

Guide to Therapy Groups

2010 – 2011

Washington, DC Metropolitan Area

www.groups4kids.com

**Compiled and published by
Mary Alvord, PhD**

Washington, DC
Metropolitan Area

Guide to Therapy Groups 2010-2011

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.

Children's Groups

Abrams & Associates, LLC

We offer social skills groups for girls and boys ages 5-11 who are dealing with social, emotional behavioral difficulties. Children are group based on age, skill level and specific need. Children learn self-regulation, impulse control, cooperation, handling teasing, reading social cues, communicating effectively and problem solving. We also offer supportive groups for children dealing with divorce and loss.

Kay Abrams, PhD, Clinical Psychologist

3841 Farragut Avenue, Kensington, MD 20895
301-949-2098
www.kayabrams.com

Alvord Baker & Associates, LLC Group Therapy Center

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

Psychologists: Mary Alvord, PhD; Samantha T. Bender, PhD; Lynn F. Bufka, PhD; Karan Lamb, PsyD; Kelly O'Brien, PhD; Monica Robb, PhD; Jessica Samson, PsyD; Lisa Sanchez, PhD; Erik Scott, PhD; Edward Spector, PsyD; Marquette Turner, PhD; Bonnie Zucker, PsyD
Clinical Social Workers: Patricia Baker, DSW, LCSW-C; Erica Berger, LCSW-C; Dorothy Moore, LCSW-C; Thomas Verratti, LCSW-C

Group Coordinator: 301-593-6554 x49
email: groups@alvordbaker.com

3200 Tower Oaks Boulevard, Suite 200, Rockville, MD 20852
301- 593-6554 ext. 49

11161 New Hampshire Avenue, Suite 307, Silver Spring, MD 20904
301- 593-6554 ext. 49

www.alvordbaker.com

Assessment Associates

Process and activity oriented groups geared towards facilitating the development of problem solving and conflict resolution skills, increasing self-esteem and self-efficacy, and improving one's ability to read nonverbal forms of communication. Groups available for children ages 7 through 18 with socialization delays secondary to ADHD, sensory integrations challenges, speech and language delays, learning disabilities, "nonverbal LD's", PDD and Asperger's Disorder, and other developmental or adjustment related issues.

Joel Adler, PsyD

7013-A Brookeville Road, Chevy Chase, MD 20815
301-951-5666

The Behavior Therapy Center of Greater Washington

We offer a specialized evidence-based group for teens and children with social anxiety. These groups are designed to address common social skills deficits found in children with Social Anxiety Disorder including initiating conversations, maintaining conversations, inviting peers to join in activities, joining groups, phone skills, using appropriate assertiveness, and recognizing social cues. Each group consists of didactic instruction, modeling, behavioral rehearsals (role-plays), and corrective feedback from group leader and peers. We also provide "generalization sessions" in which prior "graduates" of the group return to serve as unfamiliar peers for the current group members when the group engages in typical age-appropriate activities that allow the current group members to practice their newly acquired skills in a more natural setting. The group meets weekly for 90 minutes for 15 weeks. BTC also offers occasional groups for children and teens who engage in problematic skin-picking and hair pulling.

Charles Mansueto, PhD, Director; Jonathan Dalton, PhD, Director of Group Treatment Program; Lisa Levine, PsyD; Elspeth Neiman Bell, PhD; Courtney B. Ferrell, PhD; Ruth G. Golomb, MEd, LCPC; Brad S. Hufford, LCSW-C.; Jennifer H. Kessler, PhD; David J. Keuler, PhD; Özge Gürel Kirgiz, PhD; Sherrie M. Vavrichek, LCSW-C; and Noah Weintraub, PsyD; Andrea Batton, LGPC; Rina Pesce, PhD; Kristin Bianchi, MA

11227 Lockwood Drive, Silver Spring, MD 20901
301-593-4040
www.behaviortherapycenter.com

The Chrysalis Group Inc.

Provide individual therapy for adolescents and adults, couples therapy, and specialized group therapy. In addition to family and group work for juvenile firesetters, we provide groups for youth with allergies. Groups for Kids with Allergies—Your child can participate in an age-appropriate group that addresses living with allergies. The group helps your child connect with other kids with allergies in a supportive and productive environment. Issues explored include allergy-related challenges such as social isolation, peer relations, self-esteem, anxiety, and management and coping strategies.

Group Therapist: Judy Liss, LCSW-C

Staff: Joanne Irving, PhD; Jude Setian Marston, LCSW; Judy Liss-C, LCSW-C; Kim Piasecki, LCPC

4405 East West Highway, Suite 301, Bethesda, MD 20814
301.652.1582
www.the-chrysalis-group.com

Circle in the Square Child and Adolescent Group Programs

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
www.behaviortherapycenter.com

Expressive Therapy Center

Offering a variety of support groups for children ages 3-12. Our groups offer a combination of process-oriented and social skills- building strategies, and incorporate art, play, movement, and traditional "talk" techniques. For over a decade, 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, effective communication, and more. These competencies may be affected by ADHD, Aspergers/Autism, Anxiety, Depression, Eating Disorders, learning challenges, anger control, and general relationship deficits. Children are carefully assessed for group placement based on age, gender, need, and developmental level.

