

Guide to Therapy Groups

2019 – 2020

Washington, DC Metropolitan Area

www.groups4kids.com

Compiled and published by

Mary Alvord, PhD

Washington, DC
Metropolitan Area

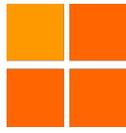
Guide to Therapy Groups 2018-2019

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 2019-2020

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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, 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 an 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, Ph.D., 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 Chevy Chase, MD

Alvord, Baker & Associates, LLC has been providing social competence groups for children and adolescents since 1992. The groups focus on enhancing resilience, which we view as the ability to adapt well to life and its challenges. Children's social competence can be impacted greatly by one or several of the following factors: ability to regulate their behavior and emotions; anxiety; ADHD; learning disabilities; low self-esteem; organizational challenges; and/or transition difficulties. Our groups help children identify what they do well, and to build on their strengths. We use the **Resilience Builder Program**® which utilizes a Cognitive Behavioral framework (how one thinks impacts how one feels and subsequently, how one behaves with others) and empirically supported strategies.

We also offer specialized groups for children diagnosed with Pervasive Developmental Disorders (PDD), Asperger's and High Functioning Autism. All groups are led by experienced licensed psychologists and clinical social workers. Didactic, process, and experiential activities, discussions and relaxation/self-control techniques are utilized. Boys, girls, and co-ed groups from pre-school through elementary grades.

Alvord, Baker & Associates, LLC also offers groups for children with selective mutism. 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 meet for 60 minutes each session and run for approximately 8 weeks. They are held at our Chevy Chase location at 8401 Connecticut Ave., Suite 1120, Chevy Chase, MD 20815. Please email or call our intake coordinator at 301-593-6554 x23 for more information.

We also offer the **CCC™ Kids Camp** (Cool, Confident and Courageous), 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 **CCC™** half-day group opportunities in the community for continued practice with brave talking with children and adults in new settings. We also offer 8-week **CCC™** group one session per week. Each session is 1-hour long. Please contact our intake coordinator at the number listed below for more information.

Psychologists: Mary Alvord, 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.; Candice Watson, Ph.D.; Susan Wilson, Ph.D.

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

Contact: Group Coordinator

Email: intake@alvordbaker.com

301-593-6554 x23

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 & McLean, VA

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 the 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.

Clinicians: 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.; Kristine Rosenthal, Ph.D.; Taylor Wilmer, Ph.D.; Monique Reynolds, Ph.D.

Contact: Bridget Camardi, Clinic Coordinator

Email: clinic-coordinator@changeanxiety.com

301-610-7850

50 W. Montgomery Ave, Suite 110, Rockville, MD 20850
1487 Chain Bridge Rd #203, McLean, VA 22101

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

The Center for Family Well-Being, PLLC

Washington, DC

The Center for Family Well-Being is a group of holistic therapists 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. Our **Girls In Tune™** program 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 while also learning positive coping and relational skills.

Our **Boys In Tune™** 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.

Girls In Tune™ and Boys In Tune™ groups are appropriate for boys and girls who need assistance with: coping and regulation skills; learning to “read” themselves and others (i.e., managing friendships); reducing anxiety, managing feelings; and developing self-appreciation, compassion, and confidence.

- Fall 2019 Girls In Tune groups: Middle school girls group; High school girls group
- Fall 2019 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, ATR-BC, LGPAT, LGPC; Mali Jimenez, MSW, LICSW; Carmelita Naves, MSW, LICSW

Contact: Kate Kelly, Director

Email: Kate@centerforfamilywellbeing.com

202-230-9307

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

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

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, Ph.D., CGP

109 Park Washington Court, Falls Church, VA 22046

703-533-5824 ext. 5

[Visit our website at http://washingtonsg.org](http://washingtonsg.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, interpersonal skills, and more. Our groups offer a combination of process-oriented and social skills-building strategies and incorporate art, play, movement, CBT, mindfulness, and traditional “talk” techniques. These skills may be affected by ADHD, ASD, anxiety, depression, learning challenges, emotion regulation, and general relationship difficulties. We offer a variety of support groups. Children are carefully assessed for group placement based on age, need, and developmental level. We also offer individual, parenting, family therapy, couples, parent groups, and psychological/psychoeducational testing.

