

The Concord Center



Happy New Year!

We are currently actively recruiting for the following groups...

- 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

[Access an overview of our groups here!](#)

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.

Our AOP team is accepting new clients! Please fill out the inquiry form found on our website if you are interested for yourself or a patient.



Summer Programs

List of 2024 programming to be released soon!

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.

Upcoming Outreach Events

Introducing The Concord Center Parent Workshop Series! Starting in February 2024, staff members at The Concord Center will present a series of parent guidance workshops. The first workshop will provide an overview of Supportive Parenting for Anxious Childhood Emotions (SPACE) and is geared towards parents of children with anxiety disorders. Parents will receive an overview of the treatment as well as information as to how this approach can help children manage their anxiety more effectively. This workshop will be virtual and will be approximately one hour long. To help ensure access, the workshop will be low cost and the link will be distributed to all who indicate interest in attending. Details regarding the specific date of the workshop will be provided in the February Newsletter!

A spotlight on our parent services!

We offer a number of parent services to best fit various client needs. Whether you are dealing with a toddler with tantrums or a young adult transitioning to college, we are here to support you with the proper evidence-based services.

DBT Parenting Skills (Group or Individual)

Our Parent DBT skills work is designed for parents of those who are participating in DBT treatment and/or have difficulties with emotion and

behavior dysregulation. This will help parents learn DBT skills to more effectively communicate with others, as well as manage emotions, behaviors, and crisis situations. DBT parent work covers the five DBT skills modules: mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness, and walking the middle path. Each week parents will be given an assignment to practice at home that will be reviewed in the following session. The DBT parent group runs for 14 weeks; individual work is also available.

SPACE (Group or Individual)

Supportive Parenting for Anxious Childhood Emotions (SPACE) is a short-term intervention for caregivers of children and adolescents who experience anxiety and related challenges. Developed at Yale University's Child Study Center, SPACE has been shown to be as efficacious as individual cognitive-behavioral therapy (CBT) in treating child and adolescent anxiety.

SPACE is unique in that the treatment is delivered only to parents, without the need for child participation. Parents learn to respond effectively to their child's anxiety, in a way that both validates the child's experience and also shows confidence in the child's ability to tolerate discomfort. Parents work collaboratively with the therapist to develop a clear plan to take small, gradual steps in reducing accommodation (or things they do or don't do because of their child's anxiety). The result is a child or teen who can better self-regulate and cope with anxiety independently. We run 8-week SPACE groups, as well as offering individual services.

MATCH

MATCH is for parents of children with disruptive behaviors. This treatment will teach parents the skills to manage their child's arguing, defiance and emotional outbursts. It will give parents a better understanding of their child's behaviors and how to respond effectively. Topics covered includes one-on-one time, praise, active ignoring, giving effective instructions, rewards, and time out.

PCIT

PCIT is a treatment for young children ages 2-7 who display attentional, emotional and/or behavioral regulation challenges (e.g., trouble sustaining focus, excessive tantruming, acting in an oppositional or defiant manner).

In PCIT, parents and children are seen together in weekly, 60-minute sessions with a therapist. Goals of the treatment are to: 1) reduce challenging childhood behaviors, and 2) equip parents with specialized parenting skills to help them manage behavioral problems at home and in the community by directly coaching them in how to do so. PCIT has two phases. One phase focuses on promoting positivity in parent-child interactions through play, and gets parents and children back on track in their relationship. This sets the foundation for the second phase of PCIT, which focuses on increasing child compliance by teaching parents concrete disciplinary techniques (e.g., setting limits, giving effective commands, etc.).

DBT-C

Dialectical Behavior Therapy for pre-adolescent children, also known as DBT-C, is an evidence-based treatment for children ages 7-12 years old who struggle with emotional sensitivity and behavioral dysregulation. DBT-C is based on the theoretical model, principles, and therapeutic strategies of standard DBT and is modified for children's developmental level. DBT-C involves a significant parent training component where

parents first attend parent guidance sessions to learn validation and behavior management strategies, and then children join therapy to learn coping skills, problem-solving, and didactics about emotions.

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