Director: Stephanie Natter, MA, ATR, CGP
J. Mark Gallagher, Psy.D.; Jaclyn Halpern, Psy.D.; Heather Norden, Ph.D.; Gerald Oster, Ph.D.; Susan Rail, LCSW-C; Nanci Brown, LCSW-C; Veronica Bannon, LPC, NBCC, ADTR; Natalie Selzer, LCPC; Jacy Perkins, APRN, PMH

14808 Physicians Lane, Suite 111, Rockville, MD 20850
5910 Goldsboro Road, Bethesda, MD 20817
1320 Vincent Place, McLean, VA 22101
301-869-1017
www.expressivetherapycenter.com

Falls Church Parent-Child Center

Social skills groups- Our children's groups are for children and youth ages 18 months -20 years. These groups are beneficial for children and youth in the autism spectrum; who have attachment issues; trauma related conditions; and/or developmental issues that impact communication, confidence in social situations, self-regulation, and behavior/socialization issues. Groups focus on promoting pragmatic language, social interest and interaction, and the executive functions of planning, organizing, and problem solving. The primary tools of change are dialogue/conversation, goal setting, and experiential opportunities to practice coping, adapting, and relationship building. For younger children, there are opportunities for interactive play. Children are placed in groups based on age and developmental ability. The group program offers a monthly parent group and strives to work collaboratively with parents in the assessment and intervention process.

Cheryl Wietz, LCSW, BCD

101 Rowell Court, Suite 200, Falls Church, VA 22046
703-533-1996
www.improvingoutcomes.com

Donna Firer, LCSW-C

"Shy Girls/Quiet Girls" is a supportive, gentle group for middle school girls who struggle with anxiety, feel unsure of themselves, and may overlook or miss social cues. This group provides an excellent opportunity to grow in self-knowledge and self-confidence. Through a range of activities - including expressive arts, cognitive behavioral concepts and techniques, and role

playing - girls will learn how to build satisfying relationships with peers and adults and gain specific strategies for managing stress and worries. This group meets weekly during the school year.

Donna Firer, LCSW-C

8811 Colesville Road, Suite 102, Silver Spring, MD 20910 (walk to Silver Spring Metro)
4405 East-West Highway, Suite 210, Bethesda, MD 20814 (walk to Bethesda Metro)
301-585-8828

email: donnafirer@earthlink.net

www.donnafirer.net

In Step, PC

Stepping Stones, is a nationally recognized social skills group therapy program for children, ages 3 1/2-12 and their parents. For more than fifteen years, our team of psychologists, clinical social workers, and professional counselors has been guiding children and their families towards more effective social relationships. Our dynamic mental health professionals partner with you to develop a continuum of care plan, in order to ensure that the skills learned with us create long-lasting change. Some of our areas of specialty beside social development are Anxiety and Depressive Disorders, Asperger's and Autism Issues, Anger Management, Preschool Services, and ADD/ADHD Issues.

Cathi Cohen, LCSW, Director

In Step, PC: 8320 Professional Hill Drive, Fairfax, VA 22031
703-876-8480 ext. 10

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

instep_pc@yahoo.com

www.insteppc.com

JSSA (Jewish Social Service Agency)

Psychotherapy and social skills therapy groups for children, including those with ADHD, social-behavioral disorders, Asperger's Syndrome and other PDD's. Social skills groups focus on taking turns, friendly behaviors, reading social cues, self-control, handling teasing, working cooperatively, social conversation, building self-esteem and solving problems. Other groups include anger management, siblings with disabilities, and coping with divorce. Other groups: anger management and siblings with disabilities. JSSA also provides a BFF Camp (Building and Fostering Friendships), a summer social skills camp program. Boys, girls, elementary and middle school. Non-sectarian.

Rockville: Wendy Baber, LCSW-C; Alison Dorsky, LCSW-C; Laurence Fabre-Welmond, LCSW-C; Stanley Fagen, PhD; Jennifer Firestone, LCSW-C; Sarah Hillegass, LGSW; Laura Langmore Baer, LCPC; Zach Lehman, LCSW-C; Ju Liu, LGSW; Caron Starobin, LCSW-C; Jamell White, LCSW-C

Fairfax: Larisa Perez deGraffenreid, LCSW; Sarah Ince, LCSW; Ravleen Kandhari, LCSW; Andrew McGahan, LCSW; Elliott Schwartz, LCSW

Headquarters: 200 Wood Hill Road, Rockville, MD 20850
301-838-4200

3018 Javier Road, Fairfax, VA 22031
703-204-9100

www.jssa.org

McLean Psychotherapy Practices

The clinicians at McLean Psychotherapy Practices offer numerous ongoing social skills groups for children of varying ages and developmental levels. Each group is specifically tailored to address the challenges faced by the group members. We use a variety of therapeutic interventions, including expressive, art and play techniques. Groups typically run from September to June, with additional summer groups offered as well. In addition, we work collaboratively with parents, schools, and other treatment providers to ensure positive treatment outcomes. The primary goals of our preschool groups are to assist with school preparation, encourage collaborative play, help children label and identify feelings, establish boundaries, develop and maintain friendships, read social cues, and improve imaginary play

skills. These play oriented groups incorporate a variety of therapeutic approaches including the Floortime or DIR method, expressive play therapy techniques, and behavioral approaches. The primary goals for school age groups are to help your child develop and maintain friendships, learn to read social cues, identify and process feelings, build confidence, establish better boundaries, strengthen outdoor play skills, and explore feelings about social inclusion and exclusion. These groups also incorporate a variety of therapeutic approaches including the Floortime or DIR method, expressive play therapy techniques, and behavioral approaches. Additionally, we offer a Sibling Support Group for school age children with a sibling diagnosed with a spectrum disorder.

