

# The Concord Center

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The Concord Center is a group practice in Concord, MA, specializing in evidence-based treatments for mood and anxiety disorders, OCD, personality disorders, and related emotion dysregulation across the lifespan. Individual and group therapy services are provided using evidence-based modalities, with a focus on cognitive behavioral therapy (CBT), exposure and response prevention (ERP), and dialectical behavior therapy (DBT), among others.



## An overview of our offerings...

### Individual Services

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Comprehensive Behavioral Intervention for Tics (CBIT)
- Comprehensive Behavioral Model of Treatment (COMB)
- Dialectical Behavior Therapy for Children (DBT-C)
- Parent-Child Interaction Therapy (PCIT)
- Unified Protocol for Transdiagnostic Disorders

*We are currently accepting new individual clients!*

### Groups

- Adolescent DBT Skills Groups (Tuesdays or Thursdays In-Person)
- Multifamily DBT Skills Group
- Parent DBT Skills Group
- Advanced DBT Skills Integration Group
- Supportive Parenting for Anxious Childhood Emotions (SPACE) Group
- Adolescent Unified Protocol Group
- Program for the Education and Enrichment of Social Skills (PEERS)

Group

*All of our groups are actively recruiting new members!*

### **Accelerated Outpatient Program (AOP) for anxiety disorders & OCD**

This in-person program is designed for adolescents (ages 11-18, in middle and high school) with moderate to severe anxiety disorders and/or obsessive compulsive disorder who have not benefited from traditional weekly therapy or else are stepping down from more intensive levels of care (i.e., residential anxiety treatment or partial hospitalization). It is a 4+ week program for adolescents and their parents to gain the strategies needed to help adolescents more effectively participate in their daily lives.

### **Summer Programs**

List of 2024 programming to be released soon!

**Find out more about our services!**



### **Outreach Offerings**

At The Concord Center, we believe in the importance of serving our community, and that mental health resources should be widely available. In addition to our individual and group clinical services, we also provide consultation and outreach services to individuals, schools/universities, professional organizations, and other communities. Through these collaborative relationships, we apply our psychological expertise to help others navigate their challenges and promote a culture that prioritizes mental health and wellbeing.

Recent outreach events include...

- Nashoba Brooks School - *Understanding Anxiety at Schools*; Dr. Elana Bayer-Pacht, PsyD & Dr. Mira Kaufman, PsyD
- MPA annual conference - *DBT Transition to College Program*; Dr. Shahawna Kim, PsyD & Dr. Leah Benjamin, PsyD
- Sheppard Pratt OCD & Anxiety Fall Lecture series - *Intensive Process-Based CBT for Adolescents with Severe OCD & Related Disorders*; Dr. Jamie Micco, PhD, ABPP
- Research Institute for Learning and Development's 38th Annual Executive Functioning Conference - *Understanding the Cycles of Anxiety, Avoidance, and Accommodation*; Dr. Leah Benjamin, PsyD & Dr. Arielle Gartenberg, PsyD, NCSP
- National Executive Functioning Conference - *Executive Function, Motivation, and Engagement: Fostering Social-Emotional Learning and Positive Behavior in Students*; Dr. Leah Benjamin, PsyD sitting on

We are now accepting applications for our 2024-25 Postdoctoral Fellow position! Learn more about the position [here](#).

**The Concord Center, LLC**

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