Clinical Director: Stephanie Natter, MA, LCPAT, CGP

Email: info@expressivetherapycenter.com

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; Suzannah Ditcher, MA, LCPC, LCPAT; Andree Schillesci, M.A., BC-DMT; Daniel Wagner, Psy.D; Aaron Cooper, LCSW-C; Vicky Nogales, MFT; Jason Moehringer, Psy.D.; Danielle Boucree, MA, LMSW; Natascha Dillon, PsyD.

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, PLLC

Reston, VA

We are an interdisciplinary group of child therapy and development specialists. We offer over a dozen various 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; Rebecca O'Neill, MSW; Elena Zaklis M.A., BCBA, LBA; Billie Harber, M.A., BCBA

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)

Growing Minds, Center for Child and Family Therapy

Rockville, MD

A sense of belonging is one of the most crucial factors of resilience building. Through playfulness within a safe and supportive environment, children in our therapy groups learn skills to make and keep friends, carry two-way conversations, take turns, read social cues, handle teasing, show empathy, solve problems, manage emotions and use positive self-talk. Our highly experienced clinicians implement child-centered, strengths-based approaches which create opportunities for successful experiences in social settings and lead to promoting a positive self-image and social confidence. Within small groups of 3-6, children learn to interact using friendly behaviors while also working on regulating their own impulses and emotions. Individual differences are accepted and valued while enhancing capacity for meaningful social relationships. Children served include those with ADHD, anxiety, social-emotional and self-esteem struggles, and learning and behavior difficulties. Groups are weekly 60-minute sessions for 10-12-week series. Parent group meetings are held to discuss ways to enhance progress, reinforce skills, and support their children within home and school situations.

Social Skills and Relationship-Building Therapy Groups:

- Co-Ed Early Childhood Play-Skills Groups: Ages 3-5, Grades K-1st
Play-skill and feelings vocabulary building through toys, songs, books and activities

- Boys Groups: Grades 1, 2-3, 4-5, middle school
Relationship and social competence building through games, targeted skill practice and self-reflection
- Feelings and Friendships Girls Groups: Grades 2-3, 4-5, middle school
Relationship and self-esteem building through art, crafts and movement

Special Topic Therapy Groups and Workshops:

- Accidents Happen: Co-ed, Grades 1-3, For children who experience toileting accidents
- Kindergarten Ready: Co-ed, For children feeling nervous about the unknowns of beginning Kindergarten
*Summer series
- Girls Transitioning to Middle School Workshop: For girls preparing for middle school, no diagnosis required
*Summer series

Group Clinicians: Stanley A. Fagen, Ph.D.; Jill Jerome, LCSW-C., RPT-S; Orly Zimmerman-Leizerov, LCSW-C; Stephanie Tyler, LCPAT, LCPS, ATR-BC

Contact: Anne Zgorski, Intake Coordinator

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

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: Girls Social Confidence, Stepping Stones® Social Skill Development for kids and their parents, Early Childhood Social Development for kids, and LEGO® Social Development for Kids on the Spectrum

Cathi Cohen LCSW, Director

Email: info@insteppc.com

8500 Executive Park Avenue, Ste 204, Fairfax VA 22031

703-876-8480

Visit our websites www.instepc.com and www.cathicohensocialiq.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.

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)

Quince Orchard Psychotherapy, LLC

Rockville, MD

We are a team of psychologists who enjoy helping a wide variety of clients through psychotherapy and psychological testing. Our specialties include the treatment of anxiety, depression, relationship problems, self-defeating patterns of behavior, ADHD,

and identity concerns. We will work together to define your personal goals and explore how you can strengthen your resources to reach them. Some typical outcomes of therapy are improved self-confidence, greater ability to maintain mutually satisfying relationships, and even increased productivity in one's work or academic environment. We maintain an active referral network and can put you in touch with local allied professionals (physicians, nutritionists, etc.) should the need arise. We are in-network with BCBS, Cigna, and Tricare for therapy groups (but not for workshops or classes).

