAT, CGP - Clinical Director; David Drowos, Psy.D - Assistant Clinical Director; Susan Rail, LCSW-C; Heather Norden, Psy.D; Jacy Perkins, APRN, PMH; Diana Sabados, MA, LCPC, LCPAT; Andree Schillesci, MA, BC-DMT; Daniel Wagner, Psy.D; Melissa Nicolaou, MA, LGPC; Jessica Simon, Psy.D, LCPAT, ATR-BC; Emily Ray, Ph.D, BC-DMT; Lucrezia Mangione, MA, LCPC, CMT, CHTP/I, NCC; Corine Crowley, Ph.D.; Tausha Watson, Psy.D, RPT

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

Email: info@expressivetherapycenter.com

10810 Darnestown Road, Suite 103, North Potomac, MD 20878

4400 East-West Highway, Suite 28, 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

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)

In Step, PC

Fairfax, VA and Sterling, VA

In Step has offered comprehensive counseling and consultation services to families in the metro DC area since 1995. We offer a full range of services including individual, family, parent consultation, and psychological testing services, and our primary specialization is working in groups with kids, teens and adults.

Our adult and parent groups include: Support Group for Parents of Kids and Teens, Stepping Stones® Parent Groups, LEGO® Social Development, Parents of Challenging Children groups, Parent Feedback and Skill Building Groups.

Cathi Cohen LCSW, Director

Email: info@insteppc.com

8500 Executive Park Avenue, Ste 204, Fairfax VA 22031

[Visit our websites www.insteppc.com](http://www.insteppc.com) and www.cathicohensocialiq.com

Integrative Therapy of Greater Washington

Rockville, MD

We are a practice of psychologists, social workers and marriage and family therapists 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, families, 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 (Tuesdays 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 the first Tuesday at 12pm). Parenting/Pregnancy After Loss is a group for those that are expecting or raising children born after loss and meets the 4th Tuesday of the month at noon. Additionally, we have other pregnancy/fertility related groups.

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

Contact: Julie Bindeman, PsyD

Email: jbindeman@greaterwashingtontherapy.com

5818 B Hubbard Drive Rockville, Maryland 20852

301-468-4849

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

Jewish Social Service Agency (JSSA)

Rockville, MD and Fairfax, VA

JSSA, a non-sectarian non-profit organization, has many resources for parents, including support groups for those with special needs children, those coping with the loss of a loved one, those grieving the loss of a loved one to suicide, and those who need guidance caring for their aging parents. JSSA also offers collaborative divorce coaching for parents in the process of a divorce. Our social skills therapy groups for children also offer guides for parents to take home to use and improve on skills that children learn in groups. Some of the groups for children and teens 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; Heidi Cohen, LCSW-C

Contact: JSSA's Inquiry and Screening Department, (301)-816-2633 (Rockville office) and (703)-896-7918 (Northern Virginia office)

Email: contactus@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](http://www.jssa.org)

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

1483 Chain Bridge Road, Suite 301, McLean, VA 22101

703-401-5394

[Visit our website at www.mcleanpsychotherapy.com](http://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; Jeannette Campbell Bjorklund, LCSW-C; Laurie Nelson, LCPC; Gale Greenstein, LCSW-C

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

301-230-9490

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

The Sibley Group

Washington, DC

The Sibley Group is a team of 10 specialized therapists who provide positive psychotherapy for families, adults and couples in the DC area. We offer groups for parents, children, teenagers, and young adults. To enroll in a group or view as at www.thesibleygroupdc.com. **Divorce Support Group for Parents:** Our parent therapist at The Sibley Group, Molly Mattison, has joined efforts with a local certified divorce coach, Cherie Morris trained as a lawyer and writer, to create a series of Divorce Support Groups for parents pre-, post- and during the process of divorce.

Allison Sibley, Ph.D, LICSW; Amanda Good, MSW, LICSW; Molly Mattison, MSW, LICSW; Lori Seifter, MSW, LICSW; Maggie Noojin, MSW, LICSW; Georgette Saad, MSW, LICSW;

Alexis Herschthal, MSW, LICSW; Justin Barrasso, MS, LGPC; Sidney Knight, MSW, LICSW;
Hahva Gallagher, MSW, LGSW

Contact: Allison Sibley, Ph.D, LICSW, Director

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or

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301-906-7007

5236 44th Street NW #4, Washington DC 20015

202-237-1196 (office)

202-744-1086 (cell)

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

The Social Skills Center, PC

Oakton, VA, Woodbridge, VA, and Fredericksburg, VA

We are unique in what we do! The vast majority of Social Skills programs are “educationally” based. They rely on a manual that teaches a specific skill each week. The main intervention that this approach uses utilizes role-playing. Role-playing is unnatural and does not allow for real-life interactions among participants. Unfortunately, this generic, “one-size-fits-all” approach does not focus on specific needs of each participant. Instead, we encourage natural, free-flowing communication among group members. We truly understand the importance of relationships and we highly value the experience of “connectedness.” We encourage developing positive relationships with others, especially with fellow group members. The main intervention in our real-life groups is called “Incidental Teaching,” where Social Skills are taught in the moment – when the situation, feeling, or behavior occurs. Using this strategy, multiple skills are taught during each and every group meeting, and each Incidental Teaching moment is specifically made for that particular group member.

Clinicians: Christopher T. Haley, Psy.D.; Aneta Leczycki, Ph.D.; Peter Thaxter, Ph.D.; Jessica Taylor-Pickford, LCSW; Alaina Mazer, LPC; Beth Taft, MAEd, LCSW

Contact: Christopher T. Haley, Psy.D.

Email: DrHaley@SocialSkillsGroups.net

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Oakton, VA 22124

13885 Hedgewood Drive, Suite 233
Woodbridge, VA 22193

601 Jefferson Davis Highway, Suite 101
Fredericksburg, VA 22401

571-285-1403

[Visit our website at www.SocialSkillsGroups.net](http://www.SocialSkillsGroups.net)

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