Clinicians: Anne Fleury, LCSW (703-282-5937); Lisa Elkin, PsyD (571-238-6524); Cynthia Mathis, LMFT (703-401-5394)

1487 Chain Bridge Road, Suite 300, McLean, VA 22101
703-401-5394
www.mcleanpsychotherapy.com

National Family Resiliency Center

Four different age specific group programs are offered twice yearly for children pre school through grade 8. Groups run from 8 to 12 weeks; 90 minutes per group session. Children learn techniques for identifying concerns, labeling and expressing feelings, problem solving and effective communication around family transition and divorce related issues. Parents are closely involved through individual and multiple family sessions.

Risa J. Garon, LCSW-C, BCD, CFLE; Kim Levone, LCSW-C; Debra Giuliano, MEd, NCCC; Kathleen Sullivan, LCSW-C; Carolyn Wohnsigl, MEd; Thomas Vassil, PhD, LCSW-C; and Elaine Drewyer, LGSW

451 Hungerford Drive, Suite 225, Rockville, MD 20850 301-384-0079
10632 Little Patuxent Parkway, Suite 121 Columbia, MD 21044 410-740-9553
14350 Solomons Island Road, Suite 202B, Solomons, MD 20688 410-474-8500
www.nfrchelp.org

Pediatric Psychology Center, LLC

For social skills training groups for ages 4 to 18, contact person Nicole Beane, LCSW-C (call 301-251-5160 ext 401), formerly at Children's National Medical Center, or contact Dr. Hernandez (301-251-5160 ext. 402). We run groups for children with social, behavioral, and emotional difficulties, including those with ADHD, Anxiety, Asperger's Syndrome, and stressful peer situations (like bullying) and family conflicts with parents or siblings.

Kim Burgess, PhD
14955 Shady Grove Rd., Suite 210, Rockville, MD 20850
301-251-5160
www.pediatricpsychologycenter.org

Laura Rubinoff and Associates, Speech/Language Pathologists

Performing Arts-Language Program (PAL): Group treatment designed to improve social interaction through role-playing and pragmatic language practice. The groups are team taught by speech and language pathologists and drama teachers trained in improvisation. Co-ed, boys and girls, grouped by age 5-10 and skill level ; up to six children in a group. **Social Thinking and Relating (STAR) Program** teaches the foundation skills for social communication in small groups of two to four children. The groups are led by speech pathologists who teach pragmatic language skills through art, music, games, and drama. Co-ed, ages 4-6.

6506 Democracy Boulevard, Bethesda, MD 20817
301-493-4695

Allison Sibley & Associates, PLLC

Activity-based groups for children offer an arena in which to practice personal and relational skills related to making and keeping friends. Groups provide opportunities for social skill building and processing experiences in an educational and engaging setting. Emphasis is on playing out and talking through friendship experiences, which may be influenced by a variety of issues including adjustment issues, self-esteem, ADHD, and emotional factors. Current co-ed [k-1st], boys [2nd-3rd], and girls [4th-5th, 6th-7th, and 7th-8th] groups for school-aged children and middle school girls group are available.

Allison Sibley, PhD, Clinical Social Worker; Samantha Dubit, LPC, Professional Counselor; Amanda Good, MSW, Social Worker; Kate Kelly, MSW, Clinical Social Worker; Molly Mattison, MSW, Clinical Social Worker; Bill McNulty, MSW, Clinical Social Worker; Tracy Samuel, MSW, Clinical Social Worker; Edith Schatz, MSW, Clinical Social Worker
5236 44th Street NW #4, Washington DC 20015
202-237-1196
202-740-1086 (cell)

Lisa M. Snipper, LCSW

Lisa M. Snipper offers a variety of psychotherapy groups to children, adolescents and parents. Children's groups are time limited and focused on specific topics throughout the year. These topics include divorce, bullying, anxiety and fostering and promoting positive social skills. Please contact Lisa for a list of current groups.

11250 Roger Bacon Drive, Suite 6, Reston, VA 20191
571-230-2349
www.atherapistforyou.com

TLC - The Training and Learning Centers

Saturday Sensory Integration Groups are designed for children ages 4 ½ to 6 years who are experiencing sensory processing and motor planning difficulties. An occupational therapist and assistants lead this series of fun-filled, small group sessions. Participants work on self-regulation and sensory problems, play skills, motor planning, abstract thinking, sequencing, and socialization.

The Kiwanis Clubs of Montgomery County Interaction Groups are designed for children ages 2 ½ to 6 years. Utilizing strategies and techniques from the DIR® Floortime Model™, the Interaction Groups are lead by a licensed and certified OT and SLP, a licensed psychologist, and assistants. Materials, toys, and equipment are chosen based on each child's individual sensory and learning preferences. Facilitated play is used to foster children's engagement, communication, and problem solving.

The Pencil Pals handwriting program is a small group experience to enhance handwriting skills, using a sensory-integrative approach to fine motor skill development.

Outdoor Adventures is a series of fun-filled, small group summer activities held outdoors at area parks. The activities are designed for children experiencing difficulty in the areas of sensory processing, motor planning, communication, and interaction.

TLC also provides individual speech and occupational therapy services, audiology services, psycho-educational testing and academic tutoring, and summer camp programs for children with speech and occupational therapy needs, as well as parent education and support groups.

Director of Outpatient Services: Janet Graves-Wright, MM, MEd, CCC-SLP
Director of Administrative Services: Julie Bobrow

2301 Research Boulevard
Suite 110
Rockville, MD 20850
301.424.5200

www.ttlc.org

Daniel Turetsky, PsyD, Psychologist

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.