Groups that we offer for children: *

Superhero Club for Children with Autism Spectrum Disorder: This group will help children with Autism Spectrum Disorder further develop social skills through a fun and inviting curriculum that includes creating their own superhero. Through this group, participants will learn social communication skills with an emphasis on improving pragmatic language. This group will be a structured 12-week group adapted from Cognitive-Behavioral Therapy (CBT) and the Superflex curriculum.

Enhance your Focus: This group will provide support for children diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD). Participants will meet others facing similar challenges, learn strategies for academic and personal success, and practice new behaviors. Topics to include: time management, organization, procrastination, problem-solving, relationship issues, building attention span, reducing distractibility, and valuing unique strengths.

Coping with Anxiety: In this group, participants will be encouraged to think about their anxiety in new ways, learn many Cognitive Behavioral Therapy (CBT) techniques, and engage in self-reflection to better manage their anxiety.

**These groups will be based on interest and are subject to change.*

Clinicians: Sasha Hileman, Psy.D.; Erik Mann, Psy.D; Emily Stano, Psy.D.

Contact: Dr. Sasha Hileman, Licensed Clinical Psychologist, Group Therapy Director

Email: contactQOP@priviamedicalgroup.com; sasha.hileman@priviamedicalgroup.com

Address: 9707 Key West Avenue, Suite 100, Rockville, MD 20850

240-750-6467

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

Daniel Turetsky, Psy.D., 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

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 offer 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.

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Email: lsnyder@wakekendall.com

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



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 an 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, Ph.D., Director

3841 Farragut Avenue, Kensington, MD 20895

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

Alvord Baker & Associates, LLC - Resilience Builder Program®

Rockville, MD and Chevy Chase, MD

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

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 an 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. The eight (8) one-hour weekly sessions are offered 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.

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 intake coordinator at intake@alvordbaker.com or the group leader, Dr. Erin Lewis-Morrarty at 301-593-6554 x12 or email at elewismorrarty@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.; 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.; Candice Watson, Ph.D.; Susan Wilson, Ph.D.

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

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 & McLean, VA

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 the 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.

Clinicians: 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.; Kristine Rosenthal, Ph.D.; Taylor Wilmer, Ph.D.; Monique Reynolds, Ph.D.

Contact: Bridget Camardi, Clinic Coordinator

Email: clinic-coordinator@changeanxiety.com
301-610-7850

50 W. Montgomery Ave, Suite 110, Rockville, MD 20850
1487 Chain Bridge Rd #203, McLean, VA 22101

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

Center for Family Well-Being, PLLC

Washington, DC

The Center for Family Well-Being is a group of holistic therapists 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.

Our **Girls In Tune™** program 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 while also learning positive coping and relational skills.

Our **Boys In Tune™** 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.

Girls In Tune™ and **Boys In Tune™** groups are appropriate for boys and girls who need assistance with: coping and regulation skills; learning to “read” themselves and others (i.e., managing friendships); reducing anxiety, managing feelings; and developing self-appreciation, compassion, and confidence.

- Fall 2019 **Girls In Tune** groups: Middle school girls group; High school girls group
- Fall 2019 **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, ATR-BC, LGPAT, LGPC; Mali Jimenez, MSW, LICSW; Carmelita Naves, MSW, LICSW

Contact: Kate Kelly, Director

Email: Kate@centerforfamilywellbeing.com

202-230-9307

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

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

Circle in the Square

Falls Church, VA

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

Directors: David A. Beigel, LPC, CGP; David Flohr, Ph. D., CGP

703-533-5824 ext. 5

109 Park Washington Court, Falls Church, VA 22046

[Visit our website at http://washingtongsq.org](http://washingtongsq.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. We also offer individual, parenting, parent groups, couples, and psychological/ psychoeducational testing.

Clinical Director: Stephanie Natter, MA, LCPAT, CGP

Email: info@expressivetherapycenter.com

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; Suzannah Ditcher, MA, LCPC, LCPAT; Andree Schillesci, M.A., BC-DMT; Daniel Wagner, Psy.D; Aaron Cooper, LCSW-C; Vicky Nogales, MFT; Jason Moehringer, Psy.D.; Danielle Boucree, MA, LMSW; Natascha Dillon, PsyD.

