

Guide to Therapy Groups

2011 – 2012

Washington, DC Metropolitan Area

www.groups4kids.com

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

Washington, DC
Metropolitan Area

Guide to Therapy Groups 2011-2012

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

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

Kay Abrams, PhD, Clinical Psychologist

Child Psychologists: Dr. Tamara Michaelidis, Dr. Ranon Cortell and Dr. Laurie Perlis

3841 Farragut Avenue, Kensington, MD 20895

301-949-2098

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

Psychologists: Mary Alvord, PhD;; Lynn F. Bufka, PhD; Karan Lamb, PsyD; Kelly O'Brien, PhD; Kim Painter, PhD.; Veronica Raggi, PhD; Michael Reiter, PhD; Monica Robb, PhD; Jessica Samson, PsyD; Lisa Sanchez, PhD; Erik Scott, PhD; Edward Spector, PsyD; 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

Group Coordinator: 301-593-6554 x23

email: groups@alvordbaker.com

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email: groups@alvordbaker.com

3200 Tower Oaks Boulevard, Suite 200, Rockville, MD 20852
301- 593-6554 ext. 23

11161 New Hampshire Avenue, Suite 307, Silver Spring, MD 20904
301- 593-6554 ext. 23

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

www.assessmentassociates.us.com

www.joeladler.com

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.

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11227 Lockwood Drive, Silver Spring, MD 20901

301-593-4040

www.behaviortherapycenter.com

Center for Anxiety and Behavioral Change

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Jonathan Dalton, Ph.D., Director

414 Hungerford Drive, Suite 210, Rockville, MD 20850
301-610-7850
email: drjaldalton@gmail.com

The Chrysalis Group Inc.

In addition to providing therapy for children, adolescents, adults and couples, we conduct groups for Children with siblings who have developmental, health, or mental health challenges. Supportive environment in which to develop coping skills for challenges such as guilt or jealousy, loss and loneliness, anger or embarrassment, or increased responsibility and pressure to achieve. We also conduct a group for Youth with allergies which are age-appropriate groups that address living with allergies. Supportive and productive environment to address allergy-related challenges such as social isolation, peer relations, self-esteem, anxiety, and management and coping strategies.

Staff: Joanne Irving, PhD; Jude Setian Marston, LCSW; Judy Liss, LCSW-C; Jessie Vinik, LGPC

4405 East West Highway, Suite 301, Bethesda, MD 20814
301-652-1582
email: chrysalisgroup@verizon.net

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

<http://washingtonsq.org/>

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 effected by ADHD, Aspergers/Autism, Anxiety, Depression, Eating Disorders, learning challenges, anger control, and general relationship deficits. Children are carefully assessed for group placement based on age, gender, need, and developmental level.

Director: Stephanie Natter, MA, ATR, CGP

Staff: J. Mark Gallagher PsyD.; Heather Norden, PhD.; Gerald Oster, PhD.; Susan Rail, LCSW-C; Nanci Brown, LCSW-C; Natalie Selzer, LCPC; Jacy Perkins, APRN PMH; Diana Sabados ATR-BC, LCPC; Andree Schillesci, M.A., BC-DMT; Laura Hamelin, LGPC; Daniel Wagner, PsyD

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

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; Susan Bilchik, NBCC, Julieta Macias, PhD., LCSW-C, Ellen Levin, LGSW, Elaine Drewyer, LCSW- C, Hilary Campodonico, LCSW-C, Barry Frieman, LCSW-C, Carolyn Wohnsigl, MEd; 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

Laura Rubinoff and Associates, Speech/Language Pathologists

Interactions with Pals! A Whole Mind and Body Experience! (PAL Program). These groups are designed to improve social thinking, social problem solving and pragmatic language functions. Our leaders (speech pathologists teamed with actors of improvisation) use performing arts, improvisation, video modeling and authentic conversational exchanges to improve social cognition. We introduce Michelle Garcia Winner strategies for recognizing your own and others' social minds, learning behaviors that make others feel good and internalizing how behaviors and words affect emotions across different social networks. The groups meet weekly for 90 minutes for 16 weeks. Co-ed and exclusively boys and girls groups, ages 5-10, grouped by age and skills level.