44809 Saint Elmo Ave., Bethesda, MD 20814
301-913-5947
email: danisaact@aol.com

The Wake Kendall Group, PLLC

The Wake Kendall Group offers groups for older children and adolescents working through challenges relating to emotion regulation, family, peers, romantic interests, identity development, and school demands. **Group for Girls Transitioning into Adolescence:** We are forming a group for 5th through 7th grade girls that will be led by Lenni Snyder, LCPC. This group follows a process group format, offering a warm and accepting peer group environment in which we facilitate understanding consequences of actions, learning to take different points of view, and developing problem-solving skills. A variety of coping skills are introduced in the context of issues being discussed in the group. Please contact our Group Intake Coordinator, Adair Fox, MA, LCSW, at 202-686-7699 x 68 to provide preliminary information to determine whether this is an appropriate group for the youth. If there is availability in a group, Adair Fox will refer you to a group leader for an intake meeting to further determine whether the group is a good fit.

Group Intake Coordinator: Adair Fox, MA, LCSW

5247 Wisconsin Avenue, NW, Suite 4, Washington, DC 20015
202-686-7699 x 68
Email: AFox@WakeKendall.com
www.wakekendall.com

Teen Groups

Abrams & Associates, LLC

Weekly groups for teenage girls. Guided insight and peer support addressing anxiety, identity development, self-esteem, family conflict, anger and other challenges, such as building coping skills for dealing with social and academic stress. Girls, ages 12-17. Group for young women in recovery from anorexia and bulimia nervosa. Emphasis is on self-development, individuation from parents, social relationship skills, money management, assertiveness and emotional resourcefulness. Girls, ages 18-22.

Kay Abrams, PhD, Clinical Psychologist.
3841 Farragut Avenue, Rockville, MD 20895
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Psychologists: Mary Alvord, PhD; Samantha T. Bender, PhD; Lynn F. Bufka, PhD; Karan Lamb, PsyD; Kelly O'Brien, PhD; Monica Robb, PhD; Jessica Samson, PsyD; Lisa Sanchez, PhD; Erik Scott, PhD; Edward Spector, PsyD; Marquette Turner, PhD; Bonnie Zucker, PsyD
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provide “generalization sessions” in which prior “graduates” of the group return to serve as unfamiliar peers for the current group members when the group engages in typical age-appropriate activities that allow the current group members to practice their newly acquired skills in more natural settings. The group meets weekly for 90 minutes for 15 weeks. BTC also offers occasional groups for children and teens who engage in problematic skin-picking and hair pulling.

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www.behaviortherapycenter.com

Center for Group and Family Therapy

Groups for adolescents and young adults led by Certified Group Psychotherapist with 28 years experience leading groups in schools, outpatient, inpatient & residential settings and working with adolescents in individual and family therapy. Graduate of two-year certificate training programs in both Group Psychotherapy and Family and Couples Psychotherapy at the Washington School of Psychiatry. Specializing in trauma-related problems and adolescents with severe symptoms & complex presentations including oppositionality, teens with borderline symptoms, bipolar and mood disorders and dissociative disorders. Groups that may be available: (1) High school girls group focused on general adolescent issues including healthy boundaries, self-care skills, avoiding abusive relationships, managing & expressing emotions & broadening social & emotional resources; (2) Group for adolescent girls ages 12-15 for problems in the areas of social skills, anxiety and depression, and self-esteem, including girls having difficulties adjusting to high school; (3) General therapy group for college/post high school ages 17-22; (4) Trauma support group for girls age 13 to 17 who have received individual trauma therapy and could benefit from peer support and further emotional processing in a group setting.

Jan Freeman, Certified Group Psychotherapist, LCSW-C, Certified Group Psychologist

4400 East-West Hwy. #427, Bethesda, MD 20814
301-657-2292
email: vjfree@comcast.net
www.janfreemanmsw.com

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Group Therapist: Judy Liss, LCSW-C

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

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

Expressive Therapy Center

Psychotherapy groups for adolescents with a variety of issues including depression, anxiety, self-esteem, anger management, eating disorders, academic problems and more. We help adolescents with attention deficit disorder, learning disorders, divorce issues, and autism spectrum establish coping skills to better handle their personal stress. Social skills training is emphasized. Boys and girls, ages 10-22.

Director: Stephanie Natter, MA, ATR, CGP

J. Mark Gallagher PsyD; Gerald Oster PhD; Natasha Agent, PsyD; Jaclyn Halpern, PsyD; Susan Rail, LCSW-C; Nanci Brown, LCSW-C; Veronica Bannon, LPC, NBCC, ADTR ; Jacy Perkins, APRN, PMH

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5910 Goldsboro Road, Bethesda, MD 20817
1320 Vincent Place, McLean, VA 22101
301-869-1017

www.expressivetherapycenter.com

Falls Church Parent-Child Center

Social skills groups for teens and young adults - autism spectrum, learning disabilities, and serious emotional disturbance. Single Sex groups. Ages 13 - 20 years old. Psychotherapy groups for teens and young adults - focus on managing interpersonal relationships, developing emotional regulation skills, and increasing mindfulness in every day life. Single sex groups. Ages 15 - 20

Cheryl Wietz, LCSW, BCD
101 Rowell Court, Suite 300, Falls Church, VA 22046
703-533-1996

Donna Firer, LCSW-C

"Shy Girls/Quiet Girls" is a supportive, gentle group for high school girls who struggle with anxiety and feel uncertain about how they fit in with the typical "teen" scene. This group provides an excellent opportunity for further growth in self-knowledge and self-confidence. Through a range of activities - including expressive arts, cognitive behavioral concepts and techniques, and role playing - girls will learn how to build satisfying relationships with peers and adults and gain specific strategies for managing stress and worries. This group meets weekly during the school year.