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. PLLC

Reston, VA

We are an interdisciplinary group of child therapy and development specialists. We offer over a dozen various 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; Rebecca O'Neill, MSW; Elena Zaklis M.A., BCBA, LBA; Billie Harber, M.A., BCBA

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)

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 x0

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

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

In Step, PC

Fairfax, 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, and Dialectical Behavior Therapy (DBT) 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

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.

Contact: Nicole McGarry, LPC
202 641-8429

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)

Quince Orchard Psychotherapy, LLC

Rockville, MD

We are a team of psychologists who enjoy helping a wide variety of clients through psychotherapy and psychological testing. Our specialties include the treatment of anxiety, depression, relationship problems, self-defeating patterns of behavior, ADHD, and identity concerns. We will work together to define your personal goals and explore how you can strengthen your resources to reach them. Some typical outcomes of therapy are improved self-confidence, greater ability to maintain mutually satisfying relationships, and even increased productivity in one's work or academic environment. We maintain an active referral network and can put you in touch with local allied

professionals (physicians, nutritionists, etc.) should the need arise. We are in-network with BCBS, Cigna, and Tricare for therapy groups (but not for workshops or classes).

Groups that we offer for teens: *

Superhero Club for Children with Autism Spectrum Disorder: This group will help teens with Autism Spectrum Disorder further develop social skills through a fun and inviting curriculum that includes creating their own superhero. Through this group, participants will learn social communication skills with an emphasis on improving pragmatic language. This group will be a structured 12-week group adapted from Cognitive-Behavioral Therapy (CBT) and the Superflex curriculum.

Enhance your Focus: This group will provide support for teens diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD). Participants will meet others facing similar challenges, learn strategies for academic and personal success, and practice new behaviors. Topics to include time management, organization, procrastination, problem-solving, relationship issues, building attention span, reducing distractibility, and valuing unique strengths.

Coping with Anxiety: In this group, participants will be encouraged to think about their anxiety in new ways, learn many Cognitive Behavioral Therapy (CBT) techniques, and engage in self-reflection to better manage their anxiety.

Improve Interpersonal Effectiveness: This group is for individuals who feel they have difficulty managing their intense emotions. This group will focus on numerous skills adapted from Dialectical Behavior Therapy (DBT) that aim to help resolve emotional and interpersonal issues. Participants will interact with one another and help each other learn and grow during this process.

**These groups will be based on interest and are subject to change.*

Clinicians: Sasha Hileman, Psy.D.; Erik Mann, Psy.D; Emily Stano, Psy.D.

Contact: Dr. Sasha Hileman, Licensed Clinical Psychologist, Group Therapy Director

Email: contactQOP@priviamedicalgroup.com; sasha.hileman@priviamedicalgroup.com

9707 Key West Avenue, Suite 100, Rockville, MD 20850

240-750-6467

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

Clinicians: Rathbone, LCSW-C, CGP (Certified Group Psychotherapist); John Dunn, LCSW-C; Phyllis Pomerantz, LCSW-C; James P. Marsh, Jr., LCPC; Carla Pappas, LCSW-C; Betty Bae, 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; Samantha Ascanio, 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 Snow Psychology Group

Rockville, MD

The Snow Psychology Group provides evidence-based treatment for mood and anxiety difficulties, trauma, relationship issues, and adjustment to life transitions. We serve teens aged 14 and up as well as adults of all ages. We provide individual therapy, couples therapy, and a variety of group therapy offerings.

Groups that we offer for high school teen girls: **Teens Managing Emotions & Relationships Group** (Wednesdays, 6-7:15 pm): This 16-week therapy group is intended for high school girls who would like to learn skills to better manage difficult and intense emotions that can be overwhelming, communicate more effectively with others, and develop healthy relationships that enhance emotional well-being. Topics include coping skills and problem solving, mindfulness skills, emotional regulation strategies to deal with strong feelings, distinguishing between healthy and unhealthy relationships, effective communication methods to express needs and concerns to others, self-care and self-compassion techniques, as well as giving and receiving support from peers. Please see our website for more information on all of our current groups. To register: Contact us at (240) 676-4206 x1 or info@snowpsych.com.

