

Guide to Therapy Groups

2018 – 2019

Washington, DC Metropolitan Area

www.groups4kids.com

Compiled and published by

Mary Alvord, PhD

Washington, DC
Metropolitan Area

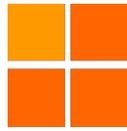
Guide to Therapy Groups 2018-2019

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 2018-2019

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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.

Mindfulness for Upper Elementary Schoolers: This is a time-limited and skills based group that draws heavily from the mindfulness-based stress reduction (MBSR) approach. Mindfulness is the act of intentionally attending to one's present moment-to-moment experiences in a open and nonjudgmental way. Through mindfulness strategies, one is able to calm the mind, and be less reactive and more purposeful in their responses. Mindfulness techniques have been heavily studied in the literature and have been found to have many benefits including reduced 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 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](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.

Alvord, Baker & Associates, LLC is pleased to offer groups for children with selective mutism this fall. The focus of these groups is on the continued practice and reinforcement of brave speech and social interaction with peers and adults in a fun and safe setting. Groups will meet for 60 minutes each session and run for approximately 8 weeks. They will be held at our Chevy Chase location at 8401 Connecticut Ave., Suite 1120, Chevy Chase, MD 20815. Please email or call Veronica Raggi at vraggi@alvordbaker.com or 301-593-6554, ext 57 for more information

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; Andrea Chisolm, Ph.D.; Anahi Collado, Ph.D; Colleen Cummings, Ph.D; Ryan DeLapp, 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)

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

50 W. Montgomery Ave suite 110 Rockville, MD 20850

301-610-7850

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

The Center for Family Well-Being

Washington, DC

The Center for Family Well-Being is a group of highly trained holistic therapists located in NW DC who skillfully integrate Western psychotherapy with the deep wisdom of Eastern mindful-awareness practice, as well as other mind-body healing methods -- both traditional and modern -- for the optimal well-being of kids, teens, adults, couples, and families. The benefits of combining psychotherapy with mindful awareness are clear: reduced anxiety; increased focus and attention; happier relationships; and greater calm, creativity, and well-being.

Now in its 8th year, the Center's signature group program, Girls In Tune™, offers educational, experiential, playful, and developmentally appropriate mindful-awareness groups to help girls actively practice relational and self-regulation skills; reduce stress; increase joy and well-being; and strengthen connections to themselves and others. Groups are designed to help participants grow confidence, vibrancy, and voice, while also learning positive coping and relational skills.

Groups are appropriate for girls who need assistance with: coping and regulation skills (emotional and behavioral); learning to “read” themselves and others (i.e., managing friendships); reducing anxiety, managing feelings; and developing self-appreciation, compassion, and confidence.

We also offer, now in their 2nd year, Boys In Tune™ groups. These mindfulness, play, activity, and skill-building groups emphasize flexibility, empathy, positive self-esteem, and growing self and social awareness. Boys will learn to gain confidence, grow their friendship skills, resolve conflict, and recognize and express emotions.

Fall 2018 Girls In Tune groups: Middle school girls group; two high school girls groups.

Fall 2018 Boys In Tune groups: Middle school boys group

Clinicians: Kate Kelly, MA, MSW, LICSW; Elizabeth Ebaugh, MSW, LICSW; Lisa Oakley, MSW, LICSW; Lida Sunderland, MA, LGPAT, LGPC; Mali Jimenez, MSW, LICSW

Contact: Kate Kelly, Director

Email: Kate@centerforfamilywellbeing.com

202-230-9307

5039 Connecticut Ave., NW #7, Washington, DC 20008

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

For over 20 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. Our groups offer a combination of process-oriented and social skills-building strategies and incorporate art, play, movement, and traditional “talk” techniques. These skills may be affected by ADHD, ASD, anxiety, depression, learning challenges, emotion regulation, and general relationship deficits. Offering a variety of support groups for all ages, children are carefully assessed for group placement based on age, need, and developmental level.