Donna Firer, LCSW-C

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In Step, PC

In Step, PC - home of Stepping Stones - is a nationally recognized private mental health practice for children, teens and families. For more than fifteen years, our team of psychologists, clinical social workers, and professional counselors has been guiding children and their families towards coping more effectively with life stressors. Our dynamic mental health professionals partner with you to develop a continuum of care plan, in order to ensure that the skills learned with us create long-lasting change. Some of our areas of specialty for our parents are: Social Skills Coaching Training, Parenting the ADHD Child, Anxiety and Depressive Disorders, Asperger's and Autism Issues, Anger Management, Individual, Couples, and Family Counseling, Divorce Counseling and Family Conflict Resolution. In addition, our clinicians have delivered hundreds of presentations and workshops, offering "how to" information that can be used by parents and professionals alike. Topics include: Raising Your Child's Social IQ, Positive Parenting, Asperger's Syndrome & Disorders, Building Self-Esteem, Overcoming Bullying, Stress Management, Parenting Your Teen, Kindergarten Readiness, How to Help Your Anxious Child, and Stepping Stones to Building Friendships.

Cathi Cohen, LCSW, Director

In Step, PC: 8320 Professional Hill Drive, Fairfax, VA 22031
703-876-8480 ext. 10

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

email: instep_pc@yahoo.com
www.insteppc.com

JSSA (Jewish Social Service Agency)

Psychotherapy and social skills therapy groups for adolescents, including those with ADHD, social-behavioral disorders, Asperger's Syndrome. Social skills groups focus on resisting peer pressure, coping with bullying, reading social cues, self-control, cooperative interaction, problem solving, self-esteem, handling stress, social conversation, and positive peer relationships. Other groups: anger management, siblings with disabilities, coping with divorce. Boys, girls, middle and high school. Non-sectarian.

Rockville: Alison Dorsky, LCSW-C; Stanley Fagen, PhD; Jennifer Firestone, LCSW-C; Zach Lehman, LCSW-C; Jamell White, LCSW-C;

Fairfax: Treona Bateman, LCSW; Larisa Perez deGraffenreid, LCSW; Andrew McGahan, LCSW; Sarah Ince, LCSW; Andrew McGahan, LCSW; Seth Solondz, LCSW

Headquarters:
200 Wood Hill Road, Rockville, MD 20850
301-838-4200

3018 Javier Road, Fairfax, VA 22031
703-204-9100

www.jssa.org

McLean Psychotherapy Practices

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.

Clinicians: Lisa Elkin, PsyD (571-238-6524); Cynthia Mathis, LMFT (703-401-5394); Nicole McGarry, LPC (202-641-8429)

1487 Chain Bridge Road, Suite 300, McLean, VA 22101
703-401-5394

www.mcleanpsychotherapy.com

National Family Resiliency Center

Teens in grades 9-12 have an opportunity to explore and resolve divorce related concerns, as well as an opportunity to focus on many issues such as dating and decisions about college, friendships, careers, etc. Teens comment about how comfortable it is to talk and be understood by their peers. Parents are involved through individual and multiple family sessions. Groups meet weekly for 12 weeks; 90 minutes per session.

Risa J. Garon, LCSW-C, BCD, CFLE; Susan Bilchik, NBCC; Debra Giuliano, MEd, NCCC; Kim Levone, LCSW-C; Kathleen Sullivan, LCSW-C; Carolyn Wohnsigl, MEd; Elaine Drewyer, LGSW; and Thomas Vassil, PhD, LCSW-C

451 Hungerford Drive, Suite 225, Rockville, MD 20850 301-384-0079
10632 Little Patuxent Parkway, Suite 121 Columbia, MD 21044 410-740-9553
14350 Solomons Island Road, Suite 202B, Solomons, MD 20688 410-474-8500

www.nfrchelp.org

Pediatric Psychology Center, LLC

For social skills training groups for ages 4 to 18, contact person Nicole Beane, LCSW-C (call 301-251-5160 ext 401), formerly at Children's National Medical Center, or contact Dr. Hernandez (301-251-5160 ext. 402). We run groups for children with social, behavioral, and emotional difficulties, including those with ADHD, Anxiety, Asperger's Syndrome, and stressful peer situations (like bullying) and family conflicts with parents or siblings.

Kim Burgess, PhD
14955 Shady Grove Rd., Suite 210, Rockville, MD 20850
301-251-5160

www.pediatricpsychologycenter.org

Rathbone and Associates

Psychotherapy groups, Social Skills Groups and DBT (Dialectical Behavior Therapy) Skills Groups for adolescents. Rathbone & Associates specializes in the treatment of adolescents and currently 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, "Nails to Knitting" activity based group for adolescent girls, 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.net

Britt Rathbone, LCSW-C, CGP (Certified Group Psychotherapist); John Dunn, LCSW-C; Phyllis Pomerantz, LCSW-C; Gavin Behrens, LCSW-C; Lisa Behrens, LCSW-C; Julie Baron, LCSW-C; JoJo Gaul, LCSW-C; Anu Lukk, LCSW-C; Carla Pappas, LCSW-C; Ludley Howard, LCSW-C

5942 Hubbard Drive, Rockville, Maryland 20852 301-230-9490
4701 Sangamore Road, #210N, Bethesda, Maryland 20816 301-229-9490
www.rathboneandassociates.net

Laura Rubinoff and Associates, Speech/Language Pathologists

The Performing Arts-Language Program (PAL) is designed to improve social interaction through pragmatic language practice, problem solving and role playing. The PAL program is co-led by a speech-language pathologist and an actor who specializes in non-verbal communication and improvisation. Co-ed, boys and girls groups ages 11-15. The PAL program meets weekly for 90 minutes for 16 weeks. **The Dinner Discourse Program** (dinner is provided) teaches social thinking and relating, pragmatic language functions and engagement in social dialogue while dining. Co-ed, Ages 12-15. Dinner Discourse meets weekly for one hour for 16 weeks.