Groups for college/post- high school (age 18+): **Cognitive Behavioral Therapy (CBT) Group for Depression & Anxiety** (Tuesdays, 10-11:15 am): This 14-week therapy group is an evidence-based Cognitive Behavioral Therapy (CBT) group for college students (18+), young adults, and adults of all ages who are depressed and/or anxious and would like to learn specific tools and strategies to help them feel better and to learn more adaptive patterns for thinking and behaving. To register: contact us at (240) 676-4206 x1 or info@snowpsych.com.

Clinicians: Selena Snow, Ph.D., Joseph Snow, Ph.D., Michelle Blumenthal, Psy.D., Tamara Levin, Psy.D., Maria Jose Rendon, Ph.D., Shoshana Pearlman, LCSW-C, Erin Severe, Psy.D., Shivangi Moghe, Psy.D., Natalia Vallejos, Psy.D.

Director: Selena Snow, Ph.D.

Email: info@snowpsych.com

6274 Montrose Road, Rockville, MD 20852

(240) 676-4206 x1

Visit our website at: www.snowpsych.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.

Email: 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 offer 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 & McLean, VA

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 the 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.

Clinicians: 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.; Kristine Rosenthal, Ph.D.; Taylor Wilmer, Ph.D.; Monique Reynolds, Ph.D.

Contact: Bridget Camardi, Clinic Coordinator

Email: clinic-coordinator@changeanxiety.com

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50 W. Montgomery Ave, Suite 110, Rockville, MD 20850

1487 Chain Bridge Rd #203, McLean, VA 22101

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

Center for Family Well-Being, PLLC

Washington, DC

Parents In Tune™ individual sessions, groups, and workshops are offered to parents both independently and as part of the **Girls In Tune™** and **Boys In Tune™** group programs, and are designed to provide support and on-going practice “tuning in” to themselves and to their child or teen at home. These mind-body groups are collaborative, supportive, educational, and experiential. Parents will learn specific mindful-awareness and movement practices to help decrease their own reactivity and respond more skillfully, confidently, and effectively with their kids— even in the presence of difficult thoughts and emotions. Parenting challenges and developmental issues are discussed.

Fall 2019 **Parents In Tune** group: Six-week parenting group for parents with children with learning challenges and/or self-regulation issues (emotional and behavioral).

Clinicians: Kate Kelly, MA, MSW, LICSW; Elizabeth Ebaugh, MSW, LICSW; Lisa Oakley, MSW, LICSW; Lida Sunderland, MA, ATR-BC, LGPAT, LGPC; Mali Jimenez, MSW, LICSW; Carmelita Naves, MSW, LICSW

Contact: Kate Kelly, Director

Email: Kate@centerforfamilywellbeing.com

202-230-9307

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

[Visit our website at www.thecenterforfamilywellbeing.com](http://www.thecenterforfamilywellbeing.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://washingtonsg.org](http://washingtonsg.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. We also offer individual, parenting, parent groups, couples, and psychological/psychoeducational testing.

Clinical Director: Stephanie Natter, MA, LCPAT, CGP

Email: info@expressivetherapycenter.com

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; Suzannah Ditcher, MA, LCPC, LCPAT; Andree Schillesci, M.A., BC-DMT; Daniel Wagner, Psy.D; Aaron Cooper, LCSW-C; Vicky Nogales, MFT; Jason Moehringer, Psy.D.; Danielle Boucree, MA, LMSW; Natascha Dillon, PsyD.

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, PLLC

Reston, VA

We are an interdisciplinary group of child therapy and development specialists. We offer workshops for parents, ongoing parent education/support groups, and free monthly Parent Coffees for parents of children with Developmental Differences. Please see our website for more details.

Group Therapists: Larisa Perez deGraffenreid, LCSW; Jarred Sharar, RDT — Registered Drama Therapist; Rebecca O’Neill, MSW; Elena Zaklis M.A., BCBA, LBA; Billie Harber, M.A., BCBA

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)

Growing Minds, Center for Child and Family Therapy

Rockville, MD

Growing Minds offers “pay-as-you-can” support groups with a suggested range per meeting of \$15-\$35.