Clinicians: Stephanie Natter, LCPAT, CGP, Clinical Director; Ashley Williams, LGPC, Intake Coordinator; Joseph Bechhofer, Psy.D.; Chandni “Chunnu” Bhatia, M.S., LCPC, NCC; Corine Crowley, Ph.D.; Adria Grey, LGPC, NCC.; Jacy Perkins, APRN, PMH; Susan Rail, LCSW-C; Diana Sabados, MA, LCPC, LCPAT; Andree Schillesci, M.A., BC-DMT; Daniel Wagner, Psy.D, Aaron Cooper, LCSW-C; Vicky Nogales, MFT, Jason Moehringer, 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

We are an interdisciplinary group of child therapy and development specialists in the fields of psychology, neuropsychology, and social work. For more than twenty 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 groups (2-6 children) 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; Jarred Sharar, RDT -- Registered Drama Therapist; Julie Liddle, M.A., ATR – Registered Art Therapist

Director, Group Therapy: Larisa Perez deGraffenreid, LCSW

Email: Larisa.deGraffenreid@familycompass.com

11150 Sunset Hills Road Suite 150, Reston, VA 20190

703-471-5517 ext. 199

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

Granato Group

McLean, Reston, Arlington, Alexandria, Manassas, VA

At Granato Group, we believe in a holistic approach to healing that addresses the multiple physical, emotional, relational and environmental factors that shape your sense of well-being. Let our team of compassionate, experienced professionals partner with you to help you feel better, live better, and enjoy more fulfilling relationships at home and at work.

We currently have 25 and growing practitioners who are listed on our website www.granatogroup.com/our-team/

There are a variety of Psy. D, Ph D., Psychologists, LPC, LCSW, and LMFT

Contact: Patient Care Specialists at main number or email below

Email: register@granatogroup.com

703-831-8300

Main office: 1630 Beverly Rd. Suite 200, McLean, VA 22101
Reston: 1800 Michael Faraday Dr. Suite 201, Reston, VA 20190
Arlington: 1655 Ft. Meyer Drive, Arlington, VA 22209
Alexandria: 1800 Diagonal Rd. Suite 649, Alexandria, VA 22314
Manassas: 9300 Forest Point Circle, Manassas, VA 20110

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

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

Growing Minds offers expertise in social-emotional development for preschool through middle school ages. Our playful, experiential and evidence-based approach will engage your child and deepen your insight into your child's behaviors and inner-world. 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 or missed cues. In small groups, the children learn to interact with friendly behaviors while also working on regulating their own 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 weekly 60-minute sessions for 10-12 weeks. Groupings include mixed diagnosis with average or higher intelligence and typical 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.; Jill Jerome, LCSW-C.; Orly Zimmerman-Leizerov, LCSW-C; Amy Pelletier, LCSW-C

Contact: Anne Zgorski,
Email: intake@growingmindstherapy.com
301-235-9927 ext 0

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

[Visit our website: www.growingmindstherapy.com](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. Children Groups: **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); **TWEEN GROUP**: A group designed to assist adolescents, ages 12-14, that are struggling with mood disorders or societal pressures.

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

Contact: Julie Bindeman, Psy.D

Email: itgwmarketing@gmail.com

5818 B Hubbard Drive Rockville, Maryland 20852

301-468-4849

[Visit our website at www.GreaterWashingtonTherapy.com](http://www.GreaterWashingtonTherapy.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. We are excited to now be offering DBT Skills Groups. Please contact Nicole McGarry, LPC (202) 641-8429 for more information or visit our [website](#).

Clinicians:

Lisa Elkin, Psy.D 571-238-6524

Anne Fleury, LCS 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)

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; Picciotta, Psy.D.

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 Sibley Group

Washington, DC

The Sibley Group is a team of 14 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: In our social skills groups for school-age boys we teach them how to understand their own thoughts, feelings, and actions and to “think about,” “feel about,” and understand other’s thoughts and feelings. We also are offering a group for high school boys who are dealing with depression.

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. These groups are typically

offered to middle school and high school girls. We also offer a specialized integrative group for high school girls dealing with mood dysregulation.

Groups for Parents: We provide educational workshops for parents and clients through the year, including such topics as anxiety reduction strategies, identifying mental health issues with your teen, helping your developing preschooler, etc. We offer specialized parent groups for new parents and moms dealing with post-partum depression or pregnancy/mothering issues.

Clinicians: 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, Abi Manning, MA, LPC, Alexander Chan, Ph.D, LMFT; Jocelin Bailey, MSW, LICSW

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

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or

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301-906-7007

or

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301-679-8827

5236 44th Street NW #4, Washington DC 20015

[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 S

ping 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., and associates

Contact: Christopher T. Haley, Psy.D.
Email: DrHaley@SocialSkillsCenter.com

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

Psych and Life Skills: 703-490-0336
Social Skill Center: 571-285-1403

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

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: DrDanielTuretsky@gmail.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.