6506 Democracy Boulevard, Bethesda, MD 20817
301-493-4695

Allison Sibley & Associates, PLLC

Groups for teens offer an arena in which to practice personal and relational skills related to making and keeping friends. Groups provide opportunities for social skill building and processing experiences in an educational and engaging setting. Emphasis is on playing out and talking through friendship experiences, which may be influenced by a variety of issues including adjustment issues, self-esteem, ADHD, and emotional factors. Current high school girls group and middle school girls groups are available (6th-7th, 7th-8th, 8th-9th, 10th-11th).

Allison Sibley, PhD, Clinical Social Worker; Samantha Dubit, LPC, Professional Counselor; Amanda Good, MSW, Social Worker; Kate Kelly, MSW, Clinical Social Worker; Molly Mattison, MSW, Clinical Social Worker; Bill McNulty, MSW, Clinical Social Worker; Tracy Samuel, MSW, Clinical Social Worker; Edith Schatz, MSW, Clinical Social Worker
5236 44th Street NW #4, Washington DC 20015
202-237-1196
202-740-1086 (cell)

Lisa M. Snipper, LCSW

Lisa M. Snipper offers a variety of psychotherapy groups to children, adolescents and parents. Two adolescent groups are offered currently. One is an ongoing group that is tailored to address the needs of the group and covers topics such as self esteem, body image, anxiety, and relationships/dating. The second group is for Mrs. Adolescent female survivors of sexual assault, which is focused on fostering a safe environment for teens to help support one another and share their experiences with others.

11250 Roger Bacon Drive, Suite 6, Reston, VA 20191
571-230-2349
www.atherapistforyou.com

Daniel Turetsky, PsyD, Psychologist

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.

44809 Saint Elmo Ave., Bethesda, MD 20814
301-913-5947
email: danisaact@aol.com

The Wake Kendall Group, PLLC

The Wake Kendall Group offers groups for adolescents working through challenges relating to emotion regulation, family, peers, romantic interests, identity development, and school demands. **Dialectical Behavior Therapy Program:** For the more emotionally dysregulated teens, particularly teens who may have engaged in self harm behaviors, we offer a Dialectical Behavior Therapy program. We recommend that interested families review information about Dialectical Behavior Therapy that is offered on our website:

www.wakekendall.com <http://www.wakekendall.com/>. Weekly individual therapy is required and a parent must attend the Monday evening group along with the adolescent.

Adolescents and parents meet separately for a portion of the time and then new material is taught to both adolescents and parents together in a combined group. This is not the initial treatment for adolescents involved in drug or alcohol abuse, or eating disorders. However, once students are in an appropriate treatment program for these issues, DBT has been found to be effective in teaching skills of emotional regulation. **Ongoing Process Groups Focusing on Adolescent Concerns:** In addition to the DBT program, we have a group for high school girls who may be somewhat less intensely dysregulated. This is a small group led by Lenni Snyder, MA, LPC and Sunita Duggal, PhD on Tuesday afternoons. This group follows a process group format, offering a warm and accepting peer group environment in which we facilitate understanding consequences of actions, learning to take different points of view, and developing problem-solving skills. A variety of coping skills are introduced in the context of issues being discussed in the group. Please contact our Group Intake Coordinator, Adair Fox, MA, LCSW, at 202-686-7699 x 68 to provide preliminary information to determine whether there is an appropriate group for the adolescent. If there is availability in a group, Adair Fox will refer you to a group leader for an intake meeting to further determine whether the group is a good fit.

Group Intake Coordinator: Adair Fox, MA, LCSW

5247 Wisconsin Avenue, NW, Suite 4, Washington, DC 20015
202-686-7699 x 68
Email: AFox@WakeKendall.com
www.wakekendall.com

Young Adult Group

The Young Adult Group: ages 18-27, is a coed group for clients having difficulty making the post high school transition to independent adulthood. The group's mission is to empower members, through experiences of interpersonal encounter, to deal better with social anxieties, intimacy difficulties, and professional and relational insecurities endemic to this age group. Issues addressed include parental (in)dependency, substance use, social isolation, managing anger, dating and sex, professional and academic success, depression and other topics/experiences that members bring to the group.

In working with young adults over the years I have witnessed group therapy helping clients to address issues more deeply and pragmatically than they can in individual therapy alone. Members get real-time feedback on their interactions and are encouraged to practice new more adaptive behaviors. Because they are with peers, there is more motivation and trust in the therapy process

The group meets Wednesdays 5:15-6:15 in Bethesda.

Nicholas Kirsch, Ph.D.
4809 St. Elmo Ave
Bethesda, MD 20814
301.907.8934
Nicholas.kirsch@verizon.net
www.bethesdapsychotherapist.com

Parent Groups

Abrams & Associates, LLC

Gain support, perspective and insight for your specific parenting challenges. An individualized and affordable approach with support to suit your family needs. Practicing at home is expected in order to effect positive change for parenting with greater confidence and calm and with less reactivity, guilt and inconsistency. The groups are suitable for parents of challenging children, i.e. children with special needs as well as for any parent who is striving to raise their children with greater consistency and confidence.