6505 Democracy Boulevard, Bethesda, MD 20817
301 493-4695
laurarubinoff@gmail.com

www.lraspeech.com

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

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

Lisa M. Snipper, LCSW

Lisa Snipper and Associates PLLC is a group practice in Reston Va, that provides, individual group and family counseling to children through adults. The social skills groups at Snipper and Associates LLC provide the opportunity, in a small structured setting, for children to develop, practice, and enhance their interpersonal skills. Groups are kept small (5 at most) to maximize opportunities for the children to develop/practice the necessary skills that are needed to make and keep friends, as well as increase self esteem, and enhance emotional regulation. Groups are structured to provide opportunities for children in a play based setting. 2011-2012 groups

offered: Social Skills group for 2/3rd grade boys group. Children of Separation and Divorce: This co-ed group is designed for children (6-8) and (9-11) whose parents are separating or divorced.

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

2092 Gaither Road
Suite 100
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

Teen Girls Groups: ages 12-13, 14-15, 16-17. Washingtonian Top Therapist and columnist for the Washington Parent Magazine, Dr. Kay Abrams, runs 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 to help girls with social-emotional maturation, self-acceptance, communication and interpersonal competence. We are a family-friendly group practice offering assessment and psychotherapy for children, teens and adults.

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301-951-5666

www.assessmentassociates.us.com
www.joeladler.com

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Jonathan Dalton, Ph.D., Director

414 Hungerford Drive, Suite 210, Rockville, MD 20850
301-610-7850
email: drjaldalton@gmail.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

The Chrysalis Group Inc.

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301-652-1582

email: chrysalisgroup@verizon.net

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

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

Director: Stephanie Natter, MA, ATR, CGP
Staff: J. Mark Gallagher PsyD.; Heather Norden, PhD.; Gerald Oster, PhD.; Susan Rail, LCSW-C; Nanci Brown, LCSW-C; Natalie Selzer, LCPC; Jacy Perkins, APRN PMH; Diana Sabados ATR-BC, LCPC; Andree Schillesci, M.A., BC-DMT; Laura Hamelin, LGPC; Daniel Wagner, PsyD

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 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

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 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 Flrestone, 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

Nicholas Kirsch, PhD

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, PhD
4809 St. Elmo Avenue, Bethesda, MD 20814
301.907.8934
email: Nicholas.kirsch@verizon.net

www.bethesdapsychotherapist.com

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, Julieta Macias, PhD., LCSW-C, Ellen Levin, LGSW, Elaine Drewyer, LCSW- C, Hilary Campodonico, LCSW-C, Barry Frieman, LCSW-C, Carolyn Wohnsigl, MEd; 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

Interactions with Pals! A Whole Mind and Body Experience! (Pal Program)
These groups are designed to improve Social Thinking, Social Problem Solving and Pragmatic Language Functions. Our leaders (speech pathologists teamed with actors of improvisation) use Performing Arts, Improvisation, Video Modeling and Authentic Conversational Exchanges to improve Social Cognition. We introduce Michelle Garcia Winner strategies for recognizing your own and others' social minds, learning behaviors that make others feel good and internalizing how behaviors and words affect emotions across different social networks. Groups meet weekly for 90 minutes for 16 weeks

Co-ed and exclusively boys and girls groups; ages 11-15 ; grouped by age and skills level. The Dinner Discourse Program (dinner is provided) teaches social thinking, social problem solving and pragmatic language functions while dining. Dinner Discourse meets weekly for one hour for 16 weeks. Co-ed, ages 12-15.

6505 Democracy Boulevard, Bethesda, MD 20817
301 493-4695
laurarubinoff@gmail.com

www.lraspeech.com

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-12th) and a Co-Ed High School Group (11th-12th) for college-bound students dealing with transition issues.

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; Tracy Samuel, MSW, Clinical Social Worker; Edith Schatz, MSW, Clinical Social Worker

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

Lisa M. Snipper, LCSW

High School Girls group (16-18 yrs old) process oriented focusing on the development of healthy interpersonal relationships through peer feedback in a safe environment. This group is driven by the developmental needs of the teens within the group and will explore topics related to friendships, peer pressure, dating, self esteem, and body image issues. High School Group for Adopted Teens: Adopted teenagers have an entire set of concerns that other teenagers don't have. This group will provide the opportunity for these teenagers to share similar feelings and experiences with one another. It will provide them with the opportunity to explore their identities and examine their upbringing.

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. 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

Parent Groups

Abrams & Associates, LLC

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 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.