Mindfulness for Middle Schoolers/High Schoolers: This is a time-limited and skills based group that draws heavily from the mindfulness-based stress reduction (MBSR) approach. Mindfulness is the act of intentionally attending to one's present moment-to-moment experiences in a open and nonjudgmental way. Through mindfulness strategies, one is able to calm the mind, and be less reactive and more purposeful in their responses. Mindfulness techniques have been heavily studied in the literature and have been found to have many benefits including reduced 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 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.

Contact: Intake Coordinator

Email: intake@abramsandassociates.com

301.949.2098, ext 1

Kay Abrams, PhD, Director

3841 Farragut Avenue, Kensington, MD 20895

[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 **Cool, Confident and Courageous Group**: Building Speech and Socialization Skills in Adolescents with Severe Social Anxiety and/or Selective Mutism. Alvord, Baker & Associates, LLC is excited to offer a new, 8-week, weekly therapeutic group to help adolescents with severe social anxiety and/or selective mutism practice initiating and building social interactions with their peers in a fun and relaxed setting. Evidence-based techniques for encouraging and building speech and conversation skills will be utilized in the context of structured activities. There will be a total of 8 weekly sessions offered on Monday at 6:45pm starting September 24, 2018. Groups will be held at our Chevy Chase location at 8401 Connecticut Ave., Suite 1120, Chevy Chase, MD 20815. An intake is required prior to enrollment. If you would like to register, please call 301-593-6554 x23 or contact our intake@alvordbaker.com. Alternatively, you can send the group leader, Dr. Veronica Raggi, an email at vraggi@alvordbaker.com.

The Mindfulness-Based Stress Reduction for Teens Program (MBSR-T) is a research-based course designed to help teens 14-19 years of age learn simple yet effective mindfulness practices that they can use to increase their focus, manage stress, and enjoy life. Mindfulness means noticing your thoughts, emotions, and sensations in the present moment without judgement. This group will help stressed teens learn to recharge, be kind, and grow wise through the practice of mindfulness. For more

information, contact our intaker coordinator at intake@alvordbaker.com or the group leader, Dr. Erin Lewis-Morrarty at 301-593-6554 x12 or email at elewis@alvordbaker.com.

Teen Perfectionism Group: Alvord, Baker & Associates, LLC is pleased to offer a 12-week group for high school students with perfectionism. The focus of the group is on cognitive-behavioral strategies to reduce perfectionistic thoughts and behaviors and increase confidence and self-worth. Academic-oriented perfectionism will be emphasized, though skills can be applied across all domains. If you are interested in more information about the group, please contact our intake coordinator at intake@alvordbaker.com or the group leader, Dr. Michelle Gryczkowski at mgryczkowski@alvordbaker.com or leave a detailed message with your name and contact information at 301-593-6554, ext 56.

Psychologists: Mary Alvord, Ph.D; Andrea Chisolm, Ph.D.; Anahi Collado, Ph.D; Colleen Cummings, Ph.D; Ryan DeLapp, 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

50 W. Montgomery Ave suite 110 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 is a group of highly trained holistic therapists located in NW DC who skillfully integrate Western psychotherapy with the deep wisdom of Eastern mindful-awareness practice, as well as other mind-body healing methods — both traditional and modern — for the optimal well-being of kids, teens, adults, couples, and families. The benefits of combining psychotherapy with mindful awareness are clear: reduced anxiety; increased focus and attention; happier relationships; and greater calm, creativity, and well-being.

Now in its 8th year, the Center’s signature group program, Girls In Tune™, offers educational, experiential, playful, and developmentally appropriate mindful-awareness groups to help girls actively practice relational and self-regulation skills; reduce stress; increase joy and well-being; and strengthen connections to themselves and others. Groups are designed to help participants grow confidence, vibrancy, and voice, while also learning positive coping and relational skills.

Groups are appropriate for girls who need assistance with: coping and regulation skills (emotional and behavioral); learning to “read” themselves and others (i.e., managing friendships); reducing anxiety, managing feelings; and developing self-appreciation, compassion, and confidence.