Kay Abrams, PhD, Clinical Psychologist.
3841 Farragut Avenue, Kensington, Rockville, MD 20895
301-949-2098
www.kayabrams.com

Alvord Baker & Associates, LLC - Group Therapy Center

Beginning March 2010 we will offer a series of parent workshops. See our website for specifics. In addition, parent discussions and groups are offered on an as needed basis. Goals are to inform and help parents learn additional strategies to help their children with their social competence, emotional and behavioral self-regulation, and general problem-solving.

Psychologists: Mary Alvord, PhD; Samantha T. Bender, PhD; Lynn F. Bufka, PhD; Karan Lamb, PsyD; Kelly O'Brien, PhD; Michael Reiter, PhD; Veronica Raggi, PhD; Monica Robb, PhD; Jessica Samson, PsyD; Lisa Sanchez, PhD; Erik Scott, PhD; Edward Spector, PsyD; Marquette Turner, PhD; Bonnie Zucker, PsyD

Clinical Social Workers: Patricia Baker, DSW, LCSW-C; Erica Berger, LCSW-C; Betsy Carmichael, LCSW; Dorothy Moore, LCSW-C; Thomas Verratti, LCSW-C

Parent Groups Coordinator: Dr. Mary Alvord: 301-593-6554 x14
email: groups@alvordbaker.com

3200 Tower Oaks Boulevard, Suite 200, Rockville, MD 20852
301- 593-6554 ext. 14

11161 New Hampshire Avenue, Suite 307, Silver Spring, MD 20904
301- 593-6554 ext. 14

www.alvordbaker.com

The Behavior Therapy Center of Greater Washington

Parenting an Anxious Child: Parenting a child with an anxiety disorder can be confusing and frustrating. Thankfully, research has identified specific techniques that caregivers can use to effectively lower a child's experience of anxiety. This 8-session group is designed to provide specific, evidence-based skills and techniques for parents to use when responding to a child's anxious behavior. In addition, parents will obtain a comprehensive and individualized behavior plan that relies on positive reinforcement of the child's non-anxious behavior.

Charles Mansueto, PhD, Director; Jonathan Dalton, PhD, Director of Group Treatment Program; Lisa Levine, PsyD; Elspeth Neiman Bell, PhD; Courtney B. Ferrell, PhD; Ruth G. Golomb, MEd, LCPC; Brad S. Hufford, LCSW-C.; Jennifer H. Kessler, PhD; David J. Keuler, PhD; Özge Gürel Kirgiz, PhD; Sherrie M. Vavrichek, LCSW-C; and Noah Weintraub, PsyD; Andrea Batton, LGPC; Rina Pesce, PhD; Kristin Bianchi, MA

11227 Lockwood Drive, Silver Spring, MD 20901
301-593-4040
www.behaviortherapycenter.com

The Chrysalis Group Inc.

Group for Parents of Children with Allergies—Parents give and receive support and share ideas about the challenges of living with a child with food allergies. Issues explored include "food challenge" support and approaches for dealing with food allergy diagnoses.

Group for New Moms forming soon.

Group Therapist: Judy Liss, LCSW-C

4405 East West Highway, Suite 301, Bethesda, MD 20814
301.652.1582
www.the-chrysalis-group.com

Expressive Therapy Center

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

Director: Stephanie Natter, MA, ATR, CGP
J. Mark Gallagher, Psy.D.; Jaclyn Halpern, Psy.D.; Heather Norden, Ph.D.; Gerald Oster, Ph.D.; Susan Rail, LCSW-C; Nanci Brown, LCSW-C; Veronica Bannon, LPC, NBCC, ADTR; Natalie Selzer, LCPC; Jacy Perkins, APRN PMH

14808 Physicians Lane, Suite 111, Rockville, MD 20850

5910 Goldsboro Road, Bethesda, MD 20817
1320 Vincent Place, McLean, VA 22101
301-869-1017
www.expressivetherapycenter.com

Donna Firer, LCSW-C

Parenting Anxious and Worried Children: Raising sensitive and anxious children presents uncertainties, challenges and struggles which can be different than those faced by other parents. This group will focus on building skills and strategies to remain calm, constant and sturdy while raising these very special individuals. Group meets twice a month during the school year.

Mothering Middle School Girls: This group offers support and focuses on building concrete skills related to improved interpersonal boundaries; effective communication; and maintaining inner resources. Group meets twice a month during the school year.

Donna Firer, LCSW-C

8811 Colesville Road, Suite 102, Silver Spring, MD 20910 (walk to Silver Spring Metro)
4405 East-West Highway, Suite 210, Bethesda, MD 20814 (walk to Bethesda Metro)
301-585-8828
email: donnafirer@earthlink.net
www.donnafirer.net

In Step, PC

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

Cathi Cohen, LCSW, Director

In Step, PC: 8320 Professional Hill Drive, Fairfax, VA 22031
703-876-8480 ext. 10

In Step, PC West: 6 Pidgeon Hill Drive, Suite 200, Sterling, VA 20165
703-433-5771
email: instep_pc@yahoo.com
www.insteppc.com

JSSA (Jewish Social Service Agency)

Ongoing therapy groups; time-limited groups; family support groups. Psychoeducational workshops focusing on separation/divorce, parenting a child with ADHD, parenting a child with explosive/oppositional disorder. Parent training programs for raising challenging children, behavior management, building a child's self-esteem, getting along with difficult people, developing social skills, overcoming depression, and others. JSSA offers 3-session interactive "Parent Toolbox" workshops for parents of preschoolers, "tweens" (9-13years), and elementary school-age children with autism spectrum disorders. Non-sectarian.