Kay Abrams, PhD, Clinical Psychologist and Director

3841 Farragut Avenue, Kensington, MD 20895
301-949-2098 ext. 1

www.abramsandassociates.com

Alvord Baker & Associates, LLC - Group Therapy Center

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;; Lynn F. Bufka, PhD; Karan Lamb, PsyD; Kelly O'Brien, PhD; Kim Painter, PhD; Michael Reiter, PhD; Veronica Raggi, PhD; Monica Robb, PhD; Jessica Samson, PsyD; Lisa Sanchez, PhD; Erik Scott, PhD; Edward Spector, PsyD;; 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

Group Coordinator: 301-593-6554 x23
email: groups@alvordbaker.com

3200 Tower Oaks Boulevard, Suite 200, Rockville, MD 20852
301- 593-6554 ext. 23

11161 New Hampshire Avenue, Suite 307, Silver Spring, MD 20904

301- 593-6554 ext. 23

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.

Staff: Charles Mansueto, PhD, Clinic Director; Rina Pesce, 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 Kırız, PhD; Sherrie M. Vavrichek, LCSW-C; Noah Weintraub, PsyD; Kristin Bianchi, MA; T. Monroe Rayburn, PhD; Claire Dean-Sinclair, PsyD

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

www.behaviortherapycenter.com

Center for Anxiety and Behavioral Change

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

Jonathan Dalton, Ph.D., Director

414 Hungerford Drive, Suite 210, Rockville, MD 20850
301-610-7850
email: drjaldon@gmail.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

Circle in the Square ParentCircle Therapeutic Groups

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. Call Dr. David Flohr, Ph.D. for information and/or to register: (703) 533-5824 x6.

Directors: David A. Beigel, LPC, CGP; David Flohr, PhD, CGP
109 Park Washington Court, Falls Church, VA 22046
703-533-5824 ext 5

<http://washingtonsq.org/>

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

Staff: J. Mark Gallagher PsyD.; Heather Norden, PhD.; Gerald Oster, PhD.; Susan Rail, LCSW-C; Nanci Brown, LCSW-C; Natalie Selzer, LCPC; Jacy Perkins, APRN PMH; Diana Sabados ATR-BC, LCPC; Andree Schillesci, M.A., BC-DMT; Laura Hamelin, LGPC; Daniel Wagner, PsyD

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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. Parents will learn basic concepts of CBT (Cognitive Behavioral Therapy) and how to effectively use specific techniques while supporting their worried children. Depending on the needs of this group, a sampling DBT principals and skills may also be introduced. Group meets twice a month during the school year. **DBT: Overview and "Skill Sampler"**: If you are curious about this thing called DBT - what it is, how it works, and how it can be effective for you as a parent, this group is for you. DBT was created by Marsha Linehan, PhD and it combines principals grounded in cognitive behavior therapy (CBT) along with a philosophy of mindfulness, acceptance, and validation. DBT helps individuals who struggle with emotional regulation, impulsivity, and black and white, judgmental thinking. This group will provide a solid introduction to DBT along with a selection of skills that will enable you to work more effectively and calmly with your child. This group will meet weekly beginning in October. Call for further information.

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)
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email: donnafirer@earthlink.net

www.donnafirer.net

In Step, PC

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Cathi Cohen, LCSW, Director

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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, PhD
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, Julieta Macias, PhD, LCSW-C, Ellen Levin, LGSW, Barry Frieman, LCSW-C

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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. Parent workshops are offered on developmentally-specific topics, which parallel our children and teen group offerings. Filial Groups--where parents are taught therapeutic play skills to enhance their child's self-esteem, prosocial behavior, and relationship skills--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; Tracy Samuel, MSW, Clinical Social Worker; Edith Schatz, MSW, Clinical Social Worker

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

Lisa M. Snipper, LCSW

Parent support groups are offered to provide ongoing support for parents raising children through teenagers. Coffee Talk for Moms: meets on the 2/4th Friday of the month. This group provides the opportunity for moms to come together to discuss joys and the challenges related to raising elementary aged children. Enhancing/Supporting Social Skills Development For My 2/3rd Grade Son: This group runs at the same time as the 2/3rd grade boys group. This group will discuss and teach the skills that their children are working on group so that learning and practice and continue at home. Supporting children with ADHD: this group focuses on how to support a child at home who has ADHD. Strategies will be taught/discussed to help provide stability and structure to optimize success at home and in school. Monthly Parent Seminars are also offered are Snipper and Associates on a variety of topics. Check our website www.atherapistforyou.com for the monthly topics.

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

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