We also offer, now in their 2nd year, Boys In Tune™ groups. These mindfulness, play, activity, and skill-building groups emphasize flexibility, empathy, positive self-esteem, and growing self and social awareness. Boys will learn to gain confidence, grow their friendship skills, resolve conflict, and recognize and express emotions.

Fall 2018 Girls In Tune groups: Middle school girls group; two high school girls groups. One group, specifically for high school seniors, helps teens navigate the developmental, social, emotional, and practical challenges of their final year of high school.

Fall 2018 Boys In Tune groups: Middle school boys group

Clinicians: Kate Kelly, MA, MSW, LICSW; Elizabeth Ebaugh, MSW, LICSW; Lisa Oakley, MSW, LICSW; Lida Sunderland, MA, LGPAT, LGPC; Mali Jimenez, MSW, LICSW

Contact: Kate Kelly, Director

Email: Kate@centerforfamilywellbeing.com

202-230-9307

5039 Connecticut Ave., NW #7, Washington, DC 20008

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://washingtong.org](http://washingtong.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 are offered for adolescents with a variety of issues including depression, anxiety, self-esteem, anger management, eating disorders, academic problems, ADHD, ASD, general social skills deficits, substance abuse, and more. Groups are designed to provide support for adolescents in establishing coping skills to better handle their personal, environmental and interpersonal stress. Teens are carefully assessed for group placement based on age, need, and developmental level.

Clinicians: Stephanie Natter, LCPAT, CGP, Clinical Director; Ashley Williams, LGPC, Intake Coordinator; Joseph Bechhofer, Psy.D.; Chandni “Chunnu” Bhatia, M.S., LCPC, NCC; Corine Crowley, Ph.D.; Adria Grey, LGPC, NCC.; Jacy Perkins, APRN, PMH; Susan Rail, LCSW-C; Diana Sabados, MA, LCPC, LCPAT; Andree Schillesci, M.A., BC-DMT; Daniel Wagner, Psy.D, Aaron Cooper, LCSW-C; Vicky Nogales, MFT, Jason Moehringer, 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

We are an interdisciplinary group of child therapy and development specialists in the fields of psychology, neuropsychology, and social work. For more than twenty 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 groups (2-6 children) 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; Jarred Sharar, RDT — Registered Drama Therapist; Julie Liddle, M.A., ATR – Registered Art Therapist

Director, Group Therapy: Larisa Perez deGraffenreid, LCSW

Email: Larisa.deGraffenreid@familycompass.com

11150 Sunset Hills Road Suite 150, Reston, VA 20190

703-471-5517 ext. 199

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

Granato Group

McLean, Reston, Arlington, Alexandria, Manassas, VA

At Granato Group, we believe in a holistic approach to healing that addresses the multiple physical, emotional, relational and environmental factors that shape your sense of well-being. Let our team of compassionate, experienced professionals partner with you to help you feel better, live better, and enjoy more fulfilling relationships at home and at work.

We currently have 25 and growing practitioners who are listed on our website www.granatogroup.com/our-team/ There are a variety of Psy. D, Ph D., Psychologists, LPC, LCSW, and LMFT

Contact: Patient Care Specialists at main number or email below

Email: register@granatogroup.com

703-831-8300

Main office: 1630 Beverly Rd. Suite 200, McLean, VA 22101

Reston: 1800 Michael Faraday Dr. Suite 201, Reston, VA 20190

Arlington: 1655 Ft. Meyer Drive, Arlington, VA 22209

Alexandria: 1800 Diagonal Rd. Suite 649, Alexandria, VA 22314

Manassas: 9300 Forest Point Circle, Manassas, VA 20110

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

Growing Minds, Center for Child and Family Therapy

Rockville, MD

Growing Minds offers expertise in social-emotional development for preschool through middle school ages. Our playful, experiential and evidence-based approach will engage your child and deepen your insight into your child's behaviors and inner-world. 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 or missed cues. In small groups, the children learn to interact with friendly behaviors while also working on regulating their own 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 weekly 60-minute sessions for 10-12 weeks. Groupings include mixed diagnosis with average or higher intelligence and typical 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.; Jill Jerome, LCSW-C.; Orly Zimmerman-Leizerov, LCSW-C; Amy Pelletier, LCSW-C

Contact: Anne Zgorski,
Email: intake@growingmindstherapy.com
301-235-9927 ext 0

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

[Visit our website: www.growingmindstherapy.com](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.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.

