Child and Family Therapy Clinic

We are all born with great potential.
Shouldn't we all have the chance to achieve it?

Kennedy Krieger Institute
UNLOCKING POTENTIAL

Clinic Overview

Divorces, deaths, moves, job losses, academic struggles and other major life changes can cause serious disruptions to a child's sense of security and stability. Such disruption can result in emotional and behavioral difficulties for the child and for other family members. These difficulties can exacerbate a child's predisposition to anxiety and depression, among other possible emotional disorders. The mission of the Child and Family Therapy Clinic at Kennedy Krieger Institute is to assess and provide treatment for these individual and family problems.

The Child and Family Therapy Clinic

As part of the Behavioral Psychology Department at Kennedy Krieger, the Child and Family Therapy Clinic includes licensed psychologists, psychological associates and affiliated staff with expertise in family therapy, individual therapy and group therapy using a variety of empirically-based interventions. We also specialize in school-related issues.

Our clinicians work to improve family issues and to provide therapy for children with emotional and behavioral difficulties. Clinic staff work with many types of families, including those dealing with separation, divorce, stepparenting and blended families, as well as intact families experiencing conflict.

In addition to working directly with families, we also collaborate with schools, day care centers, pediatricians, psychiatrists and state agencies to ensure that our patients have access to all of the services they need.

"Our therapist is always professional and makes me a part of the improvement process for my child. She gives good advice and always asks what do I feel or think before trying a new method."

– Parent

Our Treatment Services

Our methods emphasize working with the entire family to address behavioral and emotional problems which impact the positive functioning of the person's life as well as the lives of their family. We also provide individual therapy to complement family therapy. This therapy focuses on issues that may be more responsive to one-on-one therapy, and can specifically target and treat concerns better addressed with the patient. For parents, we focus on behavior and stress management; solution-based strategies focusing on the family and patient strengths; developing a more "user friendly" and comprehensive understanding of the difficulties the family and patient are experiencing; and education in child and adolescent development and disorders. Our family-focused interventions further incorporate cognitive-behavioral techniques developed specifically to target parent-child conflict, working toward enhancing communication, and improving the quality of parent-child relationships.

We provide various evidence-based approaches including cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT) and acceptance and commitment therapy (ACT) to help individuals learn techniques involved in appropriate communication and problem-solving; prosocial behavior; compliance with rules; anger and stress management; and improving peer and family relationships. In addition, our approaches incorporate aspects of applied behavior analysis for a wide range of presenting concerns to help individuals replace unhealthy coping strategies with more adaptive skills for regulating their behavior and emotions. Our therapeutic approaches are applicable to a wide range of mental health diagnoses and are applied in a flexible manner in collaboration with the entire family. Because many behavioral and emotional problems or disorders affect a child's life at school, our team provides collaborative assistance to teachers and school systems to address patients' behavioral, emotional and academic concerns.

Issues related to bullying and other peer relationship difficulties have escalated over the years. Many more children, teens and young adults struggle with depression, anxiety, school refusal and trauma resulting from these problems. We provide individual, family and group therapy to empower those being bullied with the skills needed to increase self-esteem, manage peer relationships in a healthier and more positive manner, and build relationships.

Our clinic provides brief psychological assessments to improve understanding of the social, emotional, behavioral and cognitive difficulties that might interfere with a child's success in everyday life. These assessments also provide standardized information to better inform caregivers of their child's individual strengths and how to use these strengths to overcome challenges, and to adapt and thrive in the best possible ways.

We assist children and their families who have endured stressful events. These events can range from loss or change of a primary caregiver to a family member being diagnosed with a life-changing illness, witnessing the death of a loved one, witnessing community or domestic violence, being involved in an argumentative separation or divorce of the child's parents, or experiencing a neglectful or impoverished home life. Furthermore, children in military families face many unique stressors, and our clinicians have specialized military cultural competence training to ensure our therapeutic providers understand unique aspects of military life which can be a source of both stress and resilience for families. We provide individual and family therapy to help children navigate through these difficult times by learning to problem-solve, more effectively understand and interpret social and emotional cues, cope, build resiliency, and overcome the emotional impact of these events.

Diagnoses Served

- Adjustment disorder
- Anxiety disorders
- Attention deficit hyperactivity disorder (ADHD)
- Conduct disorder
- Depression and bipolar disorder
- Disruptive behavior disorder
- Impulsive control disorder
- Mood disturbances
- Oppositional defiant disorder
- Post-traumatic stress disorder
- Reactive attachment disorder
- Separation anxiety disorder

"Our therapist rocks! We've been to other therapists in the past but this is the first time that everyone likes and respects her. We are making some progress!"

– Parent

Behavior and Emotional Problems Addressed

- Academic underachievement
- Adjustment difficulties (e.g., school change, divorce, death, etc.)
- Aggression
- Anger
- Anxiety (separation, school refusal, social, generalized)
- Attention deficit hyperactivity disorder (ADHD)
- Bedwetting
- Blended family issues
- Bullying and harassment issues
- Co-parenting issues
- Curfew violations
- Dysfunctional family relationships
- Emotion regulation difficulties, which may include self-harming behaviors
- Grief counseling
- Impulse control
- Inappropriate sexual behavior
- Mood disturbances
- Noncompliance at home or school
- Parent-child conflict and relationship issues
- Phobias and fears
- School behavior problems
- School refusal
- School suspensions and truancy
- Sibling conflict
- Social skills deficits, which may include:
  - Deficits in understanding and recognizing emotions
  - Difficulty understanding others' perspectives
  - Difficulty interpreting social cues
  - Impairment in social communication
- Tantrums
- Trauma
- Trichotillomania

Contact Information

To make a referral or to schedule an appointment with the Child and Family Therapy Clinic, please call **443-923-7508** or Maryland Relay **711**.

Referral specialists are available:
Monday through Friday, 8:30 a.m. to 4:30 p.m.

Clinic hours:
Monday through Thursday, 9 a.m. to 7 p.m.
Friday, 9 a.m. to 4 p.m.

Clinic locations:

Aliceanna Clinic
720 Aliceanna Street
2nd Floor
Baltimore, MD 21202

Columbia Clinic
9810 Patuxent Woods Drive
Suite J
Columbia, MD 21046

Fairmount Clinic
1750 E. Fairmount Avenue
Baltimore, MD 21231

Odenton Clinic
1132 Annapolis Road, Suite 200
Odenton, MD 21113

Program Director
Gina Richman, PhD

KennedyKrieger.org

Kennedy Krieger Institute recognizes and respects the rights of patients and their families and treats them with courtesy and dignity. Kennedy Krieger Institute provides care that preserves cultural, psychosocial, spiritual, and personal values, beliefs, and preferences. Care is free from discrimination based on age, race, ethnicity, religion, culture, language, physical or mental disability, socioeconomic status, sex, sexual orientation, and gender identity or expression including transgender. We encourage patients and families to become active partners in their care by asking questions, seeking resources, and advocating for the services and support they need. 2/2017

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