Support Group: Parenting a Child on a Gender Journey

This group is for parents of children who are on a gender journey, exploring gender identity and expression outside of a traditional binary definition. The group is facilitated by a parent who has a child of her own who is currently on his own gender journey. Group will provide an opportunity for parents to come together and support each other through the shared experience of parenting a child on a gender journey. Group Facilitator: Elana Premak Sandler, LCSW; Read Elana’s articles on Parenting a Child on a Gender Journey: Psychologytoday.com *Little Boys Wearing Dresses*

Support Group: Parenting an Adolescent or Young Adult Who has Ongoing Thoughts of Suicide

This group is for parents with adolescent children who have active or passive suicidal ideation, meaning children who are thinking about or talking about taking their lives. The group will offer support and practical strategies for coping with the emotions and life demands of parenting a child who has suicidal thinking as part of their everyday life. This group may include parents who have adolescent children who have made suicide attempts. Group Facilitator: Elana Premak Sandler, LCSW; Read Elana’s articles on suicide prevention: Psychologytoday.com *Why Belonging is a Key to Suicide Prevention*

Support Group: Parenting Grandchildren

This group is for grandparents who are raising their grandchildren and/or serving as guardians. The group is facilitated by a highly experienced therapist and will provide an opportunity for members to come together and support each other through the shared experience of parenting a child at this stage of life and the unique challenges that this experience brings about. Group Facilitator: Dale Koch, LCSW-C

Contact: Anne Zgorski, Intake Coordinator

Email: intake@growingmindstherapy.com

301-235-9927 x0

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

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

In Step, PC

Fairfax, 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: Stepping Stones® Parent Groups, LEGO® Social Development Parent Groups, Raise Your Parenting IQ Parent Coaching Groups, and Parent Feedback.

Cathi Cohen LCSW, Director

Email: info@insteppc.com

8500 Executive Park Avenue, Ste 204, Fairfax VA 22031

703-876-8480

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

Quince Orchard Psychotherapy, LLC

Rockville, MD

We are a team of psychologists who enjoy helping a wide variety of clients through psychotherapy and psychological testing. Our specialties include the treatment of anxiety, depression, relationship problems, self-defeating patterns of behavior, ADHD, and identity concerns. We will work together to define your personal goals and explore how you can strengthen your resources to reach them. Some typical outcomes of therapy are improved self-confidence, greater ability to maintain mutually satisfying relationships, and even increased productivity in one's work or academic environment. We maintain an active referral network and can put you in touch with local allied professionals (physicians, nutritionists, etc.) should the need arise. We are in-network with BCBS, Cigna, and Tricare for therapy groups (but not for workshops or classes).

Groups that we offer for Parents:*

Navigating the Section 504 Plan and Individualized Education Plan (IEP) Process: This structured and supportive workshop series will focus on providing a guide for parents of students needing accommodation in K-12 special education. This workshop aims to help parents become engaged participants in the development and implementation of an effective 504 Plan or IEP for their child.

Parent Education and Support: A structured and supportive group that will provide parents an opportunity to meet and talk with other parents in a supportive environment. Group sessions will focus on parent education related to the

characteristics of a child's diagnosis (such as, Autism Spectrum Disorder, ADHD, Learning Disability) and how it impacts communication, social development, behavior management, and school services. Parents learn about their child's unique learning style and effective strategies that will enhance learning at home.

Personal and Relational Growth (Adult Process Oriented): This group provides a safe and supportive environment that allows participants to better understand themselves and to practice more effective ways of relating to one another. This group will offer opportunities for participants to experience giving and receiving interpersonal feedback, becoming more comfortable with having personal conversations with others, and establishing relationships founded in authenticity and trust. *Group available and appropriate for adults

**These groups will be based on interest and are subject to change*

Clinicians: Sasha Hileman, Psy.D.; Erik Mann, Psy.D; Emily Stano, Psy.D.

Contact: Dr. Sasha Hileman, Licensed Clinical Psychologist, Group Therapy Director

Email: <mailto:mcontactQOP@priviamedicalgroup.com>;
<mailto:msasha.hileman@priviamedicalgroup.com>

9707 Key West Avenue, Suite 100, Rockville, MD 20850

240-750-6467

[Visit our website at www.QOpsych.com](http://www.QOpsych.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 group 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; James P. Marsh, Jr., LCPC; Carla Pappas, LCSW-C; Betty Bae, 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; Samantha Ascanio, 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)

Daniel Turetsky, Psy.D., 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: 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 offer 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

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