Teen Groups Offerings: **LGBTQ Teens:** This group assists teens with discerning any questions that might exist around sexuality. The group combines traditional group therapy techniques with mindfulness practices and yoga. **Adolescent Boys:** This group is geared for older male teens that might be struggling with fitting in, anxiety, or depression. **Mindful Teens:** This group is open to any high school aged participant and combines mindfulness techniques, yoga and therapy. **Young Adults:** A group for those that are college aged or in their early 20's and struggling with mood issues. **Co-ed High School:** A 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.

Clinicians: Julie Bindeman, Psy.D; Nanci Brown, LCSW-C; Kari Moskowitz, PhD; Dahlia Topolosky, Psy.D, Karen Epstein, LCPC, Kelly Theim Hurst, PhD

Contact: Julie Bindeman, Psy.D

Email: itgwmarketing@gmail.com

5818 B Hubbard Drive Rockville, Maryland 20852

301-468-4849

[Visit our website at www.GreaterWashingtonTherapy.com](http://www.GreaterWashingtonTherapy.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. We are excited to now be offering DBT Skills Groups.

Please contact Nicole McGarry, LPC (202) 641-8429 for more information or visit our [website](#).

Clinicians:

Lisa Elkin, Psy.D 571-238-6524
Anne Fleury, LCS 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, PEERS social skills groups for adolescents and young adults, 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; JoJo Gaul, 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; Jamell White, PhD, LCSW-C; Kate McSpadden Leinweber, LCSW-C; Debbie Goldstein, LCSW-C; Rawn Martin, 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, Elizabeth Picciotta, Psy.D.

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 14 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.

High School Boys Group: The focus of this group is to give teenage boys a space to talk about their struggles with depression. Often, teenage boys find it difficult to talk about their feelings, which can leave them feeling alone and isolated. And if they do talk about how they are feeling, they can often encounter well-meaning friends and/or parents who wish to help them “fix” whatever is ailing them without validating what they are experiencing and being attuned to their emotional state. This group however, aims to provide a space for teenage boys to recognize the universality of their feelings along with a supportive and attuned group of peers in which they can be heard and ultimately heal.

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.

Clinicians: 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, Abi Manning, MA, LPC, Alexander Chan, Ph.D, LMFT, Jocelin Bailey, MSW, LICSW

Contact: Allison@thesibleygroupdc.com

202-744-1086

or

Contact: Amanda Good, MSW, LICSW, Clinical Director

Email: Amanda@thesibleygroupdc.com

301-906-7007

or

Contact: Sherri Eichberg, Assistant to the Director

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., and associates

Contact: Christopher T. Haley, Psy.D.

Email: DrHaley@SocialSkillsCenter.com

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

Psych and Life Skills: 703-490-0336
Social Skill Center: 571-285-1403

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

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: DrDanielTuretsky@gmail.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.

Kay Abrams, Ph.D., Director

Contact: Intake Coordinator

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)

The Center for Anxiety and Behavioral Change

Rockville, MD

We are happy to offer an 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; 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

301-610-7850

50 W. Montgomery Ave suite 110 Rockville, MD 20850

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

Center for Family Well-Being

Washington, DC

Parents In Tune™ individual sessions, groups, and workshops are offered to families both independently and as part of the Girls In Tune™ and Boys In Tune™ group programs to provide support and on-going opportunities for practice of “tuning in” skills at home. The collaborative, educational, and experiential groups are designed to help parents increase their capacity to “tune in” to themselves and to their child or teen. Parents will learn the neuroscience behind the “anxious” brain and practice mindful-awareness skills to decrease their reactivity and increase their capacities to respond more skillfully, confidently, and effectively with their kids— even in the presence of difficult emotions. Parenting challenges and developmental issues are also discussed.

Clinicians: Kate Kelly, MA, MSW, LICSW; Elizabeth Ebaugh, MSW, LICSW; Lisa Oakley, MSW, LICSW, Lida Sunderland, MA, LGPAT, LGPC; Mali Jimenez, MSW, LICSW

Contact: Kate Kelly, LICSW

Email: Girlsintune@gmail.com

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

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://washingtong.org](http://washingtong.org)

Expressive Therapy Center

Rockville, MD, Bethesda, MD and McLean, VA

Groups for adults and young adults with a variety of issues including: parenting, divorce, depression, anxiety, life transitions, substance abuse, interpersonal relationships, and social skills. Groups are also offered for emotion regulation and adult ASD support groups.