Rockville: Wendy Baber, LCSW-C; Ruth Berger, LGSW; Laurence Fabre-Welmond, LCSW-C; Beth Griffith, LCSW-C; Laura Langmore Baer, LCPC; Martha Mervis, LCSW-C; Caron Starobin,

LCSW-C; Jamell White, LCSW-C.

Fairfax: Treona Bateman, LCSW; Dawn Kaye, LCSW; Elliott Schwartz, LCSW-C

Headquarters: 200 Wood Hill Road, Rockville, MD 20850
301-838-4200

3018 Javier Road, Fairfax, VA 22031
703-204-9100
www.jssa.org

Nicholas Kirsch, PhD

Young Adult Group - ages 18-27, is a coed group for clients having difficulty making the post high school transition to independent adulthood. The group's mission is to empower members, through experiences of interpersonal encounter, to deal better with social anxieties, intimacy difficulties, and professional and relational insecurities endemic to this age group. Issues addressed include parental (in)dependency, substance use, social isolation, managing anger, dating and sex, professional and academic success, depression and other topics/experiences that members bring to the group. In working with young adults over the years Dr. Kirsch has witnessed group therapy help clients to address issues more deeply and pragmatically than they can in individual therapy alone. Members get real-time feedback on their interactions and are encouraged to practice new more adaptive behaviors. Because they are with peers, there is more motivation and trust in the therapy process. The group meets Wednesdays 5:15-6:15 in Bethesda.

Nicholas Kirsch, Ph.D.
4809 St. Elmo Ave
Bethesda, MD 20814
301.907.8934
Email: Nicholas.kirsch@verizon.net
www.Bethesdapsychotherapist.com

McLean Psychotherapy Practices

Parenting Group - 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) and Anne Fleury, LCSW (703-282-5937)

1487 Chain Bridge Road, Suite 300, McLean, VA 22101
703-401-5394
www.mcleanpsychotherapy.com

National Family Resiliency Center

Separate women's groups and men's groups are structured around the common issues of group members including experiencing grief, coping with transitions related to separation, divorce, remarriage, single parenting, co-parenting, dating and other life changes. Groups meet 8-10 weeks for 90 minute sessions.

Risa J. Garon, LCSW-C, BCD, CFLE; Susan Bilchik, NBCC; Carolyn Wohnsigl, MEd; Joseph Petrizzo, LCSW-C; and Kathleen Sullivan, LCSW-C.

451 Hungerford Drive, Suite 225, Rockville, MD 20850 301-384-0079
10632 Little Patuxent Parkway, Suite 121 Columbia, MD 21044 410-740-9553
14350 Solomons Island Road, Suite 202B, Solomons, MD 20688 410-474-8500
www.nfrchelp.org

Allison Sibley & Associates, PLLC

Groups for parents and children offer an arena in which to practice personal and relational skills related to the parent-child relationship. Specifically, Filial Therapy Groups provide parents with specific skills and training in reflective listening limit setting, therapeutic play, and structuring. Emphasis is on child-centered play experiences between parents and children, which are facilitated in a comfortable, engaging setting. Filial Groups for parents and school-aged children are provided during the summer months.

Allison Sibley, PhD, Clinical Social Worker; Samantha Dubit, LPC, Professional Counselor;
Amanda Good, MSW, Social Worker; Kate Kelly, MSW, Clinical Social Worker; Molly
Mattison, MSW, Clinical Social Worker; Bill McNulty, MSW, Clinical Social Worker; Tracy
Samuel, MSW, Clinical Social Worker; Edith Schatz, MSW, Clinical Social Worker

5236 44th Street NW #4, Washington DC 20015
202-237-1196
202-740-1086 (cell)

Lisa M. Snipper, LCSW

Lisa M. Snipper offers a variety of psychotherapy groups to children, adolescents and parents. A parent support group was established to create an environment where parents can come together to support one another through their difficulties as well as exchange ideas and learn from one another. Lisa also leads a second parent support group, specifically for single parents. This group is ongoing and welcomes new members.

11250 Roger Bacon Drive, Suite 6, Reston, VA 20191
571-230-2349
email: lisa.snipper@me.com
www.atherapistforyou.com

Daniel Turetsky, PsyD, Psychologist

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.

4809 Saint Elmo Ave., Bethesda, MD 20814
301-913-5947
email: danisaact@aol.com

The Wake Kendall Group, PLLC

The Wake Kendall Group offers a variety of groups for parents of children and adolescents. One of our groups is designed for parents of intensely dysregulated children and adolescents: **Parenting for Emotionally Dysregulated Children**. It focuses on two sets of skills. First, skills to help parents become more effective in managing their child's behavior; and second, Dialectical Behavior Skills to gain personal support for the emotional challenges of parenting. The Wake Kendall Group offers additional groups for parents of preschool and elementary age children on an as-needed basis. Groups are informative and interactive, addressing issues and questions of everyday parenting. Topics include developmental goals, understanding your child's temperament, children who worry, behavior difficulties and creative problem-solving. Please contact our Group Intake Coordinator, Adair Fox, MA, LCSW, at 202-686-7699 x 68 to provide preliminary information to determine whether there is an appropriate group. If there is availability in

the group, Adair Fox will refer you to a group leader for an intake meeting to further determine whether the group is a good fit.

Group Intake Coordinator: Adair Fox, MA, LCSW

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

202-686-7699 x 68

email: AFox@WakeKendall.com

www.wakekendall.com