ALL CHILD AND ADOLESCENT GROUPS ARE HELD AT OUR NEW LOCATION
McLean Sancta Maria
799 Concord Avenue, 1st Floor
Cambridge, MA 02138
(617) 674-5300

❖ DIALECTICAL BEHAVIORAL THERAPY (DBT) SKILLS GROUP: HIGH SCHOOL

Wednesday, every week, 4:00pm to 5:00pm
(Teen DBT Group) Sharmila Mehta, PhD 617-674-5314
(Parent Group) Wesleigh McMahon, LICSW 617-855-3237

Thursday, every week, 5:30pm to 6:30pm
(Teen DBT Group) Jessica Goldstein, PhD 617-855-2206
(Parents Group) Wesleigh McMahon, LICSW 617-855-3237

This is a six-month skills group for adolescents, girls and boys ages 14-19 (in high school), and their parents. The group aims to treat adolescents who have particular difficulty managing their strong emotions and who, as a result, engage in self-destructive behaviors. This group will teach dialectical behavior strategies to adolescents and their parents. These strategies cover four key areas, each designed to promote acceptance and change in people’s lives – Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness. Our program consists of the adolescent Group, as well as a required self-pay Parent Group which runs concurrently with its respective teen group. Group membership requires that the adolescent be in weekly individual treatment. This coed group is not time limited and offers rolling admission whenever openings are available.

❖ DIALECTICAL BEHAVIORAL THERAPY (DBT) SKILLS GROUP: MIDDLE SCHOOL

Wednesday, every week, 5:30pm to 6:30pm
(Adeolsc DBT Group) Sharmila Mehta, PhD 617-674-5314
(Parent Group) Jessica Goldstein, PhD 617-855-2206

This is a twelve-week skills group for adolescents, girls and boys ages 12-14 (in middle school), and their parents. The group aims to treat adolescents who have particular difficulty managing their strong emotions and who, as a result, may engage in maladaptive behaviors. This group will teach dialectical behavior strategies to adolescents and their parents. These strategies cover four key areas, each designed to promote acceptance and change in people’s lives – Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness. Our program consists of the adolescent group, which meets weekly, plus a required Parent Group which runs concurrently with the child group. Group membership requires that the adolescent be in weekly individual treatment.
DBT SKILLS INTEGRATION GROUP FOR GIRLS: HIGH SCHOOL

*Thursdays, 4:00pm to 5:00pm*  
Amy Trupe, LICSW  
617-855-2912

This weekly group is for girls ages 14-19 (in high school) who have an interest in incorporating DBT skills into everyday life. Girls must have a foundation in basic DBT skills prior to participation in this group and are asked to practice between group sessions. Through participation in this therapy group, members create healthy attachments with one another, which can reduce isolation and shame regarding their illness. Common diagnoses include Major Depression, Bipolar Disorder, Generalized Anxiety Disorder, and symptoms of Borderline Personality Disorder. Group membership requires that the girls be in weekly individual treatment. This group is not time limited and offers rolling admission to girls whenever openings are available.

MOOD DISORDER GROUP FOR OLDER ADOLESCENT GIRLS: HIGH SCHOOL

*Monday, 4:00pm to 5:00pm*  
Sharmila Mehta, PhD  
617-671-5314

This group is designed for adolescent girls, ages 14-19 (in high school), who struggle with mood disorders including major depression, bipolar disorder and dysthymia. Withdrawn, socially isolated, and or anxious adolescent girls are also appropriate. The group is an open-ended process group intended to promote mutual peer support. Girls make a commitment, prior to joining group, of six to eight months of ongoing participation. Group membership requires that the adolescent be in weekly individual treatment. Girls use their group sessions to identify which issues or experiences influence their mood and to offer support to one another with problem solving skills or with CBT/DBT skills.

COGNITIVE BEHAVIORAL THERAPY (CBT) SKILLS GROUP: HIGH SCHOOL

*Thursdays, 3:00pm to 4:00pm*  
Jeff Waitkus, PsyD  
617-674-5317

This skills group is designed to treat adolescents, girls and boys ages 14-19 (in high school), who have particular difficulty managing their strong emotions, including generalized and specific anxieties. The group aims to help young people to identify problem thought processes and/or problem behaviors that occur in response to stressful situations. Once these factors are identified, we work to change those cognitive and behavioral responses, and to improve skills in the area of emotion management. Group membership requires that the adolescent be in weekly individual treatment. This coed group is not time limited and offers rolling admission whenever openings are available.
EARLY ADOLESCENT CBT SKILLS GROUP: MIDDLE SCHOOL

*Thursdays, 4:00pm to 5:00pm*  Jeff Waitkus, PsyD  617-674-5317

This skills group is designed for adolescents, girls and boys ages 11-15 (in middle school), who may be struggling with depressed mood, anxiety and/or low frustration tolerance. Adolescents who have difficulty managing their strong emotions, feel socially ineffective, and/or have low self-esteem may find this group particularly helpful. This group focuses on identifying thought processes, emotions and behaviors that occur in response to stressful situations. Once these factors are identified, we work to adaptively change those cognitive and behavioral responses, fostering a positive shift throughout the adolescent’s psychosocial life. Other topics of discussion include the challenges associated with puberty, budding romantic interests, and identity development. Group membership requires that the adolescent be in weekly individual treatment. This coed group is not time limited and offers rolling admission whenever openings are available.

FAMILY ADOLESCENT SUBSTANCE RECOVERY GROUP: HIGH SCHOOL

*Thursdays, 6:00pm to 7:30pm*  Richard Falzone, MD  617-855-3917

This 10-session weekly group is intended for families of girls or boys ages 14-19 (in high school) who are in early recovery from substance use. This includes those teens with “dual diagnosis” (accompanying emotional or cognitive) issues. Family Recovery Group goals are to improve communication between adolescents and parents, to reduce household tension, to strengthen emotion regulation in both adolescents and parents by learning to practice mindfulness meditation, to foster collaboration between adolescents and parents seeking to balance freedom, safety and accountability, and to begin the process of rebuilding trust. This group is coed, time limited (10 weeks), and offers rolling admission whenever openings are available.

MCLEAN ANXIETY MASTERY PROGRAM: AGES 9 TO 18

*(see description above)*

Program Director: Kathryn Boger, PhD  617-674-5334
Associate Director: Jacqueline Sperling, PhD  617-674-5335

MCLEAN DBT TRAINING AND CERTIFICATION PROGRAM

*(details to be announced September 2014)*

Program Director: Alison Yaeger, PsyD  617-674-5332

For more information regarding any of these Child and Adolescent Outpatient programs, please contact Intake coordinator Diane Poirier, 617-674-5310.