Clinicians: Stephanie Natter, LCPAT, CGP, Clinical Director; Ashley Williams, LGPC, Intake Coordinator; Joseph Bechhofer, Psy.D.; Chandni “Chunnu” Bhatia, M.S., LCPC, NCC; Corine Crowley, Ph.D.; Adria Grey, LGPC, NCC.; Jacy Perkins, APRN, PMH; Susan Rail, LCSW-C; Diana Sabados, MA, LCPC, LCPAT; Andree Schillesci, M.A., BC-DMT; Daniel Wagner, Psy.D, Aaron Cooper, LCSW-C; Vicky Nogales, MFT, Jason Moehringer, Psy.D.

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

We are an interdisciplinary group of child therapy and development specialists in the fields of psychology, neuropsychology, and social work. For more than twenty 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 groups (2-6 children) 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; Jarred Sharar, RDT — Registered Drama Therapist; Julie Liddle, M.A., ATR – Registered Art Therapist

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.199

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

Granato Group

McLean, Reston, Arlington, Alexandria, Manassas, VA

At Granato Group, we believe in a holistic approach to healing that addresses the multiple physical, emotional, relational and environmental factors that shape your sense of well-being. Let our team of compassionate, experienced professionals partner with you to help you feel better, live better, and enjoy more fulfilling relationships at home and at work. We currently have 25 and growing practitioners who are listed on our website www.granatogroup.com/our-team/ There are a variety of Psy. D, Ph D., Psychologists, LPC, LCSW, and LMFT

Contact: Patient Care Specialists at main number or email below

Email: register@granatogroup.com

703-831-8300

Main office: 1630 Beverly Rd. Suite 200, McLean, VA 22101

Reston: 1800 Michael Faraday Dr. Suite 201, Reston, VA 20190

Arlington: 1655 Ft. Meyer Drive, Arlington, VA 22209

Alexandria: 1800 Diagonal Rd. Suite 649, Alexandria, VA 22314

Manassas: 9300 Forest Point Circle, Manassas, VA 20110

[Visit our website at www.granatogroup.com](http://www.granatogroup.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.instepc.com](http://www.instepc.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. **Gone but not Forgotten:** pregnancy loss group for those that suffered a perinatal loss in their second or third trimester. **Parenting/Pregnancy After Loss:** a group for those that are expecting or raising children born after loss. **Parents of Special Needs Children:** a group that establishes safe place for parent who are balancing the ongoing challenges of parenting a child with special needs. **Tired of Yelling:** a group for parents of younger children who are struggling to establish peaceful parenting within their home.

Clinicians: Julie Bindeman, Psy.D; Nanci Brown, LCSW-C; Kari Moskowitz, PhD; Dahlia Topolosky, Psy.D, Karen Epstein, LCPC, Kelly Theim Hurst, PhD

Contact: Julie Bindeman, PsyD

Email: itgwmarketing@gmail.com

5818 B Hubbard Drive Rockville, Maryland 20852

301-468-4849

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

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; JoJo Gaul, 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; Jamell White, PhD, LCSW-C; Kate McSpadden Leinweber, LCSW-C; Debbie Goldstein, LCSW-C; Rawn Martin, 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 14 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.

Support Group for New Moms: This group offers a supportive space for navigating the transition into motherhood. Come with your baby and find time to connect with other new moms. There will be time for processing as well as skill-building and education around maternal mental health. Please contact Maggie Noojin at maggie@thesibleygroupdc.com for more information.

Parent Workshops: Our workshop series offers a variety of topics throughout the year and is open to our current clients as well as members of the community. Topics include parenting strategies, self care for new mothers and strengthening relationships. For more information please email info@thesibleygroupdc.com.

Clinicians: 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, Abi Manning, MA, LPC, Alexander Chan, Ph.D, LMFT, Jocelin Bailey, 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

301-907-7007

or

Contact: Sherri Eichberg, Assistant to the Director

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. and associates

Contact: Christopher T. Haley, Psy.D.

Email: DrHaley@SocialSkillsCenter.com

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)

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

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.

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Email: lsnyder@wakekendall.com

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